

I A H P

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Spring 2001

Co-Authors of *Change Your Mind, Change Your Life* to Present at Beyond the Dura '01

7th International Research Conference Sponsored by The Upledger Foundation

April 25-29, 2001
Jupiter Beach, Florida

Gerald Jampolsky, MD, world-recognized leader of the Attitudinal Healing movement, will team up with international lecturer Diane Cirincione, PhD, to present the keynote address at Beyond the Dura '01 in South Florida in

WHAT'S INSIDE

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April. The conference will wrap up the 3rd annual CranioSacral Therapy Awareness Month by presenting a slate of more than a dozen experts in the field of complementary care.

Internationally recognized authors, lecturers and consultants, Drs. Gerald Jampolsky and Diane Cirincione are husband-and-wife partners who have traveled the world sharing their transformational insights in psycho-social-spiritual healing. In their keynote address they will present the 12 Principles of Attitudinal Healing. They'll talk about their work with children and adults who have catastrophic illnesses. They'll speak on healing relationships where the problems are manifested in bodily complaints. And they'll discuss the dynamics of forgiveness in conjunction with Dr. Jampolsky's new book *Forgiveness: The Greatest Healer of All*.

Gerald Jampolsky is a former faculty member of the University of California School of Medicine, where he held fellowships in child psychiatry at Langley Porter Neuropsychiatric Institute. In 1975 he co-founded the Center for Attitudinal Healing in Tiburon, Calif., where children and adults with life-threatening illnesses could find peace of mind. There are now more than 150 independently run centers or groups in 28 countries. Dr. Jampolsky is also author of 15 books and numerous audiotapes.



Gerald Jampolsky, MD, and
Diane Cirincione, PhD, keynote speakers
at Beyond the Dura 2001

Diane Cirincione is a psychotherapist and post-doctoral researcher at Langley Porter Psychiatric Institute at UCSF. She is an international lecturer and expert in the applications of Attitudinal Healing in various fields, and she serves as president of the Jampolsky Outreach Foundation. Dr. Cirincione has co-authored four books and audiotapes with her husband along with her own *Sounds of the Morning Sun*.

*For more information on
Beyond the Dura '01, see page 6.*

The Visceral Manipulation Report

Dear colleagues and friends,

I'd like to share some thoughts on the recent change of leadership in The Upledger Institute's Visceral Manipulation curriculum.

Since 1985, former curriculum director Frank Lowen and I have spent at least three weeks each year together. We have shared many ideas — how to rebuild the world, how to understand the way a body works, what man's place is in the world. Frank is my dear friend — like a member of my family. And he has wonderful hands!

At the beginning of my development of the VM curriculum, Frank was called my "protégé." He taught and used Visceral Manipulation as I showed him how I use it in my practice. Yet little by little, Frank has developed something new, something different than what I teach. It's his own personal contribution to his patients to help them feel better.



VM Developer
Jean-Pierre Barral,
RPT, DO

I honor that completely. In life sometimes you must change your direction to accomplish your destiny. Frank has taken his turn. Last summer we realized it was time for Frank to be more himself, to focus on his own techniques. I did not feel like it was a separation but more

of an opening for Frank, and it does not diminish what we have shared together. In France we say only the mountains never meet. I know our paths will cross again. So I say to Frank, follow your way — and count on me.

I have also known our new curriculum director, Gail Wetzler, for many years. I love the manner in which she performs and presents Visceral Manipulation — she is precise and effective. She

occupies her space very well when she puts her hands on a patient. Yet she is demanding in her studies. She doesn't accept things at first glance but chooses to delve deeper, to understand first.

When Frank told us he would like to be free to develop his own methods, I immediately thought of Gail. She is a natural leader. She understands the VM material perfectly, and she teaches that trusting a patient is one of the best things we can do. She also understands that what we know is only a small part of all we need to know.

Gail will give to Visceral Manipulation a new dynamism in her developments. She is the perfect person for this. I used to say that Visceral Manipulation instruction is better in America now than in Europe where I created it, thanks to Frank Lowen, Gail Wetzler and all our other wonderful teachers. Now we can count on Gail, not only to maintain this dominance but increase the difference.

Best regards,

A handwritten signature in black ink, appearing to read 'JP Barral'.

Jean-Pierre Barral, RPT, DO

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Florida Chiropractic Association (FCA) Winter Convention

Ft. Lauderdale, FL — Dec. 15-17, 2000



From left to right: Linda Solien-Wolfe, LMT, National Certification Board Communications Chair; Debbie Minor-Brown, FCA CEO; Dr. Tim Johnson, FCA President; and Barb Richmond, Director of Community Relations for The Upledger Institute.

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Website: www.acsta.com
E-mail: acsta@acsta.com

Lessons From the Sessions

by Don Ash, PT, CST-D

No matter how long I practice CranioSacral Therapy, it's still vital to adhere to four basic tenets: to remain impartial, nonjudgmental, ego-subordinated and unconditionally present. This was brought home to me recently once again when a patient came in for his session.

The Body Leads and the Therapist Follows

As I listened from my patient's heels I felt a spontaneous still point and his eyes began to flicker. Knowing the body will show me where to go, I thought perhaps he had seen something important in his mind's eye. So I asked him what he saw and he replied, "A lead weight. It feels like it's in the middle of my chest."

Ah, I thought, a heart issue. (My first mistake.) I can fix that. (My second mistake.)

"Would it be okay if I move my hands to your heart?" I asked. "That's okay," he replied, so from there I again asked what he was seeing. He began to cry and said he remembered being 10 years old. That's when his 14-year-old brother was electrocuted on an old telephone pole. He had climbed up trying to collect a glass wire insulator and was found hanging from the wire.

Surely this was the lead weight, I thought. The big issue, the awful trauma, the lost opportunity to say goodbye. Poor guy, I thought. (My third *and* fourth mistakes. I was not remaining impartial and I was judging this was his issue of greatest significance.)

The Past Comes Alive in the Present

Suddenly my patient said, "Now I feel 6." I was instantly drawn back to the present — where I should have been all along. "Were you in school then?" I asked. "Yes, first grade. Miss Grant* was my teacher," he replied. "She was mean. I hated her." He began to tremble and cry. Through deep sobs he told me what happened.

"Another teacher came in to talk to her. So Miss Grant told us to look at the front of the class and remain silent. But the girl behind me kept poking me in the shoulder so I turned around to tell her to stop.

"Miss Grant yelled and pulled me out of my chair, dragging me out into the hallway. When students were bad Miss Grant put them against the wall behind the large wooden door. She put me back there. But I hadn't done anything. It wasn't my fault. I didn't like it behind the big door."

His sobs slowly tapered off and he became quiet. I felt heat between my hands, a softening and spreading, and then the return of the craniosacral rhythm. I asked him how the weight in his chest felt now. He said it was gone.

For several quiet minutes I monitored his breathing as he continued to gaze away with his

eyes. I sensed he was processing. Then I felt a gentle repelling sign and slowly removed my hands. He sat up and said his neck and head pain of many years was gone.

Share Lessons From Your Sessions

Please E-mail your story to the editor: sharon@upledger.com. Help us educate and stimulate fellow practitioners of complementary care.

Learning to Blend and Trust

What was my lesson from this session? As a therapist, what I deem significant may not be at all. And what I think is trivial may be

the Big Issue. My lesson here was to listen to each body — remain in the present and refrain from pre-judging. Simply watch and listen to the body as the craniosacral system allows the process to unfold.

*Name changed to protect confidentiality.



Don Ash, PT, CST-D, has been in private practice in Rochester, N.H., since 1988. Prior to that he spent 10 years as Director of Rehab Services at Rochester's Frisbie Memorial Hospital. In 1999 he went on to become a certified UI instructor for CranioSacral Therapy I, a role that allows him to share lessons from his sessions with fellow therapists around the world.

Mighty Joe Defies the Odds With CranioSacral Therapy

By most doctor's accounts, Joseph Polk is a little boy who shouldn't be here. He was born on Oct. 15, 1998, with arthrogryposis, an extreme case of congenital joint contractures. His condition had been diagnosed through a level two ultrasound while he was still in the womb.

"Doctors first told me he had trisomy 18," says Joe's mother Mary Polk, a longtime critical care nurse and lactation consultant. Trisomy 18 indicates the presence of an extra chromosome, which creates a condition normally incompatible with life.

Doctors advised Mary and her husband Wally to immediately terminate the pregnancy. Instead they chose to fall back on their faith, a choice they believed had served them well in the prior births of four healthy children. Mary simply refused further prenatal testing.

It turned out the doctors were wrong about much of Joe's diagnosis. Yet this was just the first of the ways they would under-estimate the spirited little boy who became known as Mighty Joe.

Joe's Birth Defects Seem Insurmountable

As expected, Joe was born with severely contracted, hardened limbs. "He looked like a pretzel," Mary says. "His arms were straight and hard. His elbows weren't discernible. His wrists were bent in full flexion and his fingers were completely crippled. On top of that his feet were flipped up."

Fortunately, Joe didn't have the trisomy 18 doctors had diagnosed, and his other vital signs were all healthy. He cried heartily, sucked strongly and scored high on both Apgar tests. Yet all those positive notes barely softened the blow of the overwhelming obstacles now facing Joe and his family.

"Right away doctors told me his arms were paralyzed and he'd need at least seven surgeries," Mary says. "They even suggested a drastic move that would fix one arm in a state of flexion so he could feed himself. Then they

wanted to permanently place his other arm down to accommodate his toiletry."

Two leading Chicago specialists confirmed this course of treatment, agreeing it would leave Joe quite handicapped. While both parents agreed to foot surgery to enable Joe to walk, they were reluctant to take such radical steps with his arms and hands. That's when Mary got the idea to pursue another form of therapy she had heard about.

CranioSacral Therapy Brings Surprising Results

"I had taken a board-certified lactation course before Joe was born," Mary says.

"The instructor mentioned something called CranioSacral Therapy for suck disorders. I had no idea if it would help in Joe's case but I read up on it and thought it couldn't hurt." So when Joe was 5 months old, Mary took him to a CranioSacral Therapist in their Illinois hometown. "After just a few

sessions he started moving his fingers and his arm muscles softened," Mary says.

Encouraged, she brought Joe to see CST-developer Dr. John Upledger, who was in their area teaching a symposium. "Dr. John felt Joe would regain full use of his arms and hands." How did Joe's surgeon react to the news? "He just laughed," Mary said.

Refusing to be discouraged, Mary brought Joe to The Upledger Institute HealthPlex Clinical Services in South Florida. There he received three days of concentrated CST from staff clinicians Roy Desjarlais, LMT, CST-D, and Rebecca Hunt, OTR.

"The change was dramatic," Mary says. "Joe's whole body posture and physical appearance changed. His face filled out. He started obtaining more range of motion in his wrist joints and elbows, and he was moving all his fingers." Back home a week later Joe began bringing his arms and hands to his face to play peekaboo, and he was finally using a sippy cup on his own. "Our whole family celebrated," Mary says.

"After just a few session [of CST] he started moving his fingers and his arm muscles softenend..."



Mighty Joe Polk at 3 days old. Arthrogryposis and bilateral club feet had hardened his limbs and joints.



At 5-1/2 months, Joe arrived at The Upledger Institute for intensive CranioSacral Therapy. Previous CST treatments had already started softening his tissues.

The Outlook Brightens for Mighty Joe

Since his first visit, Joe has been to UI HealthPlex once again, and has seen Illinois therapists Dodie Corcoran, CMT, and Molly Oakford, PT, for ongoing CST. While Mary understands lasting changes come gradually, she says Joe can now bring a spoon to his mouth, climb ladders and use scissors. And the doctors no longer suggest surgery.

Indeed, Joe's body movement and flexibility have improved far beyond what anyone had predicted. "He's an incredible little child,"

Finding the Human Divine: A CranioSacral Dissection

by Susan Grant, CAT, CMT



At home after HealthPlex, Mighty Joe experiences more flexibility than doctors had ever thought possible.



Mighty Joe with Mom and Dad in September 2000. The whole family enjoys a new outlook after a successful series of CST sessions.

Mary says. "He's very intelligent with an extensive vocabulary for a 2-year-old. But he's also loving and kind and very, very sensitive. He's just a wonderful person." Yet Mary concurs Mighty Joe's biggest strength may well be his will to fight. "Despite all the odds he's pulled through," she says.

And what lesson has Mary taken from all this? "No matter what body or mind we are given," she says, "that soul is precious and vital. You can't devalue that perfectness in any person, any living being. That's what I've learned that's profound."

I've long been fascinated by the form, structure and function of the human body. Recently, I had an experience that enlarged my concept of life and death beyond anything I ever imagined. Now I'm even more aware of the magnificence of our design — an exquisite interplay of body, mind, heart and soul.

The opportunity came in an Upledger Institute class designed to explore the inner workings of the craniosacral system. We would be dissecting an unembalmed cadaver to track the effect of movements between the sacrum and cranium through the membrane system.

One of Dr. Upledger's long-held premises is that restrictions in the membrane system adversely affect craniosacral system function and, ultimately, our physical and mental health. By dissecting a fresh rather than embalmed cadaver, we would now be able to verify those interactions by both sight and touch.

Reservations Lead to New Realizations

I approached this class with two reservations. First, that I might not be as familiar with anatomy and dissection as other participants would be — our group included three doctors and several PhDs in biomechanics. Second, I was concerned that the whole process might be overwhelming. My past experience with formaldehyde-embalmed specimens had always left me feeling disconcerted and unnerved.

From the moment we entered the lab and saw the elderly gentleman who had donated his body for our work, my reservations disappeared. I realized that what had bothered me about seeing "pickled" parts in glass jars was their gross disconnection from life.

Although the spirit had departed from this body, his human form was still real. There was a residual life force or chi in the tissues. We all stood for a moment in silent appreciation. Our work then continued for three days with care and respect for the man we named Jed.

I soon realized, too, that I was already

endowed with all the anatomy I needed to know. I am a human body — I just needed to connect with what I innately knew about myself. How do we retrieve that information in a society that insists we must learn from the outside? In many unexpected ways, Jed began that reconnection process for me.

Outer Layers Open to a Magnificent Inner World

As we began the dissection, subtle energy in Jed's body revealed itself in vibrations, unwinding and variations in tissue density. Not only could we follow the changes we initiated between points A and B, but far-ranging and unexpected effects on other parts of the body unfolded before our eyes and under our hands. We became witness to what, in some ways, was a still-functioning system. It showed us the passages of Jed's life through the restrictions, adhesions, holes and thickenings in the membranes.

As the dissection continued, the exquisite beauty of the body was revealed. Within Jed's worn exterior lay a pure and glistening world. The membranes formed a system of exquisite arches within the cranium to separate and protect the structures of the brain. I found myself wondering if the Romans, in developing their system of arches, did not first explore this inner world.

Deep in the center of the cranium lies the pituitary gland. It's involved with hormones vital to thyroid, growth, adrenal and kidney, pregnancy and male sex functions. This small, pea-sized gland is safely nestled in the bony sella turcica (Turk's saddle) of the sphenoid bone. Tucked into this tiny cradle and wrapped securely in blankets of cranial membranes, it's gently rocked to the primal cranial rhythm. I was reminded of my infant daughter wrapped in her blankets and rocked in the cradle my father built. One can only marvel at the ingenuity of this design and wonder at the purpose of gently rocking this small gland.

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Beyond the Dura '01 to Present New Dimensions in Healthcare From Innovators in Complementary Care

Every two years, Beyond the Dura sets the industry standard by offering intriguing and timely information regarding complementary care. Here's what you can expect at this year's conference:

Innovative Approaches Presented in a Free-Thinking Environment

Whether your interest lies in sharing clinical experiences, discovering practical applications you can implement in your own practice, or learning more about whole-body therapies, this will be the event where nothing is impossible.

An Abundance of Networking Opportunities

Join experts in their respective fields, along with hundreds of healthcare professionals from around the world, to discuss today's complementary care landscape. Whether you learn from the general sessions or in an informal conversation with a colleague during the conference, you'll be sure to stay a step ahead and in the know.

Just the Right Mix of Fun

With its luxurious beachfront resort location, BTM offers numerous choices for recreation and relaxation. Special group activities are also planned, including our traditional dinner dance. In honor of this year's theme — 2001: A Mind Odyssey — we encourage you to dress with a futuristic flair.

The conference kicks off at 6 p.m. on Wednesday, April 25th, with a welcome reception and opening remarks. The agenda for Thursday the 26th through Sunday the 29th is lectures, demonstrations and panel discussions beginning at 9 a.m. each day, with free time included for leisure.

Panel Discussions Moderated by Conference Host John E. Upledger, DO, OMM

• Post-Traumatic Stress Disorder

A recent Upledger Foundation intensive-therapy program for post-traumatic stress disorder (PTSD) produced a remarkable shift from hopelessness to optimism for combat-scarred Vietnam veterans. Listen as this panel discusses leading-edge techniques and therapies involved in easing the difficulties of the disorder.

• Unique Clinical Cases

Dr. Upledger has always held the conviction that any type of therapy should not be delivered as a one-size-fits-all solution. But how do you know which combinations are best to treat your patient? Learn as this panel looks into some of the most unique cases today,



and how creativity and compassion for the individual provided an effective healing remedy.

• Dolphin-Therapy Research

The christening of The Upledger Foundation's Dolphin Star research vessel in April 2000 marked an exciting milestone in the potential for dolphin therapy. But we still have so many questions. Can Cranio-Sacral Therapy be used in a dolphin setting to advance the healing process? We've assembled forward-thinking experts for a discussion that will shed light on this intriguing topic.

• Current Issues and Trends

With the field of complementary care gaining acceptance and momentum in both the public and traditional medicine venues, will CranioSacral Therapy and other complementary modalities become household names? We've assembled some of the most forward-thinking experts for a discussion that will shed light on this often-debated topic.

Save on BTM '01 Tuition

Regular tuition for all four days is \$595, which includes admittance to all presentations, plus the Saturday-evening dinner dance. We're pleased to offer the following discounts.

If You're A...	Tuition	Savings
Previous BTM Participant	\$300	\$295
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Call 1-800-311-9204, ext. 89007, 8 a.m. to 8 p.m. Mon. – Thurs., or 8 a.m. to 5 p.m. Fri. (ET). You're welcome to leave a voice mail after hours.
You may also register through www.upledger.com.

About the Sponsor: The Upledger Foundation

Beyond the Dura research conferences are sponsored by The Upledger Foundation, a nonprofit organization established in 1987 by John Upledger, DO, OMM. The Foundation was created to support ongoing research and development of therapeutic techniques, as well as to provide financial assistance to patients requiring intensive therapy. Proceeds from BTM conferences benefit these programs and sponsorships.



Beyond the Dura Conference Presenters



Liz Byrd, Cellist/Tonal Vibration Therapist. Presenting: **The Healing Cello: Tissues and Cello Go Hand-in-Hand**



Rebecca Hunt, OTR, UI HealthPlex Therapist. Presenting: **Sensory Integration**



Leonard Ciuffreda, DDS, Diplomate, American Academy of Pain Management. Presenting: **TMJ Disorders: Ramifications and Integrative Treatment**



Roy Desjarlais, LMT, CST-D, UI HealthPlex Therapist, UI CST Instructor and CSI Curriculum Director. Presenting: **CranioSacral Therapy Dissection Discoveries and Validations**



Andrew Fryer, MD, Pediatric Cardiologist. Presenting: **Pediatric Cardiothoracic Surgery: The Collateral Damage and the Role of CranioSacral Therapy**



Jim Green, LMT, CST-D, UI HealthPlex Therapist and UI CST Instructor; Mya Breman, MSW, LMT, UI HealthPlex Therapist.

Presenting: **Compassionate Touch**



Jon Kabara, BS, MS, PhD, and Professor Emeritus from Michigan State University. Presenting: **Cholesterol, Fats and Other Friends**



Kim Lawler-Coyle, PT, CranioSacral Therapist, with Connie Hornyak, LCSW, Attachment

Therapist. Presenting: **Co-Treating Severely Emotionally Disturbed Children Utilizing CranioSacral Techniques, SomatoEmotional Release® and Holding Therapy**



Sheryl McGavin, OT, UI HealthPlex Therapist. Presenting: **Applications of CranioSacral Therapy in the Treatment of Addictive Behaviors**



Aminah Raheem, PhD, Originator of Process Acupressure, and Fritz Smith, MD, Founder of Zero

Balancing®. Presenting: **Alternative Healthcare on the Global Front: Insights From India Conference**



Bobbi Spurr, ND, PhD, Specialist in Naturopathic Medicine & Transpersonal Psychology. Presenting: **Awakening the Healing Power of Spirituality in Healthcare**



John E. Upledger, DO, OMM, Developer of CranioSacral Therapy. Presenting: **Cell Talk**



Leslie Upledger Ray, MA, MPPA. Presenting: **How Violent Are Our Kids Today?**



Molly Vass, EdD, Faculty at Holistic Health Care Program, Western Michigan University. Presenting: **Inside the Miracle of Healing**

Finding the Human Divine

continued from page 5

In the center of the body lies the diaphragm, the beautiful muscle/organ of respiration. This graceful domed structure separates and protects the heart and lungs from the cleansing and feeding functions of the abdominal cavity. It becomes the floor of the membranous sac that surrounds the heart, moving it to the rhythm of the breath. Here the diaphragm creates a moving space for the heart and lungs, two organs with their own movement and rhythm.

Again we marveled at the design that nestles the heart safely within a bony structure, wraps it in protective membranes, and moves it to a primal rhythm.

One of the most beautiful sights we saw was the spinal cord, glistening pure color in its near-transparent membranes. As the cord travels through the chest safely encased in the bony spine, it is seemingly one unit filled with neurons that look very much like the substance

of the brain's cortex. As it exits the chest it separates into hundreds of individually wrapped nerves. These beautiful long strands can be held and moved and fall lightly between your fingers.

Touching the Divine

We all left this "research" project both sobered and elated. In many ways we had touched the divine. We talked about how different Western medicine would be if medical students had an opportunity to step into the divine design of a human being.

But more fundamentally, how much more would we care for and respect ourselves — and each other — if we opened our eyes to our own magnificence? I returned home to my office and clients deeply grateful for the life and work I have been given.

For a schedule of upcoming CranioSacral Dissection classes, please see the Course Calendar on pages 8 & 9. Also available: CranioSacral Dissection and Anatomy videotape set. See Books & Products on page 14.

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Course Calendar

CRANIOSACRAL THERAPY CURRICULUM: Developed by osteopathic physician John E. Upledger, CST improves the performance of the central nervous system.

CRANIOSACRAL THERAPY I

AK: Anchorage — Oct. 11-14
 AL: Birmingham — June 7-10
 AZ: Phoenix — June 7-10
 Tucson — Dec. 13-16
 CA: Big Sur — Oct. 28-Nov. 2
 Fresno — Oct. 18-21
 Orange Cnty. — Nov. 29-Dec. 2
 Sacramento — June 14-17
 San Diego — July 19-22
 San Francisco — May 17-20
 San Francisco — Sept. 13-16
 San Jose — July 12-15
 CO: Boulder — Aug. 23-26
 Colorado Sprgs. — Oct. 18-21
 CT: Hartford — Sept. 20-23
 DC: Washington — Aug. 16-19
 FL: Ft. Lauderdale — July 26-29
 Ft. Myers — Oct. 25-28
 Jacksonville — Sept. 13-16
 Orlando — Dec. 13-16
 Palm Beach — Apr. 21-24

Palm Beach — Nov. 15-18
 Pensacola — Oct. 4-7
 Tallahassee — Apr. 5-8
 Tampa — June 14-17
 GA: Atlanta — May 3-6
 HI: Maui — May 10-13
 Oahu — Oct. 18-21
 IL: Chicago — May 10-13
 Chicago — Oct. 4-7
 IN: Indianapolis — Apr. 5-8
 Indianapolis — Nov. 8-11
 KS: Kansas City — June 7-10
 KY: Louisville — Apr. 5-8
 LA: New Orleans — Aug. 9-12
 MA: Boston — Apr. 19-22
 Boston — Aug. 2-5
 Boston — Dec. 6-9
 MI: Detroit — May 3-6
 Detroit — Nov. 8-11
 Grand Rapids — Aug. 23-26
 MN: Minneapolis — June 21-24
 Minneapolis — Nov. 15-18

NC: Charlotte — Nov. 1-4
 Raleigh — July 12-15
 NE: Omaha — Nov. 1-4
 NJ: Denville — July 19-22
 New Jersey Shore — Oct. 4-7
 NM: Santa Fe — Nov. 8-11
 NY: Buffalo — Apr. 19-22
 Ithaca — Dec. 6-9
 New York — May 17-20
 New York — Sept. 6-9
 Rochester — Oct. 11-14
 Utica — June 21-24
 OH: Akron — Apr. 5-8
 Cleveland — Nov. 29-Dec. 2
 Columbus — Sept. 6-9
 Dayton — July 26-29
 Toledo — May 3-6
 OK: Oklahoma City (Praxis College) — May 3-6
 OR: Bend — Nov. 1-4
 Grants Pass — May 10-13
 Portland — June 28-July 1

PA: Allentown — Nov. 29-Dec. 2
 Philadelphia — June 7-10
 Pittsburgh — Aug. 9-12
 State College — Apr. 7-10
 SC: Columbia — May 31-June 5
 Myrtle Beach — May 3-6
 TN: Nashville — June 21-24
 TX: Austin — Sept. 29-Oct. 2
 Dallas/Ft. Worth — May 3-6
 Dallas/Ft. Worth — Nov. 8-11
 UT: Salt Lake City — Aug. 16-19
 VA: Charlottesville — Dec. 6-9
 Virginia Beach — Apr. 19-22
 VT: Burlington — July 6-9
 WA: Seattle — Sept. 14-17
 Spokane — June 14-17
 WI: Appleton — Dec. 13-16
 Milwaukee — July 6-9
 Canada: Edmonton — Sept. 6-9
 Halifax — Sept. 27-30
 Lethbridge — Nov. 1-4
 London — Nov. 1-4
 Ottawa — Apr. 5-8
 Toronto — May 24-27
 Toronto — Sept. 20-23
 Toronto — Dec. 13-16
 Vancouver — May 24-27
 Vancouver — Nov. 24-27
 Winnipeg — Oct. 18-21

Australia: Adelaide — May 31-June 5
 Brisbane — Aug. 9-12
 Melbourne — Apr. 7-10
 Sydney — June 22-25
 Sydney — Nov. 16-19
 Singapore: Singapore — Apr. 19-22

CRANIOSACRAL THERAPY II

AZ: Phoenix — June 7-10
 CA: Orange Cnty. — Nov. 29-Dec. 2
 San Francisco — May 17-20
 CT: Hartford — Sept. 20-23
 DC: Washington — Aug. 16-19
 FL: Orlando — Dec. 13-16
 Palm Beach — Nov. 15-18
 Tampa — June 14-17
 HI: Maui — May 10-13
 IL: Chicago — May 10-13
 IN: Indianapolis — Nov. 8-11
 KS: Kansas City — June 7-10
 KY: Louisville — Oct. 25-28
 MA: Boston — Aug. 2-5
 ME: Portland — Aug. 9-12
 MI: Detroit — Nov. 8-11
 Grand Rapids — Aug. 23-26
 MN: Minneapolis — June 21-24
 MO: St. Louis — July 12-15
 NC: Raleigh — July 12-15

VISCERAL MANIPULATION CURRICULUM: Developed by French osteopath Jean-Pierre Barral, VM improves the performance of the internal organs.

VISCERAL MANIPULATION IA

AZ: Phoenix — Sept. 22-25

CA: Big Sur — Apr. 1-6
 Orange County — Nov. 29-Dec. 2

San Francisco — Sept. 13-16
 GA: Atlanta — Aug. 23-26

IL: Chicago — Oct. 4-7
 MA: Boston — Aug. 2-5
 ME: Portland — Aug. 9-12
 MN: Minneapolis — Nov. 15-18
 NY: Buffalo — Oct. 25-28
 New York — May 17-20
 OR: Portland — June 28-July 1
 TX: Austin — Sept. 29-Oct. 2

Dallas/Ft. Worth — Nov. 3-6
 WA: Seattle — May 31-June 3
 Canada: Toronto — Dec. 13-16
 Vancouver — Nov. 24-27

VISCERAL MANIPULATION IB

DC: Washington — Aug. 11-14
 WA: Seattle — Sept. 14-17

LYMPH DRAINAGE THERAPYSM CURRICULUM: Developed by French physician Bruno Chikly, LDT improves the performance of the immune and parasympathetic nervous systems.

LYMPH DRAINAGE THERAPYSM I

AZ: Phoenix — June 7-10

CA: Big Sur — May 27-June 1
 San Diego — July 19-22

CO: Boulder — Aug. 23-26
 CT: Hartford — Sept. 13-16

FL: Palm Beach — Nov. 29-Dec. 2
 Sarasota — Aug. 2-5
 Tampa — June 14-17
 GA: Atlanta — Nov. 15-18
 HI: Maui — May 10-13
 IN: Indianapolis — Apr. 5-8
 MN: Minneapolis — June 21-24

MO: St. Louis — July 12-15
 NC: Charlotte — Nov. 1-4
 NE: Omaha — June 28-July 1
 NY: Buffalo — Apr. 19-22
 New York — July 19-22
 OH: Akron — Apr. 26-29
 Columbus — Sept. 6-9
 Dayton — July 26-29

IAHE COURSES

NMT FOR THE POSTERIOR SPINAL MUSCLES

CA: Berkeley — July 13-15
 FL: Jacksonville — Sept. 7-9
 Orlando — Aug. 5-7
 MA: Worcester — Apr. 6-8
 MN: Minneapolis — Sept. 14-16
 MT: Missoula — May 18-20
 PA: Quakertown — Sept. 7-9
 TN: Nashville — July 27-29
 TX: San Antonio — May 18-20
 WA: Seattle — Aug. 24-26
 WI: Appleton — Sept. 21-23

NMT FOR THE UPPER EXTREMITY

CA: Berkeley — Oct. 5-7
 CO: Colorado Sprgs. — May 18-20

DC: Washington — June 1-3
 FL: Jacksonville — Nov. 16-18
 Melbourne — June 8-10
 Miami — Apr. 6-8
 Orlando — Oct. 7-9
 St. Petersburg — Apr. 27-29
 MA: Worcester — June 22-24
 MN: Minneapolis — Nov. 2-4
 MO: St. Louis — June 1-3
 MT: Missoula — July 27-29
 NM: Albuquerque — June 8-10
 PA: Quakertown — Nov. 16-18
 TN: Nashville — Sept. 14-16
 TX: San Antonio — Aug. 3-5
 WA: Seattle — Nov. 9-11
 WI: Appleton — Nov. 30-Dec. 2

NMT FOR THE LOWER EXTREMITY

CA: Berkeley — Dec. 7-9
 CO: Colorado Sprgs. — July 20-22

DC: Washington — Aug. 10-12
 FL: Melbourne — Aug. 17-19
 Miami — June 22-24
 Orlando — Dec. 9-11
 St. Petersburg — July 20-22
 MA: Worcester — Aug. 17-19
 MO: St. Louis — Sept. 7-9
 MT: Missoula — Oct. 26-28
 NC: Jamestown — May 4-6
 NM: Albuquerque — Aug. 17-19
 TN: Nashville — Nov. 30-Dec. 2
 TX: San Antonio — Oct. 19-21

NMT FOR CRANIUM & ANTERIOR SPINAL MUSCLES

CO: Colorado Sprgs. — Oct. 12-14
 DC: Washington — Oct. 26-28
 FL: Ft. Myers — Apr. 20-22
 Melbourne — Nov. 2-4
 Miami — Sept. 7-9

St. Petersburg — Oct. 5-7
 MA: Worcester — Nov. 9-11
 MN: Minneapolis — Apr. 20-22
 MO: St. Louis — Nov. 16-18
 NC: Jamestown — July 27-29
 NM: Albuquerque — Nov. 2-4
 PA: Quakertown — June 1-3
 TN: Nashville — Apr. 27-29
 WA: Seattle — May 4-6

ADVANCES IN NMT

NJ: Somerset — July 14

APPLICATIONS OF THE FELDENKRAIS METHOD[®] FOR CST THERAPISTS

MN: St. Paul — June 7-10

SELF-CORRECTIVE MECHANISMS I: INTRODUCTION TO FELDENKRAIS[®]

CA: Laguna Beach — Apr. 12-15

SUPPORTING THE COMPASSIONATE HEART - CORE BUILDING

AZ: Phoenix — Sept. 28-30
 FL: Palm Beach — Apr. 22-24
 VA: Reston — Apr. 5-7

CORE ZERO BALANCING[®] — SEGMENTS I AND II

AZ: Tucson — Nov. 29-Dec. 2
 CA: Malibu — May 31-June 3
 San Francisco — June 14-17
 CO: Boulder — May 4-7
 CT: Bloomfield — Apr. 5-8
 DE: Rehoboth Beach — May 17-20
 IA: Des Moines — Apr. 5-8
 IL: Chicago — May 10-13
 Chicago — Nov. 8-11
 KS: Kansas City — Sept. 20-23
 KY: Louisville — May 17-20
 MA: Cambridge — May 5-6, 12-15

April 1, 2001 - December 31, 2001

NY: Buffalo — Oct. 25-28
 New York — May 17-20
 OH: Columbus — Sept. 6-9
 OK: Oklahoma City (Praxis College) — May 3-6
 OR: Portland — June 28-July 1
 PA: Philadelphia — June 7-10
 State College — Apr. 7-10
 TX: Austin — Sept. 29-Oct. 2
 Dallas/Ft. Worth — Nov. 8-11
 UT: Salt Lake City — Aug. 16-19
 WI: Milwaukee — July 6-9
 Canada: Ottawa — Oct. 11-14
 Toronto — May 24-27
 Toronto — Dec. 13-16
 Vancouver — May 24-27
 Australia: Sydney — Nov. 16-19
 New Zealand: Christchurch — Nov. 22-25
 Singapore: Singapore — July 5-8

CRANIOSACRAL DISSECTION

OR: Portland — June 8-10
 TX: Galveston — Nov. 2-4

INTRODUCTION TO CRANIOSACRAL THERAPY

MI: Shepherd — Apr. 21-22

Shepherd — June 9-10
 Shepherd — July 14-15
 Shepherd — Sept. 1-2
 NH: Rochester — Sept. 29-30
 Rochester — Oct. 20-21
 OR: Eugene — Apr. 21-22

CLINICAL APPLICATION OF CRANIOSACRAL THERAPY

FL: Palm Bch. Grdns. — Apr. 9-13
 Palm Bch. Grdns. — Oct. 22-26

SOMATOEMOTIONAL RELEASE® I

AZ: Tucson — Dec. 13-16
 CO: Boulder — Aug. 23-26
 FL: Palm Beach — Nov. 15-18
 MA: Boston — Apr. 19-22
 MI: Detroit — May 3-6
 MN: Minneapolis — Nov. 15-18
 NC: Charlotte — Nov. 1-4
 NY: New York — Sept. 6-9
 OH: Dayton — July 26-29
 TX: Dallas/Ft. Worth — May 3-6
 WA: Seattle — Sept. 14-17
 WI: Milwaukee — July 6-9
 Canada: Calgary — Oct. 25-28
 Toronto — Sept. 20-23

CLINICAL APPLICATION OF CST & SOMATOEMOTIONAL RELEASE®

FL: Palm Bch. Grdns. — June 4-8
 Palm Bch. Grdns. — Sept. 10-14
 Palm Bch. Grdns. — Dec. 3-7

CRANIOSACRAL THERAPY FOR PEDIATRICS™

AZ: Phoenix — Sept. 22-25
 CA: San Francisco — Oct. 18-21
 FL: Sarasota — Aug. 2-5
 IL: Chicago — Oct. 4-7
 MN: Minneapolis — June 21-24
 OR: Portland — Sept. 29-Oct. 2
 TX: Austin — Apr. 19-22
 Dallas/Ft. Worth — Apr. 5-8
 WA: Seattle — May 31-June 3
 Canada: Edmonton — Sept. 6-9
 Vancouver — Nov. 24-27

SOMATOEMOTIONAL RELEASE® II

CA: San Francisco — May 17-20
 San Francisco — Oct. 18-21
 CT: Hartford — Sept. 20-23
 FL: Palm Beach — Apr. 21-24
 Palm Beach — July 26-29
 MA: Boston — Dec. 6-9
 Australia: Sydney — June 22-25

ADV. I CRANIOSACRAL THERAPY

CA: Lucerne Valley — July 30-Aug. 3
 San Francisco — Nov. 5-9
 FL: Palm Beach — Apr. 18-22
 Palm Beach — Dec. 10-14
 IN: Indianapolis — July 21-25
 MN: Minneapolis — June 25-29
 NY: New York — Oct. 1-5
 VA: Madison — Aug. 6-10
 Canada: Salt Spring Island — July 9-15
 Toronto — Sept. 24-28

CLINICAL APPLICATION OF ADV. CRANIOSACRAL THERAPY

FL: Palm Bch. Grdns. — May 14-18
 Palm Bch. Grdns. — June 18-22
 Palm Bch. Grdns. — Aug. 6-10
 Palm Bch. Grdns. — Nov. 12-16

CRANIOSACRAL THERAPY AND THE IMMUNE RESPONSE

FL: Palm Beach — July 26-29

EQUINE CRANIOSACRAL TECHNIQUES I

Canada: Calgary — Sept. 19-22

INTEGRATIVE THERAPIES IN ANIMAL HEALTH

CA: San Jose — June 7-10

BIOAQUATIC EXPLORATION (CSII) New!

Bahamas: Freeport — Aug. 16-19

BIOAQUATIC EXPLORATION (SER) New!

Bahamas: Freeport — June 7-10
 Freeport — Aug. 23-26

BIOAQUATIC EXPLORATION (ADV) New!

Bahamas: Freeport — June 14-17
 Freeport — May 31-June 3
 Freeport — July 12-15
 Freeport — Sept. 6-9
 Freeport — Sept. 13-16

OCEAN THERAPY I New!

Bahamas: Freeport — June 21-24
 Freeport — July 19-22
 Freeport — June 28-July 1
 Freeport — July 26-29
 Freeport — Sept. 20-23
 Freeport — Sept. 27-30

BEYOND THE DURA 2001 Special Event!

FL: Palm Beach — Apr. 25-29

MECHANICAL LINK™ CURRICULUM: Developed by French osteopath Paul Chaffour, ML eliminates structural lesions within each body system.

MECHANICAL LINK™ I

CT: Hartford — Sept. 13-16
 FL: Palm Beach — Oct. 12-15
 Canada: Toronto — May 24-27

MECHANICAL LINK™ II

CA: San Francisco — July 26-29
 NY: New York — July 19-22

MECHANICAL LINK™ III

CA: San Francisco — Oct. 18-21
 NY: New York — Oct. 25-28

OR: Portland — Sept. 29-Oct. 2
 PA: Philadelphia — June 7-10
 TN: Nashville — June 21-24
 TX: Dallas/Ft. Worth — Nov. 3-6
 Canada: Calgary — Oct. 25-28
 Edmonton — Sept. 6-9
 Ottawa — Apr. 5-8

Toronto — May 24-27
 Vancouver — May 24-27
 Winnipeg — Oct. 18-21

LYMPH DRAINAGE THERAPY™ II

AZ: Phoenix — Sept. 22-25
 CA: San Francisco — May 17-20
 DC: Washington — Aug. 11-14

FL: Palm Beach — July 26-29
 TX: Austin — Apr. 19-22

LYMPH DRAINAGE THERAPY™ III

CA: San Diego — July 19-22
 FL: Palm Beach — Nov. 29-Dec. 2
 TX: Dallas/Ft. Worth — Apr. 5-8

ADV. LYMPH DRAINAGE THERAPY™ New!

FL: Palm Beach — Oct. 12-15

HEART-CENTERED THERAPY: MASTERING VOICE DIALOGUE

FL: Palm Beach — Oct. 18-21

NC: Charlotte — June 14-17
 NY: New York — Sept. 28-Oct. 1

BANDAGES & TOOLS FOR LYMPHEDEMA/CDP CERTIFICATION New!

FL: Palm Beach — Apr. 19-24

Cambridge — July 12-15
 MD: Annapolis — July 19-22
 Columbia — May 5-8
 Columbia — Sept. 28-Oct. 1
 ME: Blue Hill — Sept. 26-30
 MI: Detroit — July 12-15
 NE: Omaha — June 7-10
 NJ: Somerset — Sept. 20-23
 NV: Reno — Apr. 20-23
 NY: New York — Sept. 6-9
 OH: Youngstown — May 3-6
 VA: Charlottesville — Apr. 27-28,
 May 4-5
 Charlottesville — Sept. 27-30
 VT: Stowe — Apr. 26-29
 WI: Madison — May 3-6
 Canada: Hollyhock — Oct. 12-17
 Victoria — May 3-6
 Mexico: Tepoztlán Morelos — May 11-13, 25-27

ZERO BALANCING® FORM AND FULCRUMS

NY: New York — May 31-June 1

ZERO BALANCING® FORM AND FULCRUMS II

NY: New York — June 2-3

ART OF ZERO BALANCING®

TX: Austin — Apr. 19-22

FREELY MOVABLE JOINTS

NE: Omaha — Aug. 2-5
 NV: Reno — July 26-29

DEEPENING YOUR CONTACT WITH SPIRIT

MA: Dover — May 11

SPIRIT OF THE ORGANS: ZERO BALANCING THE VISCERA

AZ: Tucson — Sept. 13-17
 MA: Cambridge — June 7-10
 NY: Brooklyn — Nov. 29-Dec. 2

GEOMETRY OF HEALING

MA: Dover — May 12-15
 NY: New York — Oct. 4-7

BASIC ACUPRESSURE: CLINICAL APPLICATIONS

AZ: Tucson — Apr. 21-23
 NY: Buffalo — June 1-3

PROCESS ACUPRESSURE™ 1: ESSENCE

CO: Boulder — Apr. 5-8

ADV. PROCESS ACUPRESSURE™ 1: PROGRESSED PROCESS

CA: Corralitos — May 3-6
 MD: Baltimore — Sept. 20-23
 NY: Saugerties — May 31-June 3

INNER CHILD HEALING

MD: Baltimore — Sept. 27-30

PROCESS ACUPRESSURE™ 2: PARTS OF THE WHOLE

CA: Corralitos — July 12-15
 FL: Coral Gables — Apr. 19-22
 PA: Philadelphia — May 5-8

PROCESS ACUPRESSURE™ 4: TRANSPERSONAL INTEGRATION

CA: Borrego Springs — Dec. 7-14

ENERGY INTEGRATION™ I

FL: Palm Beach — July 26-29
 MA: Methuen — May 17-20
 Methuen — Sept. 20-23
 PA: Philadelphia — June 7-10

ENERGY INTEGRATION™ AND FENG SHUI

MA: Methuen — May 5-6

ENERGY INTEGRATION™ II

MA: Methuen — Aug. 16-19

INTEGRATIVE BODYWORK Special Event!

CONFERENCE: TOWARDS UNIFYING PRINCIPLES

England: London — Nov. 16-18

Study Groups

Share Your Experiences and Sharpen Your Techniques in a Supportive Environment

The study groups listed here have satisfied the requirements to become officially sanctioned by The Upledger Institute. The leaders are either teaching assistants or certified in their therapies, and they've been personally recommended by a UI-certified instructor.

To receive an application to form a UI-approved study group, call 1-800-311-9204, ext. 89007. All study groups shown here were approved as of December 8, 2000. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than March 15, 2001.

Note: Please call the study group contact directly regarding space availability, prerequisites, dates and times, as details may change. A nominal fee may also be charged.

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& Santa Cruz:
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Legend

ADV =	Adv. I CranioSacral Therapy
ADVII =	Adv. II CranioSacral Therapy
AVM =	Adv. Visceral Manipulation
AVMII =	Adv. Visceral Manipulation II
CSI =	CranioSacral Therapy I
CSII =	CranioSacral Therapy II
CSP =	CranioSacral Therapy for Pediatrics
CST =	CranioSacral Therapy
LDT =	Lymph Drainage Therapy
OT =	Ocean Therapy
SERI =	SomatoEmotional Release I
SERII =	SomatoEmotional Release II
TBS =	The Brain Speaks
VM =	Visceral Manipulation
VMIA =	Visceral Manipulation IA
VMIB =	Visceral Manipulation IB
VMII =	Visceral Manipulation II
ZB =	Zero Balancing

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Milestones

Congratulations and Well Wishes

- UI Europe has recently certified six new instructors. CranioSacral Therapy I: Marianne Schauerl (Austria), Matthias Moesle (Switzerland), Marianne Fruhmamm (Austria) and Jose Campos (Portugal). Visceral Manipulation IA: Paul Ballieux, DO (Spain). Visceral Manipulation IB: Mark Bloemberg, PT (Netherlands). The Upledger Institute teaches classes in 56 countries.
- Gadi Nelinger, PT, and his wife welcomed a new son, Oly, into the world on Nov. 19, 2000.

Heartfelt Condolences

- To the family, friends and colleagues of Marie Waisberg, CST, who passed away on Oct. 18, 2000.

Now Certified in CranioSacral Therapy

Techniques Level:

- Bonnie Beeck, CMT, CST
- Linda Fairbanks, OTR/L, CST
- Sheryl Markley, PT, NCTMB, CST
- Siegi Riedi Kammer, ST, CST
- Frances Riffle, RN, LMT, CST

Diplomate Level:

- Paul Ballieux, DO, CST-D
- Mark Bloemberg, PT, CST-D
- Ton Bottema, DO, CST-D
- Hans Huikeshoven, CST-D
- A.J. de Koning, DO, CST-D
- Horatius Hwang, CST-D
- Diego Maggio, DO, CST-D
- Maria Margarita Maranon, LMT, MFA, CST-D
- Maarten Prakken, DO, CST-D
- Marc vanderStraeten, DO, CST-D
- Luc Van Eupen, DO, CST-D
- Sanno Visser, DO, CST-D
- Monique Volkering, CST-D

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The Upledger Institute and the International Alliance of Healthcare Educators offer classes that satisfy continuing education requirements for many different professions. Before attending a workshop, simply verify CEU acceptance with your professional state board.

To see a complete listing of courses that qualify for CEUs, visit www.iahe.com or call Educational Services at 1-800-311-9204, ext. 89007.

New & Renewed CEUs

- **Arizona:** Physical Therapists can now earn CEUs for CranioSacral Therapy I & II, CranioSacral Therapy for Pediatrics, Visceral Manipulation IA, and Lymph Drainage Therapy I.
- **California:** Provider approved by the California Board of Registered Nursing, Provider Number CEP 9432. Call for the number of contact hours.
- **Florida:** Massage Therapists can now earn CEUs for CranioSacral Therapy and the Immune Response and Lymphedema/CDP Certification.
- **Iowa:** Massage Therapists can now earn CEUs for CranioSacral Therapy I & II, Symposium with John E. Upledger, Overview of CranioSacral Therapy, Introduction to CranioSacral Therapy, CranioSacral Dissection, CranioSacral Therapy for Pediatrics, Visceral Manipulation IA, IB & II, Practical Integration of Visceral Manipulation, and Visceral Approach to Trauma and Whiplash.
- **Minnesota:** Physical Therapists can now earn CEUs for CranioSacral Therapy I & II, CranioSacral Therapy for Pediatrics, Visceral Manipulation IA, and Lymph Drainage Therapy I.
- **Nevada:** Physical Therapists can now earn CEUs for CranioSacral Therapy I & II, Somato-Emotional Release II and The Brain Speaks.
- **Ohio:** Physical Therapists can now earn CEUs for CranioSacral Therapy I & II, Somato-Emotional Release I, Visceral Manipulation IA, and Lymph Drainage Therapy I. Occupational Therapists can now earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I & II, Symposium with Dr. John E. Upledger, and Visceral Manipulation IA.
- **South Carolina:** Doctors of Chiropractic can now earn CEUs for nearly every class offered by the International Alliance of Healthcare Educators.
- **Texas:** Physical Therapists can now earn CEUs for CranioSacral Therapy I & II, Somato-Emotional Release I, CranioSacral Therapy for Pediatrics, and Lymph Drainage Therapy I.



New Certified CST Teaching Assistants

- Joanne Johnson, RTC, CST
- Diane Moriarty, PT, CST
- Mary Murphy, CMT, CST
- Brenda Rosenberg, PT, CST

New Certified VM Teaching Assistants

- Merry Kay Cormier, MED, PT

New Certified LDT Teaching Assistants

- Roy M. James, RMT

Look for IAHE Speakers at These Upcoming Engagements

☑ Florida Occupational Therapy Assoc.
Spring Meeting
Ft. Lauderdale, FL • April 6, 2001

☑ Florida Chiropractic Assoc.
Spring Meeting
Jacksonville, FL • April 27, 2001

☑ QiGong Conference
San Francisco, CA • May 4, 2001

☑ Florida State Massage Therapy Assoc.
Annual Conference
Orlando, FL • July 5, 2001



☑ Florida Academy of Physicians Assistants
Annual Conference
Palm Beach, FL • August 9, 2001

☑ Florida Chiropractic Assoc. Summer Meeting
Orlando, FL • August 24, 2001

☑ American Massage Therapy Assoc.
National Convention
Quebec City, Canada • October 20, 2001

Q. How do I become a Visiting Therapist at the Upledger HealthPlex clinic?

A. UI HealthPlex Clinical Services in Palm Beach Gardens, Fla., routinely holds specialized Intensive Programs. These one- and two-week programs deliver CranioSacral Therapy and related modalities to patients who may require concentrated work in a short period of time. Most programs are limited to six participants. Their treatment plans are individually customized and usually include multiple-therapist sessions, as well as other components such as acupuncture, counseling, massage, vibrational therapy and meditation.

Intensive Programs are staffed by a core of full-time Upledger therapists complemented by a few experienced, well-qualified outside practitioners. These practitioners come to the Institute to experience multiple-therapist work and to share their own talents with our staff. They are paid a modest honorarium for their work here. We call them Visiting Therapists.

To become a Visiting Therapist, you must first complete CranioSacral Therapy coursework at least to Advanced I. You must also spend time here in our Preceptorship Program. A Preceptor is a CranioSacral Therapist who wants to enhance his or her training by working with our staff. Preceptors must work here at least one week at a time as an uncompensated assistant.

To precept in the outpatient clinic, SERI is a prerequisite. To precept in an Intensive Program, SERII must have been completed. And to precept with Dr. Upledger or to be

accepted on the Visiting Therapist track, Advanced I CST is required.

If you have completed the necessary coursework and would like to get on the Visiting Therapist track, you must notify our staff when scheduling your preceptorship. We will then give you opportunities to exhibit your skills in various areas and provide you with feedback.

Final acceptance as a Visiting Therapist does *not* depend on how many weeks you've spent here in the Preceptorship Program. Our staff looks for specific qualities, such as your ability to blend with the treatment team, your ability to lead sessions when requested, your understanding of case dynamics and your willingness to learn. We also seek guidance and feedback from the instructors on our staff who may have worked with you in class, especially in Advanced I.

When we feel you're ready to take on the responsibility of being a Visiting Therapist, we will invite you to schedule a week or two to work with us. After that we encourage you to visit us frequently and share your expertise with us. Everyone learns and benefits in this kind of arrangement.

Precepting and becoming a Visiting Therapist are exciting, skill-building opportunities that benefit all involved. I encourage you to call us at (561) 622-4706 to find out more.

Thank you for your inquiry,
Sheryl McGavin, OTR/L

The UI HealthPlex Clinic Corner

2001 Intensive Therapy Programs

- **Brain & Spinal Cord Dysfunction: Improving Structure and Function**
Two-Week Program: Mar. 12-23, Mar. 26-Apr. 6, May 14-25, June 4-15, July 9-20, July 23-Aug. 3, Aug. 20-31, Sept. 10-21, Oct. 1-12, Oct. 15-26, Nov. 26-Dec. 7, Dec. 10-21
One-Week Program: Apr. 16-20, Sept. 24-28
- **Therapist Rejuvenation: Replenishment and Renewal**
One-Week Program: May 29-June 1, Sept. 4-7, Oct. 29-Nov. 2
- **Post-Traumatic Stress Disorder: Vietnam Veterans**
Two-Week Program: Nov. 5-16
- **Autism: Initiating Developmental Gains**
One-Week Program: June 18-22
- **Learning-Disabled Children: Facilitating Success**
One-Week Program: Apr. 9-13, June 25-29

To register or for more information, please call (561) 622-4706. Ask about dates for the following programs: Addictive Behaviors, Dissolving Grief and Shared Healing.

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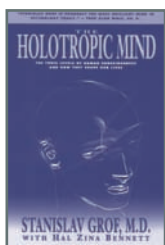


Feelings Buried Alive Never Die

by Karol Truman

Explains not only why you feel the way you do, but how these feelings started.

Also explains how you can transform these feelings so they no longer hinder your growth. (soft cover) \$14.95



Holotropic Mind: The Three Levels of Human Consciousness and How They Shape Our Lives

by Stanislov Grof, MD, with Hal Zina Bennett, PhD

Introduces the evolving psychology of the spirit — transpersonal psychology — that is one of the most exciting developments of our times. (soft cover) \$15.00

Owning Your Own Shadow: Understanding the Dark Side of the Psyche

by Robert A. Johnson

Explores our need to “own” our own shadow — the term Jung used to describe the dark, unlit part of the ego. (soft cover) \$12.00

Motor Skills Acquisition in the First Year: An Illustrated Guide to Normal Development

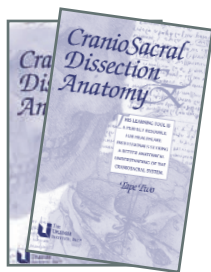
by Lois Bly, MA, PT

Shows how a baby's first-year, motor-skill milestones are achieved and how they evolve into skills. (soft cover) \$69.00

Your Miracle Brain

by Jean Carper

Reports breakthrough research from leading scientific centers to prove how diet and supplements can create peak brain power throughout life — and reverse brain breakdown as we age. (soft cover) \$14.00



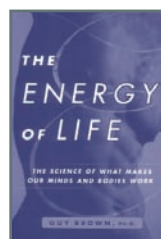
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Presents a precise anatomical understanding of the craniosacral system. (82 min. total)

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The Energy of Life

by Guy Brown, PhD

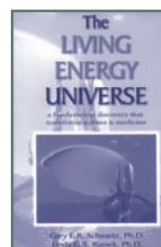
Presents a popular introduction to the leading-edge science of biogenetics. Helps you understand the human machine by demonstrating how energy

courses through us at the micro level of cells and the macro level of behavior. (hard cover) \$25.00

Awakening the Buddha Within

by Lama Surya Das

Shows how we can awaken to who we really are in order to lead a more compassionate, enlightened and balanced life. (soft cover) \$15.00



The Living Energy Universe

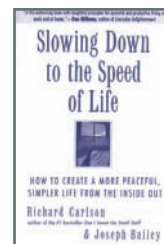
by Gary Schwartz, PhD & Linda Russek, PhD

Offers emerging evidence that every idea, thought and awareness ever generated is still contained in the universe, that consciousness survives death, and that God exists — and is evolving. (hard cover) \$21.95

The Breathing Book

by Donna Farbi

An internationally renowned yoga instructor presents a simple, practical guide to reestablishing proper breathing techniques that can dramatically improve physical and mental health. (soft cover) \$17.95



Slowing Down to the Speed of Life

by Richard Carlson & Joseph Bailey

Provides simple exercises to slow down and focus the mind. Allows for greater

productivity and creativity while maintaining a calmer, healthier state of mind. (soft cover) \$12.00

The Elegant Universe

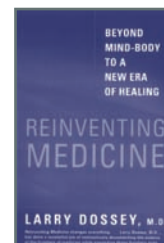
by Brian Greene

Peels away the layers of mystery surrounding string theory to reveal a universe that consists of 11 dimensions. (soft cover) \$15.00

Healing Cello - Without Voice CD

by Liz Byrd

Produced by cellist Liz Byrd at The Upledger Institute to work along with the 10-Step Protocol, the tones and vibrations on this CD are intended to activate restricted areas in the body. The fluctuation in the notes and harmonics coincide with the natural vibrations of the body, keeping true to our natural senses. \$24.00



Reinventing Medicine

by Larry Dossey, MD

A pioneer in mind/body medicine provides scientific and medical proof that the spiritual dimension works in therapeutic treatment. (soft cover) 14.00

The Brain Speaks, 1997-99

Integrated Seminar Notes

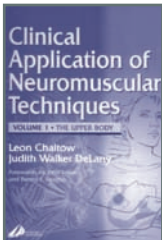
Compiled by Dr. John E. Upledger

Represents experiences and insights culled through group discussion or letters to Dr. John Upledger. The insights originally stemmed from hands-on sessions at The Brain Speaks seminars over the last three years. To be updated annually. (softcover) \$50.00 Purchase price may be credited toward the tuition for a TBS class. TBS Alumni may purchase for \$5.00.

Life Before Birth, Second Edition

by Marjorie A. England

Presents a unique collection of striking photographs showing every developmental stage of the normal fetus in life-like color. Recommended by Dr. John E. Upledger. (hard cover) \$68.00



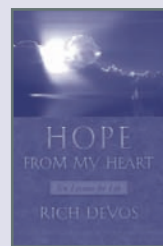
Clinical Application of Neuromuscular Techniques
by *Leon Chaitow, ND, DO*
& *Judith Walker DeLany, LMT*

Presents the theories, techniques and validation of manual therapy for chronic and acute neuromuscular pain and somatic dysfunction. Through a regional approach, it provides you with a structural review of each area. Then it

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Hope From My Heart: Ten Lessons for Life
by *Rich DeVos*

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— Dr. John E. Upledger



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Integrative Bodywork Conference Sponsored by the *Journal of Bodywork and Movement Therapies*: London, Eng. Nov. 16-18, 2001. Presents researchers and practitioners from the fields of osteopathy, chiropractic, rolfing and medicine to explore unifying principles in bodywork. For details: 1-800-311-9204, ext. 89007.

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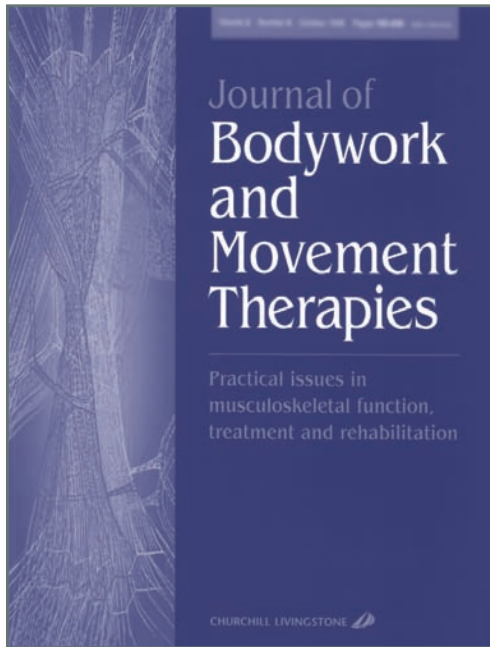
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