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Volume Four

Summer 1998

Caring for the Littlest Ones

Dear Dr. Upledger:

I am writing to thank you for your knowledge and wisdom. I have a little story to share.

My daughter Anna was born on March 13, 1997. She weighed 8 lbs., 7 oz. After carrying her to term and an uneventful vaginal delivery, we were told she had a serious heart problem. (Transposition of the great arteries.) We left the hospital



*Anna Virgilio,
happy at last.*

nine hours after she was born. We were taken to Connecticut Children's Hospital where Anna would, at four days old, have open-heart surgery to correct her problem. The

surgery was successful. After being hospitalized for 29 days, she was able to come home.

Anna had a few setbacks. One was withdrawal symptoms from morphine. When she was discharged she was on several medications, including paregoric to help with the withdrawal. Anna was calm

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CST Brings Quick Relief to Bell's Palsy Patient

Imagine waking up one day to find your face paralyzed. Your cheek droops to one side. Your right eye won't close. Your tongue and jaw feel numb.

That's precisely what happened to Tom Kelly, but it wasn't just any morning. For him it began last year in Las Vegas — on the first day of a nationwide convention.

"I woke up in my hotel room feeling like I slept too hard on my face," Tom recalls. His muscles felt twisted and his neck felt out of alignment. But while his customers that week believed he had a stroke, a doc-

tor diagnosed it as Bell's Palsy, a sudden and unexplained paralysis that results in distortions of the face.

"He told me they didn't really know what Bell's Palsy was, but he prescribed steroids anyway," Tom says. "They were terrible. They gave me an upset stomach, nervousness, a terrible sense that my whole body was being attacked."

When Tom returned to his home in Palm Beach Gardens, Fla., he immediately went to see Dr. Lisa Upledger, a CranioSacral Therapy practitioner and doctor of chiropractic at The Upledger Institute HealthPlex Clinical Services.

"As soon as she touched my face and started putting opposing forces against the muscles, I realized there couldn't be a more perfect treatment for Bell's Palsy," Tom says. "I probably felt 50 percent better after the first visit, not just physically but also psychologically. It was dramatic."

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to find out more about this
professional network devoted
to healthy, enlightened living.**

The Evolution of a Manual Therapy Program: Visceral Manipulation

It's not uncommon for therapists to seek out modalities that suit their strengths and personalities. For others, however, the therapy seems to find them.

That's precisely what happened to Frank Lowen, MT. He was personally selected by Jean-Pierre Barral, RPT, DO, to help him refine and organize the Visceral Manipulation material into a comprehensive program of study for the American market.

That process took many years and still continues today. Frank Lowen is now the director of the Visceral Manipulation curriculum for The Upledger Institute.

We asked him recently how he first came to be so involved in the program, and what his vision is for the future...

My initial attraction to Visceral Manipulation occurred when Jean-Pierre Barral was teaching his first U.S. course on Singer Island in Florida in 1985. He put his hands on me during a demo evaluation and, in a matter of a short few minutes, literally read my medical history from my tissues. He gave a concise but complete rundown of past traumas and other specifics, involving everything from deep internal structures to the more obvious musculoskeletal issues.

First I was floored, then I was intrigued. He obviously used an in-depth, sophisticated means to assess my tissues and physiological processes. I felt many layers of learning and understanding that are not commonly known, much less shared.

I decided right then to glean everything I could from this rich source of knowledge and skill. So I began taking every class possible, and for some reason Jean-Pierre started to notice me and direct his attention to me. One year he said, "Frank, you keep coming to these courses and you don't know why, but we didn't meet by accident." This was just one of many comments he made that let me know he was taking an

interest in the development of my skills.

After taking his courses for about five years, I had accumulated over 400 pages of notes. Finally, at Jean-Pierre's request and under his guidance, I started to organize them into a framework for teaching. The process was long and laborious, and it took many, many months. I would look at the wording, the message and the language, and search for key threads to understanding Jean-Pierre's views. Then I collaborated with him in person to verify my perceptions.

I was blessed to be working with a wealth of knowledge that came across in Jean-Pierre's earlier courses. But people who didn't attend all those classes weren't aware of the major differences that frequently occurred from one to the next. One of my

tasks was to smooth that out, and to create a framework that contained all the information while still providing a consistency that could lead to a fuller understanding of Visceral Manipulation.

I continued to work with Jean-Pierre in class and in personal sessions. And I studied his methods of interacting with the tissues that are part of his often unique results, though they can be difficult to transmit and teach. This helped me deal with the challenge of conveying the three-dimensional quality of the anatomy, its interconnecting/multiplanar mechanics and those same qualities in the manipulations.

The classes are now structured to emphasize in a progressive learning format this aspect of VM — Jean-Pierre's flowing interface with tissue dynamics that utilizes mobile, shifting levers and fulcrums within the tissues. This focus helps keep the more structured aspect of Visceral Manipulation from being interpreted as a rigid series of linear cause-and-effect interactions.



Frank Lowen, MT

Although there needs to be a firm grasp of detailed anatomy, I've seen this binary thinking often cause therapists to focus on only certain aspects of tissue dysfunctions, which can create manipulations that are too forceful and not interactive enough.

Since I've formatted the Visceral Manipulation material, I have not introduced different manipulation techniques. Instead, I continue to spend many hours watching, questioning and being guided by Jean-Pierre. From this has come that portion of the teaching that is not just technique, but the interactive dynamics that convey the conceptual and tactile framework through which Jean-Pierre treats.

My desire for the VM program in the future is to continue communicating those elusive qualities of the man. They are a vital part of his legacy, which manifests in his work.

Core VM Course Schedule...

Visceral Manipulation™ IA

Albuquerque, NM - Nov. 12-15, 1998
Atlanta, GA - Dec. 10-13, 1998
Boston, MA - Aug. 13-16, 1998
Boulder, CO - Aug. 6-9, 1998
Chicago, IL - Oct. 15-18, 1998
New York, NY - Sept. 10-13, 1998
Orlando, FL - Oct. 8-11, 1998
Philadelphia, PA - Dec. 3-6, 1998
San Diego, CA - Dec. 10-13, 1998
San Francisco, CA - Sept. 17-20, 1998
Santa Barbara, CA - Aug. 20-23, 1998
Sydney, Australia - Sept. 10-13, 1998
Toronto, ON - Dec. 17-20, 1998
Vancouver, BC - Nov. 28-Dec. 1, 1998

Visceral Manipulation™ IB

Boston, MA - Dec. 3-6, 1998
Cincinnati, OH - Aug. 13-16, 1998
San Francisco, CA - Jan. 7-10, 1999
Toronto, ON - Sept. 10-13, 1998

See the Course Calendar on Page 9
for These Upper-Level Classes...

Practical Integration of Visceral Manipulation™
Visceral Manipulation™ II
Visceral Listening Techniques™
Advanced Visceral Manipulation™
Visceral Approach to Trauma and Whiplash™

Mechanical Link:

A Multidimensional Approach to Manual Therapy

In a society of extremes, it's always refreshing to come across a therapy both classical and innovative in its approach. That's the beauty of Mechanical Link, says Cloé Couturier, LMT/Certified Osteopath and a staff therapist at The Upledger Institute's HealthPlex Clinical Services.

Cloé has had the privilege of translating into English original Mechanical Link material from its developer, distinguished French osteopath Paul Chauffour, author of *Osteopathy of the Inferior Limbs* and *The Mechanical Link* (French texts).

Mechanical Link is a gentle manual therapy that addresses physical dysfunction through the avenue of the fascial system. The goal is elegantly simple: to locate and reduce the primary structural lesions within each body system that cause and maintain tension throughout the rest of the body. When the dominant lesion is eliminated, the result is like a "domino effect" that causes the body to readjust itself and adapt to newly regulated systems.

"It's a very clever system because it's so logical," Cloé says. "What Paul has done with Mechanical Link is to divide the body into functional units. When you evaluate a patient, you systematically work your way

through the body to establish where there are lesions within each system, each unit." For example, she says, within the spine you may find a dozen different lesions. "At that point you use a technique called Inhibitory Balance testing, which allows you to judge the lesions against

each other to find the one most powerful."

By elimination, you eventually find one dominant lesion within each functional unit — a process that later leads you to the primary lesion in the body. The idea then is to release that dominant motion barrier — the area of restriction of mobility — by using Paul Chauffour's Evolved Energy Recoil System, a gentle, six-level approach that helps you attain soft-tissue and joint mobility without force.

"It's like putting a lot of energy in a very small area, targeted in a specific direction with a distinct intention," Cloé explains. "By opening up the lesion that's holding on to all the others in the body, it

creates a ripple effect through the connective tissue. The results are immediate and phenomenal.

"It's very much like principles we use in Eastern medicine," she adds. "When we have blockages around the meridians, we'll use a needle to open up the channel. Through

Mechanical Link, Paul has connected us with Oriental concepts of healing. But he does it through a classically Western structural approach — through fascia and bone.

"Paul delves so fully into the structure, he's able to access very refined information," Cloé says.

"And that's what he imparts to his students. When you have an acute, keen interest in structure, and you keep practicing your art over and over again, the structure starts revealing to you its secrets. Then you're connecting to a much larger dimension of our human existence."



Paul Chauffour, DO

Mechanical Link is a System of General Functional Medicine That Addresses...

- **Fibromyalgia**
- **Indigestion**
- **Migraine Headaches**
- **Premenstrual Syndrome**
- **Asthma**
- **Chronic Fatigue**
- **Motor-Coordination Impairments**
- **Chronic Neck and Back Pain**
- **Central Nervous System Disorders**
- **Emotional Difficulties**
- **Temporomandibular Joint Syndrome (TMJ)**
- **Stress and Tension-Related Problems**
- **Orthopedic Problems**
- **And Many Other Conditions**

Paul Chauffour Adds New Class to Mechanical Link Curriculum

French osteopath Paul Chauffour recently bolstered UI's Mechanical Link curriculum by adding an upper-level course: Advanced Mechanical Link. The inaugural class is scheduled for Palm Beach, Fla., Feb. 19-22, 1999.

All four workshops in the ML program cover anatomy, biomechanics, physiology, assessment and therapeutic techniques to provide a comprehensive background in this breakthrough modality. They also involve concepts and hands-on practice that enable therapists to immediately put the tools to use with their patients.

ML I introduces the history and philosophy behind Mechanical Link, with a detailed study of anatomy and the layers of the fascial system. Class participants practice Chauffour's Inhibitory Balance technique, which allows them to hierarchize a lesion by determining which body restrictions require therapy. They also learn to locate primary restrictions of the pelvis, sacrum, spine, extremities and rib cage. Plus, the course covers Phase I of Chauffour's Evolved Energy Recoil System technique. This gentle, six-level approach helps attain comprehensive soft-tissue and joint mobility — without force.

ML II expands on the first level to include specific methods of releasing restrictions in the cranium and the visceral system, including the gastro-intestinal tract, gallbladder and liver. In addition, participants study Phase II of the Recoil technique.

ML III addresses advanced approaches to the cranium and the urogenital organs, as well as the pancreas and spleen. Participants work with Phases III and IV of the Recoil technique, then review the entire assessment process to ensure successful therapy.

continued on page 7

Meet Our Newest IAHE Member... Judith (Walker) DeLany, LMT

"There are few people in our profession who have done more to promote education in massage therapy than...Judith (Walker) DeLany."

Massage Message, Fall 1997
Florida State Massage
Therapy Association

We are honored to present Judith's signature approach to NeuroMuscular Therapy — a time-tested program of massage therapy and complementary techniques that eliminates the causes of most neuromuscular pain patterns.

Over the past 12 years, Judith has become one of the leading experts on therapeutic applications for soft-tissue



Judith (Walker) DeLany,
LMT

injury. She is a coveted speaker on the subject of muscular pain, and is currently lecturing at NMT seminars throughout the world. Judith is also a published author, and has made significant contributions to Dr. Leon Chaitow's book, *Modern Neuromuscular Techniques*, in which she is recognized as one of the pioneers of NMT in America.

Each course in IAHE's new NMT curriculum incorporates Judith's specific adult-learning methods that are proven to better help you retain information. Plus, every instructor is dedicated to staying on track and on target, focusing on the topic at hand to ensure the best learning experience possible.

New NMT Program

Judith (Walker) DeLany takes a broad-based approach to NeuroMuscular Therapy by examining six physiological factors that can create or intensify pain patterns:

1. Ischemia
2. Trigger Points
3. Nerve Entrapment/Compression
4. Postural Distortions
5. Nutrition
6. Emotional Well-Being

In a series of four courses, you'll learn how to help balance the musculoskeletal and nervous systems to enhance the function of joints, muscles and biomechanics:

NMT for the Posterior Spinal Muscles —
Highlights the cervical, thoracic and lumbar areas. Topics include whiplash, scoliosis and disk disease.

NMT for the Upper Extremity —
Highlights the shoulder, arm and hand. Topics include carpal tunnel syndrome, frozen shoulder, tennis elbow, SIT tendons and common surgeries.

NMT for the Lower Extremity —
Highlights the hip, thigh, knee, calf and foot. Topics include sciatica, knee pain, degenerative hip disease, bunions, fallen arches and postural distortions.

NMT for the Cranium and Anterior Spinal Muscles —
Highlights the TMJ, anterior throat, eyes and deep abdomen. Topics include TMJ dysfunction, craniomandibular pain, headaches, military neck, degenerative disks, herniated cervical disks, common surgeries and eyes.

Together, these courses — along with testing — can lead to professional certification in NMT. To register or for more information, call 1-800-311-9204, ext. 8913. Remember to ask us about Reviewer Discounts for St. John alumni.

4

"How to Understand Anything in a Few Minutes a Day"

by Judith (Walker) DeLany, LMT

This previously published one-page article spells out, in detailed terms, precisely how you can learn to master any new subject. Order a *free* copy before your next continuing-education course and test the results for yourself. Call 1-800-311-9204, ext. 8913.



Advanced I CST Class

Hartford, CT — Dec. 5-9, 1997

*Seated: Serafim Kotsogiannis, MT.
First Row (l-r): Rachel Rudansky, LMT;
Christina Christie, LMT; Deanna
Jackson, LMT; Donna Patterson, LMT,
CNMT. Second Row: Ingrid Bacci, PbD,
CAT, BWT (preceptor); Lisa King, PTA;
Sheryl Markley, PT; Sue Rose, OTR.
Back row: Tanga Cleve, MT; Elisa
Holway, LMT; Jessica Hanford, MD
(preceptor); Hank Meldrum, PT, OMT
(instructor).*

Caring for the Littlest Ones *continued from page 1*

for about two weeks until some of her medications were stopped. Then she became very unhappy and uncomfortable.

We couldn't find any position that soothed her. We walked and walked, cradling an infant who screamed constantly. The only

"After four sessions I had a new baby! I cried! It was so wonderful to see the twinkle in her eyes!"

thing we could do was hug, kiss and love her. It was so awful to be her mother and not be able to help her. If she was awake for 45 minutes, 40 of

them were spent screaming. People would say, "Aren't you glad to hear her cry?" Or, "She's been through a lot. You'd cry, too." But I knew it was more than just colic, like everyone was so quick to say.

When Anna was four months old, she started to have CranioSacral Therapy (through our local Pediatric Development Center). It had been two months of constant crying, and we were thankful just to try this method.

It was miraculous! Anna was, for the first time in her short little life, calm for more than five minutes. After her second session she was relaxed for three to four hours. I couldn't wait for her third treatment.

After four sessions I had a new baby! I cried! It was so wonderful to see the twinkle in her eyes! She looked at me now with love and happiness instead of looking for help. After seven or eight treatments, she was a perfectly happy, energized little person.

Our family and friends could not get over the change. My husband and I were so excited. And Anna, well, she was extremely calm and loving life! Not only had her personality come shining through, but her bowel movements were finally regular, she was reaching for things and she seemed so interested in everything. Her whole life (and ours) changed because of CranioSacral Therapy.

Anna is now seven months old and doing wonderfully. We love her dearly and feel like we owe it to you! Your thirst for knowledge of the unknown has played such a part in our lives that we had to say thank you.

Without CranioSacral Therapy, who knows what Anna would be doing today? (I shudder to think.) She used to keep her thumbs clenched in her hands so tightly that her doctors were worried she wouldn't use them if she didn't start to relax them. Now, with CranioSacral, she not only lets her thumbs go, she sucks them!

Thanks again,

Anita Virgilio

CST Brings Quick Relief to Bell's Patient

continued from page 1

After two weeks' worth of sessions, Tom's condition was almost completely relieved. And he feels like one of the lucky ones.

"Bell's Palsy can last months and months," Tom says, "and some people never lose it. I'll bet 95 percent of the people with this condition are never told about CranioSacral Therapy, but it's the first treatment they should look for. Why spend six or seven months with a problem when you can feel better in six or seven hours?"

The Upledger Institute HealthPlex Clinical Services

The following Intensive Therapy Programs are scheduled from July 1998 through December 1998:

Brain & Spinal Cord Dysfunction: Improving Structure and Function

Two-week programs: July 6-17, July 27-Aug. 7, Aug. 17-28, Aug. 31-Sept. 11, Sept. 21-Oct. 2, Oct. 5-16, Oct. 26-Nov. 6, Nov. 9-20, Dec. 7-18

One-week program: Nov. 30-Dec. 4
Re-check program: Sept. 14-18

Therapist Rejuvenation: Replenishment and Renewal

One-week program: Oct. 19-23

Learning-Disabled Children: Facilitating Success

One-week program: Aug. 10-14

Autism: Initiating Developmental Gains

One-week program: July 20-24

For more information or to register for Intensive Therapy Programs, please call (561) 622-4706, ext. 8913.



Fascia and the Energy Matrix

by Tom McDonough, MDiv

There is a natural progression in bodywork from the gross to the subtle — from the fascial matrix to the energy matrix. As we lighten our touch and listen to the wisdom of the body, a whole new world of subtle rhythms and forces reveals itself. This transition into the energetic aspect of the body may be unconscious at first, but understanding it can dramatically enhance your client results.

When I first began working with manual therapy years ago, I was intrigued by the concept of “armoring” and how the body uses muscle tension to both express and repress emotions. Yet I was taught to push through the muscle tension, to work through the pain. Clients were often sore for up to 48 hours after a session. This approach may have been effective, but something was still missing.

Then I was exposed to Upledger Cranio-Sacral Therapy® and my eyes were opened to another approach — the direction of ease. It went against all my training, yet I could feel the tissues responding. Following the body’s lead felt much more effective than trying to force things. More importantly, that’s the way I wanted to be with my clients.

By incorporating these concepts into my manual therapy, my touch became so light I finally realized I had moved beyond matter. I was now working with the energy matrix of the body. My assessment and treatment significantly improved and I began to see connections I never noticed before. That’s when I blended other modalities into an approach I call Energy Integration™.

In Energy Integration, the fascial matrix is simply seen as a more habitual form of the energy matrix. You could say the fascial and

“By incorporating these concepts into my manual therapy, my touch became so light I finally realized I had moved beyond matter.”

Sponsor a Muscle Energy Class

Originally developed by osteopathic physician Fred Mitchell, Sr., Muscle Energy is a very gentle, direct manual therapy technique used to treat joint hypomobility. This noninvasive procedure involves passively positioning the patient at his/her restrictive barriers using the muscle-barrier concept, and then having the patient perform gentle isometric contractions to normalize joint dysfunction.

Muscle Energy has proven immediately helpful in restoring proper joint biomechanics and realigning postural distortion, as well as reducing protective muscle spasm, fascial tension and pain.

In both of the three-day IAHE courses — Muscle Energy, Upper Quadrant and Muscle Energy, Lower Quadrant — participants will learn how to conduct a quadrant-specific screening evaluation, correlate findings and develop a treatment plan. They’ll practice



*Kerry D'Ambrogio,
BSc, PT,
Muscle Energy
Course Developer*

performing Muscle Energy on common joint dysfunctions pertaining either to the upper or lower quadrant. And they’ll study its clinical applications along with methods to integrate it with other treatment modalities.

To schedule a Muscle Energy course — developed and organized by Kerry D’Ambrogio, BSc, PT — please contact Sponsorship Coordinator Jennifer Lambert at 1-800-311-9204, ext. 8913.

Muscle Energy, Upper Quadrant

18 contact hours

Focuses on the cervical spine, thoracic spine, lumbar spine, ribs and upper extremities.

Muscle Energy, Lower Quadrant

18 contact hours

Focuses on the pelvis, sacrum, hips and lower extremities.

energy matrices are two sides of the same reality — if there is a fascial restriction, there is also an energy restriction, and vice versa. That’s why using the energy system can help you detect and ease restrictions in the fascial system. To see how, try this next time you assess a joint injury:

1. Assess the joint through muscle testing and active/passive range of motion. Be specific; e.g., the anterior cruciate ligament or supraspinatus muscle.

2. Gently place your hands on the tissues surrounding the joint. Follow the fascial strain pattern in the direction of ease. Where does it lead? Again, be specific. Can you literally put your finger on it?

3. Now assess the joint off the body.

Hold your hands an inch away in the area of the joint. What precise area is your hand attracted to? Repeat the assessment three inches off the body.

All three assessments should point to the same structure. You’ve simply used the energy field as a quick, reliable method of assessing fascial strain patterns — and enhancing your treatment skills.

Tom McDonough, MDiv, is a PhD candidate in healthcare with a special focus in holistic health. He is the director of FaithWorks®, developer of Energy Integration™ as well as the Health and Personal Mastery™ retreat program, and a member of the International Alliance of Healthcare Educators® (IAHE). To find out more about Energy Integration workshops, call the IAHE at 1-800-311-9204, ext. 8913.

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Consider becoming a presenter at our next **Beyond The Dura** international research conference in **Palm Beach, Florida, April 28 - May 3, 1999.**

Though we have many renowned professionals on our roster of speakers, we routinely save a few spots for fresh, new voices in the field. That's why we'd like to hear from you. Tell us which topics you feel prepared to share with your fellow practitioners.

Simply send us a proposed outline, along with a résumé and a video on any subject — at least 15 minutes long — that highlights your presentation style. We'll gladly review it and consider you to present at **BTD '99.**

Advanced I CST Big Sur, CA - July 20-25, 1997



Back row (l-r): Paul Johnson, M&T; Roy Desjarlais, LMT (instructor); Alexander Majewski, COBT (preceptor). Middle row: Deborah Hunter, CMT; Carol Gray, NCTMB/LMT; Lynn Ganz, OTR/C (preceptor); Kathleen McGovern, OT; Ilu Gabriel, bodyworker. Bottom row: Phyllis Brewbaker, LMT, CHT; Celeste Varas de Valdes, CMT; Marian Roper, RN, BSeN, MCS; Catherine Procopio, PT; Valerie Kemp, LMT. Sitting in front: Diane Sandler, LAc, OMD (preceptor).

Paul Chaffour Adds New Class to Mechanical Link Curriculum, continued from page 5

Advanced Mechanical Link pulls together all aspects of ML I, II and III, allowing therapists to understand and apply the principles of Mechanical Link in its totality. Participants work with the Recoil technique, Phase IV and beyond. Plus, they learn Chaffour's protocols for surgery and childbirth preparation.

Advanced ML also addresses the pharynx, larynx, trachea, bronchi, thyroid, thymus, lung, heart, vascular system and the skin.

For a complete listing of Mechanical Link classes, see the Course Calendar on page 9.

IAHE Course Calendar: July 1, 1998 - July 1, 1999

Upledger CranioSacral Therapy* I

Albuquerque, NM - March 25-28, 1999
Allentown, PA - April 8-11, 1999
Anchorage, AK - Oct. 1-4, 1998
Appleton, WI - Dec. 10-13, 1998
Atlanta, GA - Oct. 15-18, 1998
Atlantic City, NJ - June 17-20, 1999
Auckland, New Zealand - Nov. 27-30, 1998
Austin, TX - June 10-13, 1999
Baltimore, MD - March 18-21, 1999
Bend, OR - Nov. 5-8, 1998
Big Sur, CA - July 19-24, 1998
Boston, MA - Aug. 13-16, 1998
Boston, MA - Dec. 3-6, 1998
Boston, MA - April 15-18, 1999
Boulder, CO - Aug. 6-9, 1998
Bozeman, MT - March 4-7, 1999
Buffalo, NY - May 28-31, 1999
Burlington, VT - July 9-12, 1998
Calgary, AB - Feb. 4-7, 1999
Charlotte, NC - Oct. 22-25, 1998
Charlottesville, VA - Dec. 12-15, 1998
Charlottesville, VA - June 10-13, 1999
Chicago, IL - Oct. 15-18, 1998
Chicago, IL - June 10-13, 1999
Cincinnati, OH - Jan. 14-17, 1999
Cleveland, OH - Nov. 5-8, 1998
Colorado Springs, CO - Oct. 22-25, 1998
Columbia, SC - March 25-28, 1999
Columbus, OH - June 24-27, 1999
Dallas/Fort Worth, TX - Oct. 15-18, 1998
Dallas/Fort Worth, TX - March 18-21, 1999
Dayton, OH - July 23-26, 1998
Denver, CO - Feb. 18-21, 1999
Denville, NJ - July 23-26, 1998
Des Moines, IA - March 11-14, 1999
Detroit, MI - April 22-25, 1999
Edmonton, AB - Sept. 10-13, 1998
El Paso, TX - Aug. 20-23, 1998
Fairbanks, AK - April 22-25, 1999
Fort Collins, CO - Oct. 2-3, 9-10, 1998
Fort Lauderdale, FL - July 16-19, 1998
Fort Lee, NJ - March 18-21, 1999
Fort Myers, FL - Oct. 22-25, 1998
Fresno, CA - March 4-7, 1999
Gainesville, FL - April 8-11, 1999
Grant's Pass, OR - March 11-14, 1999
Hartford, CT - Sept. 24-27, 1998
Hartford, CT - March 18-21, 1999
Houston, TX - Nov. 19-22, 1998
Indianapolis, IN - Oct. 31-Nov. 3, 1998
Ithaca, NY - Dec. 10-13, 1998
Jacksonville, FL - Sept. 17-20, 1998
Kansas City, KS - Sept. 24-27, 1998
Key West, FL - Oct. 8-11, 1998
Lansing, MI - Nov. 5-8, 1998
Las Vegas, NV - July 16-19, 1998
*In conjunction with the Dahan Institute of Massage Studies
Los Angeles, CA - Feb. 11-14, 1999
Louisville, KY - April 8-11, 1999
Madison, WI - Feb. 11-14, 1999
Memphis, TN - Dec. 3-6, 1998
Miami, FL - Feb. 4-7, 1999
Milwaukee, WI - June 24-27, 1999
Minneapolis, MN - Nov. 19-22, 1998
Minneapolis, MN - June 17-20, 1999
Missoula, MT - Oct. 8-11, 1998
Naples, FL - May 6-9, 1999
Nashville, TN - July 16-19, 1998
Nashville, TN - June 17-20, 1999

New Jersey Shore, NJ - Nov. 5-8, 1998
New Orleans, LA - July 23-26, 1998
New Orleans, LA - March 25-28, 1999
New York, NY - Sept. 10-13, 1998
New York, NY - Jan. 14-17, 1999
New York, NY - May 6-9, 1999
North Bay, ON - July 16-19, 1998
Oahu, HI - Sept. 17-20, 1998
Omaha, NE - Sept. 10-13, 1998
Orange County, CA - Nov. 12-15, 1998
Orlando, FL - Dec. 10-13, 1998
Ottawa, ON - Feb. 25-28, 1999
Palm Beach, FL - Nov. 19-22, 1998
Palm Beach, FL - April 24-27, 1999
Pensacola, FL - Oct. 1-4, 1998
Philadelphia, PA - Jan. 28-31, 1999
Philadelphia, PA - June 3-6, 1999
Phoenix, AZ - June 3-6, 1999
Pittsburgh, PA - Aug. 20-23, 1998
Portland, ME - March 18-21, 1999
Portland, OR - Dec. 12-15, 1998
Portland, OR - June 3-6, 1999
Providence, RI - May 13-16, 1999
Rochester, NY - Oct. 29-Nov. 1, 1998
Salt Lake City, UT - July 16-19, 1998
Salt Lake City, UT - Jan. 14-17, 1999
San Antonio, TX - Jan. 21-24, 1999
San Diego, CA - July 9-12, 1998
San Francisco, CA - Sept. 17-20, 1998
San Francisco, CA - Jan. 7-10, 1999
San Francisco, CA - May 6-9, 1999
Santa Barbara, CA - Aug. 20-23, 1998
Santa Barbara, CA - April 8-11, 1999
Santa Fe, NM - Aug. 27-30, 1998
Sarasota, FL - Aug. 27-30, 1998
Sarasota, FL - Jan. 21-24, 1999
Saskatoon, SK - Nov. 28-Dec. 1, 1998
Seattle, WA - Sept. 25-28, 1998
Seattle, WA - Jan. 21-24, 1999
St. Louis, MO - Jan. 28-31, 1999
Sydney, Australia - Nov. 7-10, 1998
Tallahassee, FL - Oct. 14-17, 1999
Tampa, FL - June 10-13, 1999
The Big Island, HI - April 15-18, 1999
Toledo, OH - May 20-23, 1999
Toronto, ON - Sept. 10-13, 1998
Toronto, ON - Dec. 17-20, 1998
Toronto, ON - May 27-30, 1999
Tucson, AZ - Dec. 3-6, 1998
Utica, NY - Nov. 12-15, 1998
Utica, NY - April 22-25, 1999
Vancouver, BC - Nov. 28-Dec. 1, 1998
Vancouver, BC - May 27-31, 1999
Virginia Beach, VA - April 8-11, 1999
Washington, DC - Aug. 6-9, 1998
Washington, DC - Feb. 4-7, 1999
Wichita, KS - Jan. 7-10, 1999
Wilmington, NC - March 25-28, 1999
Winnipeg, MB - Oct. 29-Nov. 1, 1998

Upledger CranioSacral Therapy* II

Albuquerque, NM - March 25-28, 1999
Anchorage, AK - Oct. 1-4, 1998
Atlanta, GA - May 20-23, 1999
Big Sur, CA - Nov. 1-6, 1998
Boston, MA - Dec. 3-6, 1998
Burlington, VT - July 9-12, 1998
Calgary, AB - Feb. 4-7, 1999
Charlottesville, VA - Dec. 17-20, 1998
Chicago, IL - June 10-13, 1999

Colorado Springs, CO - April 15-18, 1999
Columbus, OH - Oct. 22-25, 1998
Dallas/Fort Worth, TX - July 30-Aug. 2, 1998
Dunedin, New Zealand - Nov. 19-22, 1998
Fort Lee, NJ - Aug. 13-16, 1998
Grant's Pass, OR - Oct. 29-Nov. 1, 1998
Hartford, CT - Sept. 24-27, 1998
Houston, TX - May 13-16, 1999
Indianapolis, IN - April 8-11, 1999
Lansing, MI - Nov. 5-8, 1998
London, ON - Sept. 17-20, 1998
Milwaukee, WI - Oct. 8-11, 1998
Minneapolis, MN - Nov. 19-22, 1998
Nashville, TN - Nov. 19-22, 1998
New Jersey Shore, NJ - April 15-18, 1999
New York, NY - Jan. 14-17, 1999
Omaha, NE - April 8-11, 1999
Orlando, FL - May 20-23, 1999
Palm Beach, FL - Nov. 19-22, 1998
Pensacola, FL - July 30-Aug. 2, 1998
Philadelphia, PA - June 3-6, 1999
Providence, RI - Nov. 12-15, 1998
Rochester, NY - Oct. 29-Nov. 1, 1998
Sacramento, CA - Sept. 10-13, 1998
Salt Lake City, UT - July 16-19, 1998
San Diego, CA - July 9-12, 1998
San Francisco, CA - Jan. 7-10, 1999
San Francisco, CA - May 6-9, 1999
Seattle, WA - Sept. 25-28, 1998
Sydney, Australia - Nov. 12-15, 1998
The Big Island, HI - April 15-18, 1999
Toronto, ON - Dec. 17-20, 1998
Toronto, ON - May 27-30, 1999
Tucson, AZ - Dec. 3-6, 1998
Utica, NY - April 22-25, 1999
Vancouver, BC - May 27-30, 1999
Washington, DC - Aug. 6-9, 1998
Winnipeg, MB - Oct. 29-Nov. 1, 1998

Two-Day Clinical Symposium with Dr. Upledger

Palm Beach, FL - Aug. 1-2, 1998

The Brain Speaks™

Palm Beach, FL - Oct. 29-Nov. 1, 1998
San Francisco, CA - Sept. 17-20, 1998

SomatoEmotional Release* I

Boston, MA - Aug. 13-16, 1998
Chicago, IL - Oct. 15-18, 1998
Columbus, OH - June 24-27, 1999
Dallas/Fort Worth, TX - March 18-21, 1999
Denver, CO - Feb. 18-21, 1999
Detroit, MI - April 22-25, 1999
Hartford, CT - March 18-21, 1999
Palm Beach, FL - Nov. 19-22, 1998
Phoenix, AZ - June 3-6, 1999
Portland, OR - Dec. 17-20, 1998
Rochester, NY - March 4-7, 1999
San Diego, CA - July 9-12, 1998
San Francisco, CA - Jan. 7-10, 1999
Sarasota, FL - Aug. 27-30, 1998
Sydney, Australia - Nov. 19-22, 1998
Toronto, ON - Sept. 10-13, 1998
Vancouver, BC - May 27-30, 1999
Washington, DC - Feb. 4-7, 1999

SomatoEmotional Release* II

Boston, MA - April 15-18, 1999
Hartford, CT - Sept. 24-27, 1998
Minneapolis, MN - Nov. 19-22, 1998

New York, NY - Sept. 10-13, 1998
Palm Beach, FL - April 24-27, 1999
Portland, OR - June 3-6, 1999
Salt Lake City, UT - July 16-19, 1998
San Francisco, CA - May 6-9, 1999
Toronto, ON - Dec. 17-20, 1998
Vancouver, BC - Nov. 28-Dec. 1, 1998

Advanced CranioSacral Therapy

Boston, MA - Oct. 19-23, 1998
Chicago, IL - Oct. 12-16, 1998
Palm Beach, FL - Sept. 7-11, 1998
Portland, OR - Aug. 17-21, 1998
San Diego, CA - July 6-10, 1998
San Francisco, CA - Dec. 7-11, 1998
Sechelt, BC - Aug. 24-28, 1998
Toronto, ON - Nov. 9-13, 1998

Advanced CranioSacral Therapy II

Palm Beach, FL - Aug. 10-14, 1998

Clinical Application of SomatoEmotional Release

Palm Beach Gardens, FL - Aug. 3-7, 1998

Clinical Application of Adv. CranioSacral Therapy

Palm Beach Gardens, FL - Oct. 12-16, 1998

Beyond The Dura '99 Research Conference

Palm Beach, FL - April 28-May 3, 1999

Dolphin Educational Workshop™

Key West, FL - July 6-8, 1998
Key West, FL - Aug. 24-26, 1998
Key West, FL - Sept. 21-23, 1998
Key West, FL - Oct. 5-7, 1998

ShareCare®

Dunedin, New Zealand - Nov. 18, 1998
Edmonton, AB - Sept. 12, 1998
Minneapolis, MN - July 11, 1998
Minneapolis, MN - Nov. 7, 1998
Palm Beach Gardens, FL - Sept. 12, 1998
Palm Beach Gardens, FL - Nov. 7, 1998
San Francisco, CA - June 28, 1998
Warren, MI - Sept. 12, 1998

Mechanical Link™ I

Minneapolis, MN - Feb. 25-28, 1999
New York, NY - Oct. 9-12, 1998
Palm Beach, FL - July 30-Aug. 2, 1998
San Francisco, CA - Oct. 15-18, 1998

Mechanical Link™ II

New Orleans, LA - July 23-26, 1998

Advanced Mechanical Link™

Palm Beach, FL - Feb. 19-22, 1999

Visceral Manipulation™ IA

Albuquerque, NM - Nov. 12-15, 1998
Atlanta, GA - Dec. 10-13, 1998
Boston, MA - Aug. 13-16, 1998
Boulder, CO - Aug. 6-9, 1998
Chicago, IL - Oct. 15-18, 1998
New York, NY - Sept. 10-13, 1998
Orlando, FL - Oct. 8-11, 1998
Philadelphia, PA - Dec. 3-6, 1998
San Diego, CA - Dec. 10-13, 1998
San Francisco, CA - Sept. 17-20, 1998
Santa Barbara, CA - Aug. 20-23, 1998

Sydney, Australia - Sept. 10-13, 1998
Toronto, ON - Dec. 17-20, 1998
Vancouver, BC - Nov. 28-Dec. 1, 1998

Visceral Manipulation™ IB

Boston, MA - Dec. 3-6, 1998
Cincinnati, OH - Aug. 13-16, 1998
San Francisco, CA - Jan. 7-10, 1999
Toronto, ON - Sept. 10-13, 1998

Practical Integration of Visceral Manipulation™

Albuquerque, NM - Sept. 18-20, 1998
Hartford, CT - Aug. 28-30, 1998

Visceral Listening Techniques™

Hartford, CT - July 10-12, 1998
Seattle, WA - Sept. 26-28, 1998
Toronto, ON - Oct. 30-Nov. 1, 1998

Visceral Manipulation™ II

Hartford, CT - Sept. 24-27, 1998
San Francisco, CA - July 16-19, 1998
Toronto, ON - Feb. 11-14, 1999

Advanced Visceral Manipulation™

Albuquerque, NM - Dec. 10-13, 1998

Visceral Approach to Trauma and Whiplash™

New Orleans, LA - July 23-25, 1998
Palm Beach, FL - July 29-31, 1998

Lymph Drainage Therapy™ I

Austin, TX - Aug. 13-16, 1998
Dayton, OH - July 23-26, 1998
Fairbanks, AK - July 9-12, 1998
Hartford, CT - Oct. 3-6, 1998
Nashville, TN - July 16-19, 1998
San Francisco, CA - Dec. 10-13, 1998
Toronto, ON - Sept. 10-13, 1998

Lymph Drainage Therapy™ II

Columbus, OH - Oct. 22-25, 1998
San Francisco, CA - Aug. 29-Sept. 1, 1998
Tampa, FL - May 8-11, 1999

Lymph Drainage Therapy™ III

San Francisco, CA - Dec. 10-13, 1998

Subtle Energy as a Therapeutic Instrument

Phoenix, AZ - Oct. 24-26, 1998
Toronto, ON - Oct. 30-Nov. 1, 1998

Process Acupressure™ IB

Baltimore, MD - Oct. 8-11, 1998
Santa Cruz, CA - Nov. 12-15, 1998
Toronto, ON - Sept. 10-13, 1998

Process Acupressure™ II

Santa Cruz, CA - July 30-Aug. 2, 1998

Process Acupressure™ III

Borrego Springs, CA - Dec. 4-10, 1998

Zero Balancing® Core Program — Segments I & II

Atlanta, GA - Sept. 10-13, 1998
Austin, TX - July 9-12, 1998
Austin, TX - Jan. 7-10, 1999
Baltimore, MD - Sept. 17-20, 1998
Baltimore, MD - Oct. 15-18, 1998

Blue Hill, ME - Sept. 16-20, 1998
Cambridge, MA - July 30-Aug. 2, 1998
Cambridge, MA - Oct. 22-25, 1998
Charlottesville, VA - Sept. 17-20, 1998
Chicago, IL - Nov. 6-9, 1998
Chicago, IL - May 13-16, 1999
Columbia, MD - Dec. 10-13, 1998
Columbia, MD - May 1-4, 1999
Detroit, MI - July 9-12, 1998
Houston, TX - Oct. 8-11, 1998
Mansfield, CT - Aug. 21-24, 1998
New Orleans, LA - Oct. 15-18, 1998
New York, NY - Sept. 24-27, 1998
New York, NY - Jan. 7-10, 1999
New York, NY - April 1-4, 1999
Ojai, CA - Nov. 4-8, 1998
Ojai, CA - March 17-21, 1999
Santa Cruz, CA - Oct. 15-18, 1998
Seattle, WA - Aug. 1-2, 8-9, 1998
Silver Springs, MD - Oct. 22-25, 1998
Waveland, MS - Aug. 15-16, 22-23, 1998

Energy Integration™ I

Palm Beach, FL - Oct. 29-Nov. 1, 1998
Hartford, CT - Sept. 24-27, 1998

NeuroMuscular Therapy for the Upper Extremity

Minneapolis, MN - Nov. 20-22, 1998
Orlando, FL - Oct. 25-27, 1998
St. Louis, MO - Nov. 6-8, 1998

NeuroMuscular Therapy for the Lower Extremity

Melbourne, FL - July 24-26, 1998
Orlando, FL - Dec. 13-15, 1998
Washington, DC - Aug. 7-9, 1998
Worcester, MA - Aug. 14-16, 1998

NeuroMuscular Therapy for the Posterior Spinal Muscles

Lincoln, NE - Sept. 18-20, 1998
Minneapolis, MN - Sept. 18-20, 1998
Orlando, FL - Aug. 30-Sept. 1, 1998
St. Louis, MO - Sept. 11-13, 1998

NeuroMuscular Therapy for the Cranium and Anterior Spinal Muscles

Atlanta, GA - July 17-19, 1998
Baton Rouge, LA - July 24-26, 1998
Lincoln, NE - Nov. 13-15, 1998
Melbourne, FL - Sept. 25-27, 1998
Miami, FL - Aug. 7-9, 1998
Seattle, WA - July 10-12, 1998
St. Petersburg, FL - Aug. 21-23, 1998
Washington, DC - Oct. 16-18, 1998
Worcester, MA - Oct. 16-18, 1998

Multidisciplinary Approaches to Myofascial Pain Conf.

Berkeley, CA - October 23-25, 1998

Man's Best Friends: An Integrative Approach to the Treatment of Animals

Orange Cnty. or San Diego Cnty, CA - Nov. 5, 1998

Please call for dates and locations for the following:

Advanced Visceral Manipulation™ II; Advanced Zero Balancing® Courses; Aston® Therapeutics; Clinical Application of CranioSacral Therapy; Fascial Mobilization; Muscle Energy; Process Acupressure™ IA; Strain and CounterStrain; Spirituality and Healing; Supporting the Compassionate Heart: Grounding and Healthy Boundaries; and Trauma Release Therapy™.

Many courses require prerequisites, and additional dates and locations are added frequently. Please call 1-800-311-9204, ext. 8913, for the most current listings.

Earn Valuable CEUs in IAHE Classes

We're pleased to report that IAHE classes satisfy the requirements for continuing-education units in many states for many different professions. Before attending a workshop, simply verify CEU acceptance with your professional state board.

In the meantime, take a look at our latest CEU approvals. This is just a partial list of all the IAHE classes approved for CEUs. For details on other approvals, please call our Educational Services Dept. at 1-800-311-9204, ext. 8913.

Alabama

Physical Therapists can now earn CEUs for nearly every course offered by IAHE.

Canada

Canadian Athletic Therapists can now earn CEUs for:

- Upledger CranioSacral Therapy® I & II

Delaware

Occupational Therapists can now earn CEUs for nearly every course offered by IAHE.

Florida

Massage Therapists can now earn CEUs for:

- Lymph Drainage Therapysm III
- Supporting the Compassionate Heart: Grounding & Healthy Boundaries

Illinois

Physical Therapists can now earn CEUs for:

- SomatoEmotional Release® I
- Upledger CranioSacral Therapy® I & II
- Visceral Manipulationsm IA

Louisiana

Massage Therapists can now earn CEUs for these classes in select locations:

- Lymph Drainage Therapysm I
- Mechanical Linksm II
- Upledger CranioSacral Therapy® I

Physical Therapists can now earn CEUs for nearly every course offered by IAHE.

Maine

Acupuncturists can now earn CEUs for:

- Upledger CranioSacral Therapy® I & II

Maryland

Physical Therapists can now earn CEUs for:

- Upledger CranioSacral Therapy® I

Minnesota

Physical Therapists can now earn CEUs for:

- Upledger CranioSacral Therapy® I & II
- Lymph Drainage Therapysm I
- SomatoEmotional Release® I

Doctors of Chiropractic can now earn CEUs for nearly every course offered by IAHE.

Missouri

Doctors of Chiropractic can now earn CEUs for:

- Upledger CranioSacral Therapy® I & II

Ohio

Physical Therapists can now earn CEUs for:

- SomatoEmotional Release® I

South Carolina

Doctors of Chiropractic can now earn CEUs for:

- Bandaging, Garments & Other Tools for Compression Therapy
- CranioSacral Therapy for Pediatricssm
- Lymph Drainage Therapysm III
- The Brain Speakssm
- Therapeutic Imagery & Dialoguesm
- Trauma Release Therapysm I
- Visceral Listening Techniquessm

Texas

Physical Therapists can now earn CEUs for:

- Upledger CranioSacral Therapy® I & II
- Visceral Manipulationsm IA



Milestones



Congratulations...

- Avadhan Larson, LAc, LMT, and a CSI/CSII instructor, was recently certified as an instructor for SERI.
- Monique Bureau, BSc, PT, and a Mechanical Link material translator, welcomed her daughter Denise into the world on March 18, 1998.

New Certified VM Teaching Assistants...

- Barbara Chang, CMT
- Frank Gentile, PT

New Certified CST Teaching Assistants...

- | | | |
|-------------------------|----------------------------|-------------------------|
| • Paul Cornelissens, PT | • Patricia Leat, LAc | • Rebecca Rich, PT |
| • Ken DiPersio, LMT | • Susan Morrison, DC | • Candice Strack, OTR/L |
| • Camilla Glenn, LMT | • Patricia Morgan, CMT, MA | • David Tomlinson, RMT |
| • Robert Holway, LMT | • Phoebe Neville, RMT | • Maxine White, RN |
| • Dick Larson, PhD, LAc | • Debbie Pope, OT | |

Advanced I CST Class



**West Palm Beach, FL
Dec. 1- 5, 1997**

Back row (l-r): Sabine Gerbardy, ND (preceptor); Ramraj Lowe, bodyworker; Gino Giglio, BA, NCTMB, LMT (preceptor); Diane Sendrey, RN, LMT; Sunny Holahan, LMT; Eva Jo Wu, Rolfer; Frank Wu, Rolfer. Center: Chas Perry, PhD (instructor). Bottom row: Betty Mattiotti, MT; Marita Guilderson, LMT; Theresa Miller, CMT, CHI; Andriette Kinsella, LMT; Basia Szpak, aquatic therapist.

Internet Address Book

International Association of Healthcare Practitioners (IAHP)

Website: <http://iahp.com>

E-mail: iahp@iahp.com

International Alliance of Healthcare Educators® (IAHE)

Website: <http://iahe.com>

E-mail: iahe@iahe.com

The Upledger Institute, Inc.®

Website: <http://upledger.com>

E-mail: upledger@upledger.com

Travel Concierge, Inc.

Website: <http://tc-travel.com>

E-mail: tc-travel@tc-travel.com

The Upledger Institute also has international offices for course offerings and clinical treatments. For details, please call 1-800-511-9204, ext. 8915.

Now Certified in Upledger CranioSacral Therapy®!

Nearly 60 therapists have met the challenge to become certified in Upledger CranioSacral Therapy.

Certification is offered at two levels: CST Techniques for those who have completed CSII, and the Diplomate level for Advanced CST alumni. Examination at each stage is a multi-tasked project including written, oral and hands-on testing.

Please call 1-800-511-9204, ext. 8913, for more details.

Diplomate Level:

Roy Desjarlais, LMT
Linda Foster, NCTMB
John Page, DO

Techniques Level:

Diana Bahn, LMT
Nancy Burke, CMT
Bev Clarke, LMT
Vivian Conde, OTR/L
Susan Grant Corash, CAT
Dodie Corcoran, CMT
Geri Mailender, OTR/L
Elizabeth Nasser, MsT
Brenda Riley, PT
Lissa Wheeler, MT

Photo Gallery



Linda Foster, NCTMB (left), now a certified Diplomate in CranioSacral Therapy.

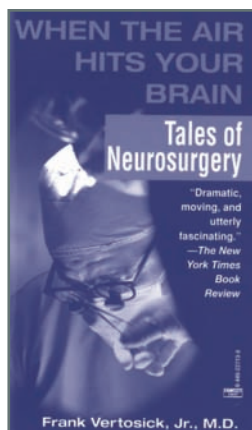


Dodie Corcoran, CMT (bottom left), now certified in CranioSacral Therapy Techniques.



Brenda Riley, PT (bottom), now certified in CranioSacral Therapy Techniques.

New Books and Therapeutic Products



When the Air Hits Your Brain

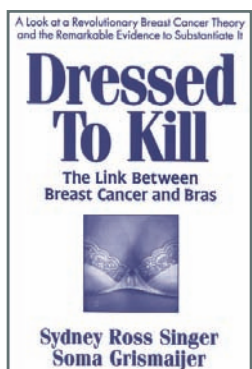
by Frank

Vertosick, Jr.,

MD

Travel along with Frank Vertosick on his way to becoming a neurosurgeon.

This straight-forward account of his training gives you an inside look at what it's like to be on the line in the operating room, where one wrong move can terminate a life or render a person disabled. Vertosick gives you a true appreciation for the rigorous, almost inhuman steps a resident goes through. Yet you'll come to better understand it as a process necessary to shape the psyche for the incredible task of operating on the central nervous system. *The New York Times Book Review* calls it, "Dramatic, moving, and utterly fascinating." *Recommended by Dr. Lisa Upledger.* \$5.99 + s&h (softcover)



Dressed to Kill

by

Sydney Ross

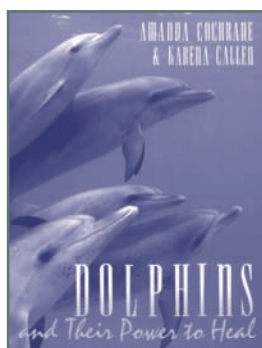
Singer and

Soma Grismaijer

Although it may sound off-beat, *Dressed to Kill* reveals the correlation

between wearing bras and breast cancer, along with a wealth of evidence. The authors take a close look at the constrictive nature of the brassiere and propose that, by suppressing the lymphatic system — the internal network of vessels that flush wastes from the body — a bra might cause toxins to accumulate in the tissues of the breasts, creating a likely environment for

a variety of health problems. *Dressed to Kill* offers suggestions to minimize risk. *Recommended by French physician Bruno Chikly.* \$11.95 + s&h (softcover)



Dolphins and Their Power to Heal

by

Amanda

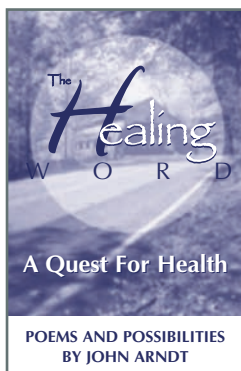
Cochran and

Karena Callen

Myths and legends from the world over

attest to the healing influence of dolphins. More recent case studies, described here, confirm that close contact with these graceful mammals can trigger our inherent healing powers, enhance the learning abilities of the mentally handicapped, bring relief to the emotionally disturbed, and encourage recovery from life-threatening illness.

Recommended by Dr. John Upledger. \$19.95 + s&h (softcover)



The Healing Word: A Quest for Health

by

John Arndt

"This is the story of John Arndt's growth process in his own poetic words. Read, contemplate and grow." — Dr. John Upledger

\$10.00 + s&h

The Brain Speaks '97 Seminar Notes

compiled by John E. Upledger DO, OMM

These notes represent a collection of experiences and insights that came forth in group discussions or in personal letters to Dr. John Upledger. The insights originally stemmed from hands-on sessions at The

Brain Speaks (1996-1997), the powerful seminar in which participants are guided to facilitate imagery and dialogue with specific components of the brain and spinal cord. \$50.00 + s&h. (Cost may be credited toward tuition in a future TBS class.) \$5.00 + s&h for TBS alumni. Call for details on annual updates.



Resurrection

by Neville

This book presents five of mystic/metaphysician Neville's major works in one volume: *Prayer, The Art of Believing, Feeling is the Secret Freedom for All, Out of this World* and *Resurrection*. It includes a commentary of a confession of faith in terms of experience. *Recommended by Alaya Chikly.* \$10.95 + s&h (softcover)

Keep Up With Current Events:

New Research Articles Available

"Feeling Your Pain: A Mind/Body Approach for Treating TMJ Disorders and Other Traumas"

by Steve Edgcombe, *PT & OT Today*,

May 12, 1997

Most people are taught that pain is something to be feared and avoided. On the contrary, claims Karl Nishimura, DDS, MS, pain should be recognized as a friendly indicator that something is wrong. Here he sets forth his new paradigm in thinking, and he presents the basics for the Trauma Release Therapy Protocol that helps people recognize pain, elicit the traumatic experience that led to it, and bring about normalization and self-healing. *Dr. Nishimura is a certified curriculum director and instructor for Trauma Release Therapy courses sponsored by the IAHE. (#9705) Copying charge: 55¢ + s&h*

“Making Gains: Rehabilitation From Traumatic Brain Injury Combines a Variety of Methods”

PT & OT Today, June 23, 1997

This article highlights two severe accident cases in which the survivors received in-depth therapeutic treatment at The Upledger Institute HealthPlex Clinical Services. The families of Jennifer Johnson and Paul Rice each credit the CranioSacral Therapy and SomatoEmotional Release experienced through an intensive-treatment program as key to their recovery and developmental gains. (#9706) Copying charge: 55¢ + s&h

“Aston-Patterning: Accessing the Power of the Ground”

by Laura Servid, OTR/L, Certified Aston-Patterning Practitioner, *PT & OT Today*, July 21, 1997

Aston-Patterning combines alignment and movement precisely and accurately, offering anyone greater ease of movement. It accomplishes this by teaching us how to access the power of Newton's third law — ground reaction force (GRF) — the “other side” of gravity. Laura Servid, who maintains a private practice specializing in Aston work, explains the basics of Aston-Patterning, and provides case histories highlighting how this therapeutic modality has benefited her clients. (#9707) Copying charge: 65¢ + s&h

“Applications of Pre- & Post-Surgical Lymph Drainage Therapy”

by Bruno Chikly, MD, and Alaya Chikly, CMT, *Massage & Bodywork*, Summer/Fall 1997

In Europe, lymphatic drainage is commonly prescribed by physicians, and is widely available in hospitals to promote healing and provide a more comfortable recovery after surgery. French physician Bruno Chikly and his wife Alaya explore the many benefits of this valuable therapy to pre- and post-surgical patients. It's been shown to

help prevent infection, alleviate post-surgery swelling and even improve the scarring process. (#9708A) Copying charge: 60¢ + s&h

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“CranioSacral Therapy”

by Roy Desjarlais, LMT, *Dermascope*, September/October 1997

CranioSacral Therapy (CST) is a light-touch, hands-on modality that's been gaining in popularity thanks to its effectiveness and gentle approach. Roy Desjarlais, licensed massage therapist, staff clinician and instructor for The Upledger Institute, explains why spas should consider adding CST to their menu of services, as so many others have done. *Roy Desjarlais, LMT, is a certified instructor for Upledger CranioSacral Therapy courses sponsored by the IAHE.* (#9709A) Copying charge: 55¢ + s&h

“Process Acupressure: Mapping Energy Pathways”

by Debora Romanchock, *PT & OT Today*, August 11, 1997

The belief that the body, mind and soul are intertwined can be traced back to China 3,000 years ago. That ancient concept remains the fundamental principle behind Process Acupressure, a healthcare

approach said to harmonize the energy systems of the body by stimulating points along meridians and in the chakras. This article presents a comprehensive overview of Process Acupressure, and how it came to be created by Aminah Raheem, PhD, author of *Soul Return: Integrating Body, Psyche and Spirit*. *Dr. Raheem is a certified curriculum director and instructor for Process Acupressure courses sponsored by the IAHE.* (#9708) Copying charge: 65¢ + s&h

“Mind + Body + Spirit = Zero Balancing”

by Debora Romanchock, *PT & OT Today*, September 1, 1997

In response to patients' increased interest and demand, physicians and allied health professionals have started to integrate both Eastern and Western approaches to health-care. One such technique is Zero Balancing, a gentle yet effective method of aligning body energy with body structure. This article explores the parameters of this modality developed by Fritz Smith, MD.

Dr. Smith is a certified curriculum director and instructor for Zero Balancing courses sponsored by the IAHE. (#9709) Copying charge: 55¢ + s&h

Thank You, Massage Therapy Journal!

The Winter 1998 issue presented a thorough and favorable review of Dr. John Upledger's latest book: A Brain is Born: Exploring the Birth and Development of the Central Nervous System (1996). The review was provided by Sandy Fritz, owner, director and head instructor of Health Enrichment Center, a massage therapy school in Lapeer, Mich. She is also author of Mosby's Fundamentals of Therapeutic Massage (1995) and Mosby's Illustrated Guide to Massage Essentials (1997). We applaud Sandy for her support and thoughtful insights.

Strengthen Your Skills Through Study Groups

Study groups offer you the ideal opportunity to share thoughts and ideas with other therapists — and to learn from each other in a supportive atmosphere.

That's why we're pleased to tell you about the study groups listed here. They've satisfied the requirements to become officially sanctioned by The Upledger Institute, which means the leaders are either teaching assistants or certified in their therapies. What's more, they've been personally recommended by a UI-certified instructor.

UI-sanctioned study groups are listed in newsletters like this one. You can also find them on our websites, workshop flyers, select letters, at seminars, and through the Educational Services Dept.

Feel free to call our representatives at 1-800-311-9204, ext. 8913, to find a study group near you. Or if you'd like to create a study group and have it listed in future newsletters, let us know. We'll be happy to send you an application.

Note: For all study groups shown here, please call the contact listed regarding space availability, prerequisites, fees, dates and times.

ARIZONA

Cave Creek

Nan Woodward, PT • (602) 488-5934
Focus: CSI, CSII, SERI, SERII

Tucson

Candice Strack, OTR/L • (520) 546-9242
Focus: CSI, CSII, SERI, SERII, ADV

CALIFORNIA

El Cerrito

Contact: Nancy Burke, CMT • (510) 526-0115
Focus: CSI, CSII, SERI, ADV

San Luis Obispo

Contact: Celeste M. Varas de Valdes, CMT
• (805) 995-2443
Focus: CSI, CSII, SERI

Santa Ana

Contact: Cindy Velez, CMT • (714) 523-5719
Focus: CSI, CSII, SERI, SERII

CANADA

Saskatoon, SK

Contact: Linda Fisher, RMT • (306) 665-2424
Focus: CSI, CSII, SERI (VMIA in the fall)

DISTRICT OF COLUMBIA

Washington

Contact: Ronald Murray, PT • (410) 461-8236
Focus: CSI, CSII, SERI, SERII, ADV

FLORIDA

Aventura

Contact: Stuart Berger, RPT • (305) 937-2281
Focus: CSI, CSII, SERI, SERII, ADV

Jacksonville

Contact: David Dolan, LMT, NMT
• (904) 296-7566
Focus: CSI, CSII, SERI, SERII, ADV

Palm Beach Gardens

The Upledger Institute HealthPlex Clinical Services
Contact: Cloé Couturier, LMT, Certified Osteopath
• (561) 622-4706
Focus: CSI, CSII, SERI, SERII, ADV

HAWAII

Honolulu

Contact: Glenn Thering, LMT • (808) 951-4278
Focus: CSI, CSII, SERI, SERII, ADV & other modalities

INDIANA

Indianapolis

Contact: Rebecca Hunt, OTR • (765) 287-1845
Focus: CSI, CSII, SERI

MASSACHUSETTS

Northampton

Contact: Avadhan Larson, LAc, CMT
• (413) 582-0123
Focus: CSI, CSII, SERI, SERII, ADV

MISSOURI

St. Louis

Contact: Susan Costa, CMT • (314) 832-0279
Focus: CSI, CSII

St. Louis

Contact: Constance Perretta, LMT, RMT
• (314) 984-8265
Focus: CSI, CSII

NEW JERSEY

Cape May Court House

Contact: Linda Foster, MsT • (609) 886-3145
Focus: CSI, CSII

Madison

Contact: Peg Dougherty, MA, CMT
• (973) 822-3110
Focus: CSI, CSII

NEW YORK

New York City

Contact: Barbara Chang, CMT • (212) 242-1432
Focus: SERI, SERII, ADV, ADVII, VMIA, VMIB, VMII

New York City

Contact: Kenneth I. Frey, PT • (212) 751-2693
Focus: CSI, CSII, VM

New York City

Contact: Anne Hammel, CAT • (212) 254-3442
Focus: CSI, CSII

PENNSYLVANIA

Bethlehem

Contact: Penny Kerr Reiss, CMT • (610) 398-0803
Focus: CSI, CSII, SERI, SERII, ADV

King of Prussia

Contact: Zora Natanblut, PhD, PT • (610) 989-1777
Focus: CSI, CSII and SERI, SERII

RHODE ISLAND

Providence

Contact: Susan Steiner, OTR/L • (401) 851-0985
Focus: CSI, CSII, SERI, SERII, FM

VERMONT

Sharon

Contact: Priscilla Downey, PT • (802) 763-2604
Focus: CSI, CSII, SERI, SERII, ADV

VIRGINIA

Reston

Contact: Suzanne Scurlock-Durana, MsT, CST-D
• (703) 620-4509
Focus: SERI, SERII, ADV, ADVII, CSP, TBS

WASHINGTON

Seattle

Contact: John Myers, PTA/LMP • (206) 314-6202
Focus: CSI, CSII, SERI, SERII

The International Association of Healthcare Practitioners (IAHP)

We hope you enjoyed this issue of the *IAHP Connection*. Each newsletter accents our commitment to providing you with information designed to help you sharpen your healthcare talents and skills.

Indeed, that dedication stands as the hallmark of the International Association of Healthcare Practitioners — a league of caregivers dedicated to therapies that offer innovative solutions to their clients. It was formed to provide a united voice in the field of complementary healthcare — one that would be heard by legislative bodies, insurance regulators, patients, clients and other healthcare providers.

IAHP members are practitioners just like you. They include osteopaths, medical doctors, doctors of chiropractic, doctors of Oriental

medicine, naturopathic physicians, psychiatrists, psychologists, dentists, physical therapists, occupational therapists, acupuncturists, massage therapists and other professional bodyworkers.

IAHP membership benefits include:

- *IAHP Connection* and related newsletters
- Complimentary IAHP directory, which presents contact numbers for more than 38,000 therapists worldwide, including courses completed and certifications recognized by the IAHP
- Bold-faced listing and eligibility to advertise in the directory
- Access to local study groups
- Special discounts
- Membership card
- Access to the IAHP internet message center
- IAHP logo sheets available for purchase
- Press release you can distribute announcing your IAHP membership.

The International Alliance of Healthcare Educators® (IAHE)

The IAHP is proud to be affiliated with the International Alliance of Healthcare Educators® (IAHE), a coalition of curriculum developers and instructors dedicated to the advancement of progressive therapeutic modalities. Its goal is to educate practitioners worldwide in the latest innovations in complementary healthcare, establish a foundation for learning that is uncompromising in its high ideals, and equip practitioners to meet today's complex healthcare challenges.

What Do Our IAHE Continuing-Education Courses Offer You?

Quality Source Material — Every class meets or surpasses the high standards set forth by the International Alliance of Healthcare Educators. The IAHE also proudly maintains some of the strictest educator guidelines in the industry. Instructors who undergo our certification program must pass a rigorous training regimen bolstered by a variety of benchmark tests. They're also practicing

healthcare providers who understand your professional needs. Thanks to this stringent quality-assurance program, you can be sure your learning experience will be thorough and up-to-date.

"Learning by Discovery" Format — IAHE classes help reinforce your learning experience with hands-on demonstrations and supervised practice, followed by question-and-answer sessions to discuss your findings firsthand. In most cases, the instructor is also supported by trained teaching assistants to offer individual guidance along the way.

A Proven Record of Performance — Our resources have been in place for over a decade, so you can count on us whenever you're ready to further your skills. To make it easy, we offer hundreds of workshops worldwide.

Find Out More About IAHE & IAHP.

Please call 1-800-311-9204, ext. 8913, and ask for a *free* course catalog and membership application.

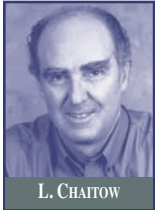
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Paul Chauffour, DO
- **Lymph Drainage Therapy™**
Bruno Chikly, MD
- **NeuroMuscular Therapy™**
Judith (Walker) DeLany, LMT
- **Aston® Therapeutics**
Judith Aston
- **Energy Integration™**
Tom McDonough, MDiv
- **Fascial Mobilization**
Cynthia Rowe, PT
- **Interactive Guided Imagery™**
Marty Rossman, MD; David Bresler, PhD
- **Process Acupressure™**
Aminah Raheem, PhD
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- **Spirituality and Healing**
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- **Supporting the Compassionate Heart: Grounding and Healthy Boundaries**
Suzanne Scurlock-Durana, MsT, CST-D
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