

I A H E

# CONNECTION

INTERNATIONAL ALLIANCE of HEALTHCARE EDUCATORS\*

Winter 2003

## Beyond the Dura Blends Sun, Soul and Science at a Seaside Resort

Beyond the Dura draws therapists from around the world to share new discoveries in the promising arena of whole-body healthcare. This year's conference, held in April to celebrate CranioSacral Therapy Awareness Month, will feature more than a dozen healthcare innovators exploring new trends in complementary and alternative medicine.



Thanks to popular demand, Beyond the Dura will once again be held at the beautiful Jupiter Beach Resort in Jupiter, Florida. The full-service hotel is located on the Atlantic

Ocean just 10 miles from The

Upledger Institute (UI) and UI HealthPlex Clinical Services.

Special room rates are available in limited quantity when you book your room early. Call the resort at 561-746-2511 and ask for the Upledger room block.

The conference kicks off at 6 p.m. Wednesday, April 30th, with a reception and opening remarks. Thursday through Sunday will bring you lectures, demonstrations and panel discussions, with free time for relaxation and fun.

On Thursday evening you'll enjoy a silent/live auction and wine tasting to benefit The Upledger Foundation. And Saturday night will come alive with our celebrated costume dinner dance. This year's theme is a Beaux Arts Ball. (Think Moulin Rouge!)



**Your Host:**  
**John E. Upledger,**  
**DO, OMM**

Beyond the Dura research conferences were inspired by

Dr. John E. Upledger, developer of CranioSacral Therapy. Profiled in *TIME* magazine as one of the world's "next wave of innovators," he brings his notable blend of vision, creativity and outspoken patient advocacy to his role as your conference host.

*continued on page 5*

## Upledger Foundation Raffle to Award This Year's "It" Car



Yeah, baby! Consumers worldwide are hailing the newly designed MINI Cooper S as the car to own in 2003. Manufactured and imported by BMW — and made famous by Austin Powers — it blends German engineering with solid, muscular style in a car determined to give you more bang for your gasoline buck.

Now you have the chance to win a brand-new 2003 MINI Cooper S of your own. Simply join in The Upledger Foundation raffle for a minimum \$50 donation. The drawing will be held on April 5, 2003. Tickets are limited to 1,500, and proceeds benefit nonprofit Foundation programs.

You need not be present to win. Total price including taxes not to exceed \$30,000. In the event that not enough tickets are sold, the winner will receive a cash payment of 50% of all tickets sold.

*For tickets call Educational Services toll-free: 1-800-511-9204. Ask for priority code N0105. Or see the facilitator at any Upledger Institute or IAHE workshop before the drawing on April 5th.*

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# The Visceral Manipulation Report

## Addressing Mechanical and Emotional Problems

by Jean-Pierre Barral, DO

It is so interesting to experience the connection between the spine and the organs, especially the heart. A good example of that is Ben Ford, a 75-year-old retired businessman who came to see me after his cardiologist evaluated him. His doctor diagnosed him with tachycardia and arrhythmia. He received heart meds to help curtail the symptoms, but after two months there was no change.

During my evaluation of general listening I found restrictions in Ben's right shoulder, clavicle, first rib and radius. The sternum was very tight, which in my mind was due to its relationship with the cervical plexus of C6, C7 and C8. I focused on releasing the clavicle and cervical plexus, just as we have done in our classes. On his next visit two weeks later, the listening took me to the sternum. As I worked there his tachycardia appeared very quickly, reaching 120 beats per minute.

It is interesting to see how the sternum and thorax can maintain a lot of emotion. At one point I asked Ben to breathe in deeply

and hold his breath while I treated the sternal/thorax region with viscerosomatic techniques. During this state of apnea his fear of death and of being wounded were profound. The sternal tension kept getting stronger within the chest.

I asked Ben, while he was in deep inspiration, to think about the fear he had when he was a boy. He could not think about the fear and stay in apnea at the same time. His breathing became stronger and stronger until suddenly the thorax let go. His chest flattened out, breathing normalized, and the pulse was normal for the first time since the onset of his arrhythmia.

As you can see, when you can work with both mechanical and emotional issues, you often get good, clean results. Ben still sees me about three to four times each year. He has not taken any medications since his treatment. He feels very good, and with good reason. No more arrhythmia, and the tension and fear he maintained since he was 5 are gone.

## Internet Directory

### The Upledger Institute, Inc.®

Website: [www.upledger.com](http://www.upledger.com)  
E-mail: [upledger@upledger.com](mailto:upledger@upledger.com)

### International Alliance of Healthcare Educators®

Website: [www.iahe.com](http://www.iahe.com)  
E-mail: [iahe@iahe.com](mailto:iahe@iahe.com)

### Upledger's International Association of Healthcare Practitioners®

Website: [www.iahp.com](http://www.iahp.com)  
E-mail: [iahp@iahp.com](mailto:iahp@iahp.com)

### The Upledger Institute, Inc.® HealthPlex Clinical Services

Website: [www.upledger.com](http://www.upledger.com)  
E-mail: [uihealthplex@upledger.com](mailto:uihealthplex@upledger.com)

### American CranioSacral Therapy Association

Website: [www.acsta.com](http://www.acsta.com)  
E-mail: [acsta@acsta.com](mailto:acsta@acsta.com)

### The Upledger Foundation

Website: [www.upledger.com](http://www.upledger.com)  
E-mail: [foundation@upledger.com](mailto:foundation@upledger.com)

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## Get Your Own Web Ad

### New IAHP Therapist Profile Program

Need a cost-effective way to advertise your services and generate strong business leads? Partner up with Upledger's International Association of Healthcare Practitioners (IAHP) — and get a web ad of your own.

Include your background, services, logo, fees and hours, driving directions and more.

Then customize the look and feel of your site with one of our easy-to-use templates.

A link will be placed by your name on the IAHP "Find a Practitioner" page.

Plus, you'll receive your own web address for business cards. What's more, you can edit your ad anytime through a simple, step-by-step process.

As an IAHP member, you'll get your own web ad for only \$49.95 per year. Or if you'd prefer, pick up a profile form at any UI workshop, or print it out from the website.

**John E. Upledger**  
D.O., OMM

Dr. John E. Upledger is President of The Upledger Institute, Inc. Dedicated to the natural enhancement of health, the Institute is recognized worldwide for its groundbreaking continuing education programs, clinical research and therapeutic services.

Throughout his career as an osteopathic physician, Dr. Upledger has been recognized as an innovator and leading proponent in the investigation of new therapies. His development of CranioSacral Therapy in particular has earned him an international reputation. He has also served on the Alternative Medicine Program Advisory Council for the Office of Alternative Medicine at the National Institutes of Health in Washington, D.C.

Although much of his experience has been garnered through private clinical practice...

**The Upledger Institute**  
HealthPlex Clinical Services

11211 Prosperity Farms Road  
5222  
Falm Beach Gardens, Florida  
33433  
USA

tel: 561-622-4776 (toll-free)  
fax: 561-627-8235

**Hours of operation / Fees**  
Appointments: Our hours are weekdays from 9AM to 7PM Monday through Thursday, 9AM to 6PM Friday, and 9AM to 3PM Saturday, (CT). To make an appointment, call 561-622-4776.

**Driving directions**  
Getting here: The Upledger Institute HealthPlex Clinical Services is located at 11211

Fill it in, fax it to 561-622-4771, and the IAHP will create it for you for an additional charge of \$25.00.

What better way for clients to learn more about you and your services? Please visit [www.upledger.com](http://www.upledger.com), and put the power of the Internet to work for you today.

## Milestones

### Congratulations and Well Wishes

- Don Ash, PT, CST, is now certified to teach CranioSacral Dissection.
- Jose Campos is now certified to teach CranioSacral Therapy I & II.
- Monique Bureau, PT, DO (Can.), is now certified to teach Mechanical Link II.

### New Certified CST Teaching Assistants

- Celine Germain, CST

### Now Certified in CranioSacral Therapy

#### Diplomate Level:

- Brian Calderon, CMT, CST-D
- Hank Meldrum, PT, OMT, CST-D
- Mary Murphy, CMT, CST-D
- Debbie Pope, OTR/L, CST-D
- Phil Robison, CST-D
- Patricia van der Ven, CST-D
- Carol Wells, MCSS, CST-D

#### Techniques Level:

- Suzanne Aderholt, OT, CST
- Anne Armitage, CST
- Binaifer Bugli, PT, CST
- Jeffrey Cuevas, PT, CST
- Nadia Felix, M.Psy, CST
- Celine Germain, CST
- Joanie Griffin, CST
- Rachel Harrison, MD, CST
- Dana Keeler, LMT, CST
- Katherine Larter, CST (right photo)
- Jennifer Richards, MPT, CST
- Meryle Richman, PT, MS, CST (right bottom photo)
- Cheryl Varnum, MT, CST
- Pamela Yenawine, CST



### Now Certified in Lymph

#### Drainage Therapy Lymphedema/CDP Certification, Level 1 (LLCC)

- Diana Collins PT, LMT, LLCC
- Tina DiCenso-Fleming, PT, LLCC
- Shirley Dollesin, PTA, LLCC
- David Doublestein, PT, LLCC
- Lorilynn Dowiak, PT, LLCC
- Theresa Marie Fatoh, CMT, LLCC
- Jean Finley, OTR/L, LLCC

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## New Workshop!

# BioAquatics Exploration: Shared Connections

The IAHE is introducing a new BioAquatics Exploration workshop this summer in the blue-green waters off the Bahamas. Called Shared Connections, it brings together couples and small groups of people who want to explore their relationships in a beautiful natural setting.

"The tropical environment, with its dolphins and ocean life, provides a nurturing atmosphere in which to explore, heal and unfold our relationships," says Chas Perry, PhD, CST-D. He co-instructs Shared Connections with Kathy Cramblet, LMT. "In addition to offering individual therapy, we'll explore the shared connections between co-participants."

Co-participants can include spouses, loved ones, siblings, friends or even colleagues. "There will also be opportunities for co-treatment," Chas adds. "This allows co-participants to be treated together as a shared system of body,

mind and spirit for mutual healing."

The new course is designed to accommodate students who have completed The Upledger Institute's SomatoEmotional Release II, or a

previous BioAquatics Exploration or Dolphin Educational Workshop.

While each class will be limited to 10 participants, "We'll accommodate up to four co-participants," Chas says. At least half of each group of co-participants must have completed the prerequisites. "The others should have at least some understanding and

acceptance of CranioSacral Therapy and SomatoEmotional Release."

*For a schedule of upcoming BioAquatic Explorations, please call Educational Services toll-free: 1-800-511-9204. Ask for priority code N0105. You're also welcome to e-mail us at [iabe@iabe.com](mailto:iabe@iabe.com), or register at [www.iabe.com](http://www.iabe.com).*

*"The tropical environment, with its dolphins and ocean life, provides a nurturing atmosphere in which to explore, heal and unfold our relationships."*



*Therapists enjoy a BioAquatic Exploration aboard the Dolphin Star in the Bahamas June 20-23, 2002. Front row (l-r): Arlene Frederick, RN, EDD; Sarah McClennen, LMT; Norma Hayhurst, RN, CHT, CST; Patricia McKeral, MA, RN, LCPC; Kathy Cramblet, LMT (preceptor); Lisa Upledger, DC (preceptor); Jean Rasbkind, CTAT; Troy Hall; Tom Christian (captain). Back row (l-r): Chas Perry, PhD, CST-D (preceptor); Carol Ball, OTR/L, CST; Guy Armstrong, DC; Jamie Tuohy, OTR; Kelly Watt, NMT; Kai Rasmussen, PT; Roberta Fusetti, LMT; Curt Siple, PDMT; John E. Upledger, DO, OMM (instructor).*



# BTD '03: Come Explore New Healthcare Solutions

**Don Ash, PT, CST-D**

"CranioSacral Dissection: Measured Manual Forces Produce Palpable Change in the Faux Cerebri"



**Michael Allen, MD**

"The Prevention and Treatment of Neurologic Disorders With CranioSacral Therapy"



**Judith Bluestone, Neurodevelopmental/Educational Therapist**

"A FUNCTIONAL Overview of HANDLE® – the Holistic Approach to NeuroDevelopment & Learning Efficiency"



**Alaya Chikly, CMT**

"Healing Relationships and the Emotional Component of Disease"



**Bruno Chikly, MD, DO (hon.)**

"The Dream of the Soul and the Lymphatic System: Physical, Emotional & Spiritual Aspects"



**Cloé Couturier, LMT/CO, CST**

"Qigong With CranioSacral Therapy"



**Roy Desjarlais, LMT, CST-D**

"CranioSacral Dissection: Further Validations and Discoveries"



**Andrew Fryer, MD, FAAP**

**Keynote Speaker**

"Transformation of a Medical Practice With CranioSacral Therapy: A Work in Progress"



**Alison Hazelbaker, MA, IBCLC, CST**

"Treating Breastfeeding Problems With CranioSacral Therapy"



**Rebecca Flowers Giles, OTR, SCP, CST-D**

"How Will They Let Us In? Help For Treating Children"



**Tim Hutton, PhD, LMT, CST-D**

"The Physics of Energy, Energy Work & Energy Cysts: Benefits & Limitations of a Scientific World View"



**Jon Kabara, PhD**

"Mother's Milk: The First Nutraceutical"



**Susan Vaughan Kratz, OTR, BCP**

"Outcomes of a Clinical Trial of CST on Children With Feeding Dysfunction and Gastrostomy Tubes"



**Sheryl McGavin, MBA, OTR/L**

"SomatoEmotional Release® at the Cellular Level"



**Sally Morgan, PT, TTEAM Practitioner**

"TTOUCH & CranioSacral Therapy: Testing the Rhythm During TTOUCH Exercises"



**Kenneth E. Salyer, MD**

Chairman and Director of the International Craniofascial Institute



**John E. Upledger, DO, OMM**

"Exploring New Realms of Healing With CranioSacral Therapy"



**Sanno Visser, DO, CST-D**

"Where Does the Philosophy of Levinas Meet CranioSacral Therapy?"



## Healing From the Core Alumni Reunion Scheduled at BTD '03

Have you taken Healing From the Core: Grounding and Healthy Boundaries (formerly Supporting the Compassionate Heart)? Then be sure to join curriculum creator Suzanne Scurlock-Durana, CST-D, in an advanced healing exercise for trauma recovery at Beyond the Dura '03. It's planned to take place at the Jupiter Beach Resort on April 30th during the presentation break.

"It's a nice opportunity to gather with old friends, socialize and share some stories," Suzanne says. "We'll also get to take the time to slow down a little, connect with the resources that most nourish us, and support our nervous systems."

*The reunion is offered free of charge. To register call 705-620-4509, or see the schedule of events at Beyond the Dura '03.*

## Special Session on CST Certification Added to BTD '03 Lineup

Are you currently enrolled in the CranioSacral Therapy Techniques certification program? Are you going to attend the Beyond the Dura research conference? Then we have just the ticket for you.

On May 2, 2003, certified examiners Don Ash, PT, CST-D, and Mable Sharp, MS, PT, CM, CST, are leading a 3-hour exam-preparation session for practitioners going through Techniques certification. It will take place during the five-hour break scheduled for Friday afternoon.

Take this opportunity to:

- Ask a certified examiner questions about the CST Techniques Certification exams.
- Learn what subjects are particularly important for you to focus on when studying for certification.
- Gain insights into how to best utilize your time in preparing for testing.

*The cost for this special CST certification session is only \$75. To register call Educational Services toll-free: 1-800-511-9204. Ask for priority code N0105.*

## Beyond the Dura Blends Sun, Soul and Science at a Seaside Resort

*continued from front cover*

The conference is sponsored by The Upledger Foundation, founded by Dr. Upledger in 1987 to provide each person who can benefit from CranioSacral Therapy the opportunity to receive it. The nonprofit Foundation supports ongoing community outreach and intensive therapy programs. It also offers financial assistance to qualified patients in need.



### Keynote Speaker: Andrew Fryer, MD, FAAP

Dr. Andrew Fryer is a pediatric cardiologist in private practice in Dallas,

Texas. Highly specialized and technically oriented, pediatric cardiology is firmly rooted in the traditions of mainstream Western medicine — which makes it one of the last places you'd expect a treatment modality such as CranioSacral Therapy to take hold.

Since his introduction to CranioSacral Therapy — first through his wife Sally, a pediatric physical therapist, and then through The Upledger Institute — Dr. Fryer has taken it from tentative office trials to a major tool in the armamentarium of therapies he offers his patients. He has since brought CranioSacral Therapy into the pediatric intensive care unit, the neonatal intensive care unit, and out in the field on the scene of major, life-threatening traumas.

Join Dr. Fryer as he shares clinical cases and demonstrates how CranioSacral Therapy has revolutionized his practice. He sees his experience as a microcosm for what is soon to come with the acceptance of CranioSacral Therapy and other complementary modalities: a true transformation of medicine.



### Guest Speaker: Kenneth E. Salyer, MD

Chairman and Director of the International Cranio-fascial Institute, Dr. Salyer is the lead surgeon in the ongoing effort to separate Egyptian conjoined twins Ahmed and Mohamed Ibrahim.

## BTD '03 Tuition Savings

Tuition for the full four days is only \$595. We're pleased to offer tuition discounts. (See chart.) Costs include all presentations plus the Thursday Foundation benefit and Saturday evening dinner dance.

If You're A:	Tuition
Medallion Member, Upledger's International Association of Healthcare Practitioners	\$495
Previous BTD Participant	\$395
Qualified Full-Time Student	\$300

*Full refund up to two weeks prior to conference;  
\$50 administrative processing fee thereafter.*

## Reserve Your BTD '03 Space Today

Phone: 1-800-233-5880 (North America),  
US 561-622-4334 (Worldwide). Ask for  
priority code N0103. Hours: 8 a.m.-8p.m.  
Mon.-Thurs., 8 a.m.-5 p.m. Fri. (ET). You're  
welcome to leave a voicemail after hours.  
You may also register through our website at  
[www.upledger.com](http://www.upledger.com).

## Healing From the Core: Grounding and Healthy Boundaries Workshop

When you're flowing with life-force energy, it's easier to live in the moment and experience the joy that is your birthright. In this experiential workshop, you'll learn how to create a wider, deeper energy field, allowing you to be more present to yourself and deepen your healing process.

This is vital for anyone inspired to be a healing presence in the world. To hold a healing space for others, you must first be able to hold a space for yourself. Come learn about your unique energy flow, and how to create new energy habits that help you heal internal blocks on your own. Then you can more easily live from a heart-centered place of connectedness and spiritual awareness.

Classwork is performed in a supportive circle using grounding meditations, gentle movement, dreamwork and group sharing. When you take time to listen to subtle energetic cues, you engage the body's incredible navigational system. And deepening internal awareness is key to developing intuitive skills and integrating all aspects of ourselves, which brings us home to who we really are.

**3 Days, 18 Contact Hrs.**

**Prerequisite: none, though CranioSacral  
Therapy I is recommended.**

**Tuition: \$325 U.S. if paid 30 days in advance,  
\$375 U.S. thereafter.**

*To register, please call Educational Services toll-free:  
1-800-511-9204. Ask for priority code N0103. You may  
also e-mail [iabe@iabe.com](mailto:iabe@iabe.com), or visit [www.iabe.com](http://www.iabe.com).*

## CranioSacral Therapy Awareness Month Kicks Off With Annual Legislative Awareness Day

Florida therapists will demonstrate the power of a healing touch once again on their state legislators. This year's Legislative Awareness Day is scheduled for Thursday, April 17th, at the 2nd-floor rotunda in the Florida State Capitol in Tallahassee.

"We hope to have more than 20 volunteers this year," says UI Community Relations Director Barb Richmond. The therapists will

offer free CranioSacral Therapy sessions from 10 a.m. to 4 p.m. to all legislators and staff members.

*Florida therapists who would like to take part in this important event — which kicks off CranioSacral Therapy Awareness Month in April — are urged to call Leslie Ockunzki, Community Relations Coordinator, at 1-800-233-5880, ext. 1581.*

# CranioSacral Therapy Alters Brain Functioning to Aid a Wide Range of Disorders

While head of the Clinical Psychophysiology Service at McLean Hospital — the largest psychiatric teaching hospital at Harvard Medical School — Dr. Paul Swingle was asked to consult on a research project conducted by an osteopath at the New England Medical School. The physician wanted to determine what effect CranioSacral Therapy had on the brain activity of a patient and therapist during a typical session.

“At the time I dismissed CranioSacral Therapy as pure bunk,” says Paul Swingle, PhD, FCPA, R. Psych. Nonetheless, he agreed to help by measuring the brain activity during the treatment session. “What I found startled me,” he says. “With all the necessary experimental controls in place, I saw a marked change in alpha brainwave amplitude that immediately coincided with the CranioSacral Therapy. I didn’t know exactly what the technique was, but the results so impressed me that I promptly enrolled in a class.”

That was more than four years ago. Dr. Swingle has used CranioSacral Therapy in his neurotherapy practice ever since to help modify brain functioning to treat a wide range of disorders. “During treatment sessions,” he says,

“I obtain EEG measurements. Some of the most important brain effects I’ve witnessed include a marked increase in theta and alpha brainwave amplitude in the back of the brain associated with the induction of a still point.” This is consistent with earlier findings by Dr. Elmer Green, then of the Menninger Clinic and Hospital in Topeka, Kansas, and Dr. John E. Upledger, developer of CranioSacral Therapy.

“Slow wave [i.e., theta] deficiency in the occipital region is associated with poor stress tolerance, sleep disturbance, racing thoughts, generalized anxiety, and vulnerability to substance addiction,” Dr. Swingle says.

“Neurotherapy that focuses on restoring this deficit is strongly enhanced with still point induction.”

## CranioSacral Therapy Strengthens Sensory Motor Rhythm

Dr. Swingle treats many children with involuntary movement disorders and seizure disorders at his Vancouver clinic. A major component of his protocol is to “increase the

sensory motor rhythm over the sensory motor cortex [roughly across the top of the head from the tips of the ears]. The sensory motor rhythm is represented by brainwave activity between 13 and 15 cycles per second. When made stronger with brainwave biofeedback, it results in increased seizure threshold and reduced involuntary body movements.”

This increased brainwave amplitude Dr. Swingle has witnessed with CranioSacral Therapy is associated with “calm and passive attentiveness.” He has also reported an increase in the important sensory motor rhythm when a thoracic release is performed. To illustrate, he performed still point inductions on six patients with closed head injury and one with attention deficit disorder. “The effect of the still point was an increase in theta amplitude from a low of 6.2% to a high of over 80%,” he reports. “Such changes in theta amplitude can have profound effects on brain quieting.” Dr. Swingle has reported these findings at various North American conferences.

According to Dr. Swingle, children undergoing sensory motor rhythm training strongly benefit by a CranioSacral Therapy sequence of still point, sphenoid manipulations, and thoracic and occipital releases. In terms of brainwave activity, this CranioSacral Therapy regimen results in an increased amplitude of occipital theta frequencies (mental quieting) and of the sensory motor rhythm (body quieting). “The quieting often occurs immediately,” he adds, “and parents usually report a marked, sustained improvement.”

Once a skeptic, Dr. Swingle now strongly advocates the use of CranioSacral Therapy as part of neurotherapeutic treatment of many disorders. The synergistic effect of these modalities results in “efficient and permanent remediation of many disorders associated with anomalous brain functioning.”

*Dr. Paul Swingle is a clinical psychoneurophysiologist with a practice in Vancouver, British Columbia. A highly respected biofeedback practitioner, he creatively integrates CranioSacral Therapy, Cerebral Electrical Stimulation, acupuncture, electromagnetic therapy and other new technologies into his protocols. He is also a registered psychologist in British Columbia, and is board certified in biofeedback and neurotherapy.*

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## Adv. I CranioSacral Therapy Minneapolis, MN — Sept. 9-13, 2002



Back row (l-r): Susan J. Dekeyser, LMT; Connie Kane, LMT; Laura Lambert; Cheri Gillham, MsT (teaching assistant); Dana Keeler, LMT; Dominic Carchedi, CMT; Chas Perry, PhD, CST-D (instructor). Front row (l-r): Samantha Genton, LMT; Patricia Enstad, MS, LMT; Jill Maxwell, PT; Barbara J. Fleming, CMT; Colleen Martens Endrizzi, MC, CCC; Cindy L. Campbell, PTA (teaching assistant); Ann Endrizzi, OTR/L.

# Mechanical Link Introduces Two New Skill-Review Workshops

Paul Chauffour, developer of Mechanical Link (ML), is introducing two new classes that focus on specific techniques covered in the UI Mechanical Link curriculum. Called Mechanical Link Skill Review & Integration workshops, both courses are designed to reinforce your skills, and help you practice integrating the techniques into your protocols.

According to UI curriculum director Kathy

Woll, Mechanical Link Skill Review & Integration I & II will cover techniques presented in the first two ML workshops. Mechanical Link Skill Review & Integration I, II & III will focus additionally on techniques from the MLIII workshop.

“Both classes will also bring you up to date on any changes that may have been incorporated into the curriculum over the last few

years,” Kathy says. “Like Paul always says, Mechanical Link continues to evolve. And he’s determined to make sure each of his students stays at the forefront of his research.”

*To register or for more information, please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0105. You’re also welcome to e-mail us at [iahe@iahe.com](mailto:iahe@iahe.com), or register at [www.iahe.com](http://www.iahe.com).*

Dear Dr. Chikly,

You and Lymph Drainage Therapy (LDT) have been so instrumental in my recovery, I really have to share the outcome of my semi-annual radiation oncology follow-up. You would not believe how amazed my doctor was!

He said, “You are a perfect example of what can happen when a patient assumes responsibility for her healthcare.” Then he added, “What you have done is a true illustration of integrative medicine — a harmonious blend of conventional and complementary therapies.” To that, I gratefully acknowledged the role that your method of therapy has played as the prime source of my relief from pain and lymphatic congestion. (And all of the other combined life adjustments!)

He was truly amazed that my symptoms had been so greatly reversed. He looked for swelling and couldn’t seem to find much. He also remembered that I had an extensive case — arm, breast and torso. All he could say was WOW! Now I do not have to go back to him for 9 months instead of the usual 6.

Thank you, Dr. Chikly. I am thankful for all that I have learned from you. And I thank you for sharing your knowledge in such a patient, humble and kindly way.

Love,

*Laura Lander, LMT, LLC*

Editors note: To learn more about how Lymph Drainage Therapy can help you, call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0103. You’re also welcome to e-mail us at [iahe@iahe.com](mailto:iahe@iahe.com), or visit us at [www.iahe.com](http://www.iahe.com).

## New Book!

### *Mechanical Link: Fundamental Principles, Theory and Practice Following an Osteopathic Approach*

by Paul Chauffour, DO,  
and Eric Prat, DO

This is the first book published in English on the Mechanical Link manual therapy system developed by French osteopath Paul Chauffour. Chauffour and his protégé, fellow osteopath Eric Prat, present a comprehensive guide that includes the philosophy behind the system’s development. It includes a thorough explanation of its principles and benefits in the diagnosis and treatment of patients. (hardcover) \$60 + s&h



*To order, please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0105.*



# Course Calendar: March 1-October 31, 2003 (as of Jan. 24, 2003)

**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. 16-19  
 AL: Birmingham - Oct. 23-26  
 AZ: Phoenix - June 12-15  
 CA: Big Sur - Mar. 9-14  
 Fresno - Oct. 9-12  
 Sacramento - June 19-22  
 San Diego - July 10-13  
 San Francisco - May 15-18  
 San Francisco - Sept. 4-7  
 Santa Barbara - Apr. 3-6  
 CO: Boulder - Aug. 14-17  
 Colorado Springs - Oct. 23-26  
 CT: Hartford - Mar. 6-9  
 Hartford - Sept. 18-21  
 DC: Washington - Aug. 21-24  
 FL: Ft. Lauderdale - July 24-27  
 Ft. Myers - Oct. 16-19  
 Jacksonville - Sept. 18-21  
 Palm Beach - Apr. 26-29  
 Tallahassee - Oct. 23-26  
 Tampa Bay Area - June 12-15  
 GA: Atlanta - May 8-11

HI: Oahu - May 15-18  
 The Big Island - Sept. 25-28  
 IA: Des Moines - May 29-June 1  
 IL: Chicago - May 8-11  
 IN: Indianapolis - Apr. 10-13  
 KY: Louisville - Apr. 10-13  
 LA: New Orleans - Aug. 7-10  
 MA: Boston - Apr. 10-13  
 Boston - Aug. 7-10  
 ME: Portland - Mar. 20-23  
 MI: Detroit - Mar. 20-23  
 Detroit - Oct. 9-12  
 Grand Rapids - Aug. 21-24  
 Lansing - June 26-29  
 MN: Minneapolis - June 5-8  
 MO: Kansas City - June 5-8  
 NC: Raleigh - July 10-13  
 NE: Omaha - Sept. 18-21  
 NJ: Atlantic City - Mar. 27-30  
 Denville - July 17-20  
 Ft. Lee - Mar. 23-26  
 NM: Albuquerque - Apr. 3-6  
 NY: Buffalo - Mar. 13-16

New York - Sept. 4-7  
 Rochester - Oct. 16-19  
 Syracuse - Aug. 14-17  
 OH: Akron - Oct. 9-12  
 Columbus - Sept. 25-28  
 Dayton - July 10-13  
 Toledo - May 15-18  
 OR: Grants Pass - Apr. 3-6  
 Portland - June 19-22  
 PA: Chambersburg - Oct. 2-5  
 Philadelphia - June 26-29  
 Pittsburgh - Aug. 7-10  
 State College - July 31-Aug. 3  
 RI: Providence - Mar. 27-30  
 SC: Charleston - May 15-18  
 Columbia - July 24-27  
 TN: Nashville - June 19-22  
 TX: Austin - Oct. 16-19  
 Dallas/Ft. Worth - May 15-18  
 UT: Salt Lake City - Mar. 6-9  
 Salt Lake City - Aug. 21-24  
 VA: Virginia Beach - Apr. 10-13

VT: Burlington - July 24-27  
 WA: Seattle - Sept. 25-28  
 WI: Madison - Sept. 18-21  
 Milwaukee - July 17-20  
 Australia: Brisbane - July 17-20  
 Melbourne - Apr. 3-6  
 Sydney - May 1-4  
 Canada: Edmonton - Sept. 18-21  
 Montreal - Oct. 16-19  
 Ottawa - Apr. 24-27  
 Saskatoon - Apr. 24-27  
 Toronto - May 22-25  
 Toronto - Sept. 4-7  
 Vancouver - May 22-25  
 Winnipeg - Sept. 25-28  
 New Zealand: Auckland - Sept. 25-28  
 Christchurch - Apr. 24-27  
 Singapore: Singapore - Mar. 13-16

IN: Indianapolis - Apr. 10-13  
 KY: Louisville - Oct. 9-12  
 MO: Boston - July 24-27  
 ME: Portland - June 12-15  
 MI: Lansing - June 26-29  
 MN: Minneapolis - June 5-8  
 MO: St. Louis - July 24-27  
 NY: New York - May 8-11  
 Rochester - Oct. 16-19  
 OH: Akron - Apr. 10-13  
 OR: Portland - June 19-22  
 PA: Philadelphia - June 26-29  
 TX: Austin - Oct. 16-19  
 Dallas/Ft. Worth - May 15-18  
 UT: Salt Lake City - Mar. 6-9  
 WI: Madison - Sept. 18-21  
 Canada: Toronto - Sept. 4-7  
 Vancouver - May 22-25  
 Singapore: Singapore - Apr. 24-27

## CranioSacral Therapy II

AZ: Phoenix - June 12-15  
 CA: San Francisco - May 15-18  
 CO: Boulder - Aug. 14-17  
 CT: Hartford - Sept. 18-21  
 FL: Tampa Bay Area - June 12-15  
 HI: The Big Island - Sept. 25-28  
 IA: Des Moines - May 29-June 1  
 IL: Chicago - May 8-11

## SomatoEmotional Release® I

AZ: Phoenix - June 12-15  
 CA: San Diego - July 10-13  
 FL: Ft. Lauderdale - July 24-27  
 MA: Boston - Apr. 10-13  
 MI: Detroit - Oct. 9-12  
 NM: Albuquerque - Apr. 3-6  
 NY: New York - Sept. 4-7

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

## Visceral Manipulation IA

AZ: Phoenix - Aug. 21-24  
 CA: San Francisco - Sept. 4-7  
 CT: Hartford - Mar. 6-9

DC: Washington - Aug. 21-24  
 FL: Palm Beach - July 17-20  
 GA: Atlanta - Oct. 2-5  
 HI: Oahu - May 15-18

MA: Boston - Aug. 7-10  
 MI: Detroit - Oct. 9-12  
 NY: New York - May 8-11  
 OH: Dayton - July 10-13

OR: Portland - Sept. 25-28  
 TX: Dallas/Ft. Worth - May 15-18  
 WA: Seattle - Apr. 3-6  
 Canada: Calgary - Oct. 23-26  
 Edmonton - Mar. 13-16

## Visceral Manipulation IB

CO: Boulder - Aug. 14-17  
 DC: Washington - Aug. 21-24  
 NM: Albuquerque - Apr. 3-6

## Visceral Listening Techniques

FL: Palm Beach - Apr. 26-28

## Visceral Manipulation II

CA: San Francisco - May 15-18  
 CT: Hartford - Mar. 6-9  
 MN: Minneapolis - Mar. 27-30

## Adv. Visceral Components of the Neck and Thorax

NV: Las Vegas - July 24-26

**LYMPH DRAINAGE THERAPY<sup>SM</sup> CURRICULUM:** Developed by French physician Bruno Chikly, LDT improves the performance of the immune and parasympathetic nervous systems.

## Lymph Drainage Therapy<sup>SM</sup> I

AZ: Phoenix - June 12-15

CA: Big Sur - June 1-6  
 San Diego - July 10-13

CO: Boulder - Aug. 14-17  
 Colorado Springs - June 19-22

CT: Hartford - Sept. 18-21  
 FL: Tampa Bay Area - June 12-15  
 GA: Atlanta - Oct. 2-5  
 KY: Louisville - June 26-29  
 MA: Boston - Apr. 10-13  
 MI: Detroit - Mar. 20-23  
 MN: Minneapolis - June 5-8  
 MO: St. Louis - July 24-27

NE: Omaha - Sept. 18-21  
 NY: Syracuse - Oct. 23-26  
 OR: Portland - Sept. 25-28  
 PA: Philadelphia - June 26-29  
 State College - Mar. 13-16  
 TX: Austin - Oct. 16-19  
 UT: Salt Lake City - Mar. 6-9  
 WA: Seattle - Sept. 25-28

## IAHE COURSES

### NMT: Posture, Acture & Gaiting

AZ: Phoenix - Apr. 12  
 CO: Colorado Springs - June 7  
 FL: Jacksonville - June 14  
 Orlando - July 13  
 LA: Baton Rouge - Sept. 20  
 MN: Minneapolis - May 17  
 MO: St. Louis - May 3  
 PA: Pittsburgh - May 31  
 TX: Houston - Aug. 9  
 WA: Seattle - June 7  
 WI: Appleton - June 28

### Neuromuscular Therapy for the Lower Extremity

CO: Colorado Springs - Apr. 11-13  
 DC: Washington - Oct. 17-19  
 FL: Jacksonville - Apr. 11-13

Miami - Sept. 12-14  
 Orlando - Apr. 27-29  
 St. Petersburg - Oct. 10-12  
 LA: Baton Rouge - July 11-13  
 MN: Minneapolis - Mar. 28-30  
 NM: Albuquerque - Oct. 17-19  
 PA: Pittsburgh - Apr. 25-27  
 TX: Houston - June 20-22  
 WA: Seattle - Apr. 25-27  
 WI: Appleton - Apr. 25-27

### Neuromuscular Therapy for the Torso and Pelvis

AZ: Phoenix - Aug. 15-17  
 CO: Denver - Aug. 22-24  
 DC: Washington - Apr. 11-13  
 FL: Miami - Mar. 14-16  
 Orlando - Sept. 14-16  
 MA: Worcester - Mar. 21-23  
 MN: Minneapolis - Sept. 12-14  
 MO: St. Louis - Aug. 8-10  
 NC: Greensboro - Mar. 28-30

NM: Albuquerque - Mar. 21-23  
 PA: Quakertown - Mar. 21-23  
 WA: Seattle - Aug. 22-24  
 WI: Appleton - Sept. 5-7

### Neuromuscular Therapy for the Upper Extremity

DC: Washington - Aug. 15-17  
 FL: Miami - July 18-20  
 St. Petersburg - Aug. 1-3  
 LA: Baton Rouge - Apr. 25-27  
 MA: Worcester - Sept. 12-14  
 NM: Albuquerque - July 25-27  
 PA: Quakertown - Oct. 10-12  
 TX: Houston - Mar. 14-16

### Neuromuscular Therapy for Cervical and Cranium

DC: Washington - June 20-22  
 FL: Miami - May 2-4  
 St. Petersburg - May 16-18  
 MA: Worcester - June 20-22

NC: Greensboro - July 11-13  
 NM: Albuquerque - May 16-18  
 PA: Quakertown - June 27-29  
 WI: Appleton - Oct. 31-Nov. 2

### Applications of the Feldenkrais® Method for CST Therapists

FL: Ft. Lauderdale - Mar. 13-16  
 Orlando - June 5-8  
 GA: Atlanta - Aug. 7-10

### The Inspiring Breath and The Inquiring Mind: An Exploration

FL: Orlando - Mar. 29-30  
 Tallahassee - Apr. 5-6

### Self-Corrective Mechanisms I: Introduction to Feldenkrais®

CA: Laguna Beach - Oct. 16-19

### Self-Corrective Mechanisms III: Spinal Mobilization

CA: Laguna Beach - Mar. 6-9

### Self-Corrective Mechanisms IV: Feldenkrais® and CranioSacral Therapy

CA: Laguna Beach - June 19-22

### Self-Corrective Mechanisms V: Feldenkrais® and Developmental Movement

CA: Laguna Beach - Sept. 18-21

### Zero Balancing®, Core Program — Segments I & II

AZ: Tucson - Mar. 6-9  
 CO: Boulder - May 3-6  
 IA: Des Moines - Mar. 27-30  
 IL: Chicago - Apr. 3-6  
 KY: Louisville - Apr. 10-13



For most current dates, visit [www.iahe.com](http://www.iahe.com).

PA: Philadelphia - June 26-29  
TX: Austin - June 19-22  
Australia: Sydney - May 1-4  
Canada: Edmonton - Mar. 13-16  
New Zealand: Christchurch - Apr. 24-27  
Singapore: Singapore - Sept. 4-7

#### SomatoEmotional Release® II

CA: San Francisco - Sept. 4-7  
FL: Palm Beach - Apr. 26-29  
IL: Chicago - July 17-20  
MI: Detroit - Mar. 20-23  
Canada: Toronto - May 22-25

#### Applying Acupuncture Principles to CranioSacral Therapy

AZ: Phoenix - Aug. 21-24  
CA: Big Sur - July 20-25  
IN: Indianapolis - Apr. 10-13

#### Adv. CranioSacral Therapy

AZ: Sedona - Sept. 15-19  
CA: Big Sur - Oct. 20-24  
FL: Palm Beach - Oct. 17-25  
MA: Boston - Oct. 13-17  
NM: Santa Fe - Mar. 23-27  
VA: Madison - July 14-18

#### Adv. II CranioSacral Therapy

FL: Palm Beach - Mar. 24-28  
Palm Beach - Sept. 15-19

#### Clinical Application of CranioSacral Therapy

FL: Palm Beach Gardens - Apr. 7-11

#### Clinical Application of CST & SomatoEmotional Release

FL: Palm Beach Gardens - May 19-23  
Palm Beach Gardens - July 14-18

#### Clinical Application of Adv. CranioSacral Therapy

FL: Palm Beach Gardens - Mar. 17-21  
Palm Beach Gardens - June 9-13  
Palm Beach Gardens - Aug. 4-8

#### Clinical Application of Adv. CST for Pediatrics

FL: Palm Beach Gardens - Mar. 24-28

#### CranioSacral Dissection

ME: Portland - Apr. 4-6  
OR: Portland - June 6-8  
Portland - July 18-20

#### CranioSacral Therapy for Pediatrics™

CA: San Francisco - Sept. 4-7  
FL: Palm Beach - July 17-20  
MN: Minneapolis - Mar. 27-30  
NY: New York - May 29-June 1  
WA: Seattle - Apr. 3-6  
Canada: Calgary - Oct. 23-26  
Vancouver - May 22-25

#### Introduction to CranioSacral Therapy

CA: Modesto - Apr. 12-13  
FL: Altamonte Springs - Mar. 15-16  
Altamonte Springs - Apr. 12-13  
Altamonte Springs - July 19-20  
Altamonte Springs - Aug. 16-17  
Altamonte Springs - Oct. 18-19  
Ft. Lauderdale - June 28-29  
Ft. Myers - Apr. 5-6  
Ft. Myers - June 7-8  
Sarasota - May 3-4  
MD: Baltimore - Sept. 27-28  
MO: St. Louis - Sept. 20-21  
NH: Rochester - Mar. 29-30  
Rochester - Sept. 20-21  
NJ: Convent Station - Apr. 12-13

OH: Toledo - Apr. 5-6  
PA: Allentown - June 7-8  
Bethlehem - Apr. 5-6  
Chambersburg - Mar. 1-2  
Chambersburg - July 19-20  
Gettysburg - May 3-4  
Harrisburg - Mar. 15-16  
Philadelphia - Aug. 2-3  
SC: Charleston - Apr. 26-27  
Charleston - Sept. 20-21  
TN: Chattanooga - Mar. 22-23  
Chattanooga - Oct. 11-12  
TX: Plano - Mar. 15-16

#### Equine CranioSacral Techniques I

CA: Silverado - June 19-22

#### The Brain Speaks™

FL: Palm Beach - May 29-June 1

#### BioAquatic Exploration: Ocean Therapy I

Bahamas: Freeport - June 19-22  
Freeport - Aug. 14-17  
Freeport - Aug. 21-24

#### BioAquatic Exploration (CSI)

Bahamas: Freeport - July 10-13

#### BioAquatic Exploration: Shared Connections **New!**

Bahamas: Freeport - June 26-29

#### BioAquatic Exploration (SER)

Bahamas: Freeport - July 17-20

#### BioAquatic Exploration (ADV)

Bahamas: Freeport - July 24-27  
Freeport - July 31-Aug. 3  
Freeport - Aug. 7-10

#### Beyond the Dura 2003 **Special Event!**

FL: Jupiter - Apr. 30-May 4

#### ShareCare®

FL: Altamonte Springs - Mar. 8  
Palm Beach Gardens - July 19  
GA: Atlanta - Mar. 22  
Atlanta - Aug. 9

#### Practical Integration of Visceral Manipulation

CT: Hartford - Sept. 18-21  
WA: Seattle - Sept. 25-28

#### Visceral Approach to Trauma and Whiplash

FL: Orlando - July 10-12

#### Adv. Visceral Manipulation II

FL: Orlando - July 10-12

NV: Las Vegas - July 24-26

#### Visceral Manipulation: Peripheral Nerve Manipulation

IL: Chicago - July 17-20

#### Clinical Symposium with Jean-Pierre Barral, DO

FL: Orlando - July 13  
NV: Las Vegas - July 27

**MECHANICAL LINK™ CURRICULUM:** Developed by French osteopath Paul Chauffour, ML improves the performance of each body system.

#### Mechanical Link™ I

IL: Chicago - May 15-18  
NY: New York - Mar. 20-25

#### Mechanical Link Skill Review & Integration I & II

FL: Palm Beach - Apr. 12-15  
Palm Beach - June 19-22  
Palm Beach - June 21-24

WI: Madison - Sept. 18-21  
Canada: Edmonton - Sept. 18-21  
Ottawa - Apr. 24-27

#### Lymph Drainage Therapy™ II

CA: San Francisco - May 15-18  
CO: Colorado Springs - Oct. 23-26  
DC: Washington - Aug. 21-24

FL: Palm Beach - Apr. 26-29  
NY: New York - May 29-June 1  
OH: Akron - Apr. 5-8  
TX: Austin - June 19-22

#### Lymph Drainage Therapy™ III

NY: New York - Sept. 4-7

OH: Dayton - July 10-13  
TX: Dallas/Ft. Worth - May 15-18

#### Heart Centered Therapy 1: Mastering Dialoguing Skills

FL: Palm Beach - Oct. 2-5  
OH: Dayton - May 29-June 1

RI: Providence - Apr. 3-6  
TX: Dallas/Ft. Worth - Mar. 6-9  
Canada: Banff - July 17-20

#### Adv. Lymph Drainage Therapy™

CA: San Francisco - May 15-18

#### LDT's Lymphedema/CDP Certification

WA: Seattle - Apr. 3-8

MA: Cambridge - July 24-27  
MD: Baltimore - Mar. 28-31  
ME: Poland Spring - May 14-18  
MI: Detroit - July 31-Aug. 3  
NC: Asheville - Sept. 11-14  
Raleigh - May 15-18  
NE: Omaha - Sept. 11-14  
NV: Reno - Apr. 10-13  
NY: New York - Mar. 13-16  
VA: Charlottesville - Apr. 4-5, 11-12  
Charlottesville - Sept. 12-13, 19-20  
VT: Wilmington - July 31-Aug. 3  
Canada: Vancouver - Mar. 27-30  
Victoria - Mar. 22-25

#### Art of Zero Balancing®

AZ: Tucson - Apr. 3-6  
IL: Chicago - May 15-18

#### Freely Movable Joints

VA: Charlottesville - Mar. 27-30

#### Alchemy of Touch

MA: Boston - Oct. 22-26  
NY: Avoca - Sept. 18-21

#### Spirit of the Organs: Zero Balancing the Viscera

VA: Charlottesville - June 19-22

#### Zero Balancing and the Nature of Happiness

WV: Charles Town - May 1-4

#### Zen and Zero Balancing

ME: Blue Hill - Sept. 24-28

#### Basic Acupressure: Clinical Applications

AZ: Tucson - Mar. 27-30  
CA: San Francisco - Sept. 4-7  
FL: Palm Beach - Apr. 26-29  
NY: Stony Point - June 5-8  
PA: Philadelphia - Mar. 20-23

VT: Burlington - Oct. 16-19  
WI: Oshkosh - May 15-18  
Canada: Toronto - May 1-4

#### Process Acupressure™: Returning To Soul

MD: Columbia - May 3-4  
NY: New York - May 17-18

#### Process Acupressure™ 1: Essence

CA: Palm Springs - Oct. 27-30  
IL: Chicago - June 19-22  
MD: Columbia - Mar. 20-23  
NV: Reno - Apr. 24-27  
PA: Philadelphia - Sept. 4-7

#### Adv. Process Acupressure™ 1: Progressed Process

NV: Reno - June 19-22  
PA: Philadelphia - May 15-18  
Canada: Toronto - June 19-22

#### Ancestral Work with Process Acupressure

PA: Philadelphia - Oct. 2-5

#### Inner Child Healing

CA: Borrego Springs - Apr. 5-8

#### Process Acupressure™ 2: Parts of the Whole

CA: Borrego Springs - Mar. 6-9  
Palo Alto - May 1-4  
VT: Burlington - May 22-25  
Canada: Toronto - Oct. 30-Nov. 2

#### Positional Release Therapy

WI: Madison - Sept. 18-21

#### HFC - Continuum and the Healing Process

VA: Reston - Oct. 11-15

#### Healing from the Core: Grounding and Healthy Boundaries; Core

KY: Lexington - Mar. 7-9  
MA: Boston - Apr. 4-6  
NY: Long Island - Mar. 28-30  
UT: Snowbird - Apr. 4-6  
VA: Reston - Mar. 13-15

#### HFC - Expanding Your Life, Your Energy Field & Resources

WV: Charles Town - May 14-18

#### Qigong T'chings 1

FL: Palm Beach Gardens - Mar. 21-23  
Palm Beach Gardens - May 16-18

#### CSTI/O Tutorial

FL: Palm Beach Gardens - Mar. 4-7  
Palm Beach Gardens - June 17-20  
Palm Beach Gardens - Sept. 30-Oct. 3

## Mark Your Calendars: Upcoming IAHE Speaker Engagements

- ❑ **AMTA Iowa Chapter  
Spring 2003 Convention**  
Cedar Rapids, IA – March 15, 2003
  - Michael Morgan, LMT, CST-D:  
Introduction to CranioSacral Therapy
- ❑ **UI HealthPlex Clinical Services**  
Palm Beach Gardens, FL – March 24, 2003
  - Tad Wanveer, LMT, CST-D: Introducing  
CranioSacral Therapy in Massage Therapy
- ❑ **AMTA 20th Anniversary New England  
Regional Conference**  
Boxborough, MA – March 28, 2003
  - Bruno Chikly, MD, DO (hon.):  
Keynote Presentation: Dream of the Soul  
and the Lymph System: Physical,  
Emotional and Spiritual Aspects;  
Also Lymph Drainage Therapy Overview
  - Alaya Chikly, CMT: Heart Centered  
Therapy: Mastering Dialoguing Skills
- ❑ **AMTA New York Chapter Meeting**  
Corning, NY – April 11, 2003
  - David Malin, DD, PT:  
Introducing Visceral Manipulation
- **AMTA National Learning Center**  
Atlanta, GA – April 11, 2003
  - Roy Desjarlais, LMT, CST-D:  
Introducing CranioSacral Therapy
- ❑ **2003 Aquatic Therapy Specialty Institutes**  
Orlando, FL – May 18, 2003
  - Jill Mabry, LMT, CST:  
Aquatic CranioSacral Therapy
- ❑ **AMTA National Learning Center**  
Oklahoma City, OK – June 20, 2003
  - Roy Desjarlais, LMT, CST-D:  
Introducing CranioSacral Therapy
- ❑ **FSMTA 2003 Annual Convention  
& Trade Show**  
Orlando, FL – June 26, 2003
  - Bruno Chikly, MD, DO (hon.): Lymph  
Drainage Therapy: A Breakthrough in  
Lymph Drainage Techniques

## Earn Continuing Education Credits for Classes in Complementary Care

The International Alliance of Healthcare Educators offers 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](http://www.iahe.com) or call toll-free: 1-800-311-9204. Ask for priority code N0103.

### New and Renewed CEUs

- **USA:** For the first time, Chiropractic Physicians in most states can now earn CEUs for CranioSacral Therapy I.
- **USA:** The Upledger Institute is also approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. CranioSacral Therapy I is offered for 2.4 CEUs (introductory level, professional area), and CranioSacral Therapy II and CranioSacral Therapy for Pediatrics are offered for 2.4 CEUs each (intermediate level, professional area). ASHA CE Provider approval does not imply endorsement of course content, specific products, or clinical procedures. If you are a member of ASHA and are interested in receiving CEUs for participating in this program, you must contact our CEU coordinator at least 30 days before class begins for consideration.
- **Arizona:** Physical Therapists can earn CEUs for CranioSacral Therapy I & II, Somato-Emotional Release I, Lymph Drainage Therapy I and III, and Visceral Manipulation IA.
- **California:** Provider approved by the California Board of Registered Nursing, Provider Number CEP 9432. Call for the number of contact hours.
- **Florida:** Physical Therapists can earn CEUs for CranioSacral Therapy I and II, SomatoEmotional Release I, Visceral Manipulation IA and Lymph Drainage Therapy I. Massage Therapists can also earn CEUs for Applying Acupuncture Principles to CranioSacral Therapy.
- **Ohio:** Physical Therapists can earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I, Lymph Drainage Therapy I & II and Visceral Manipulation IA.
- **Canada:** Canadian Athletic Therapists Association recognizes CEUs for CranioSacral Therapy I, Lymph Drainage Therapy I and Visceral Manipulation IA.



- Dee Ahern, RPT: Introduction to Visceral Manipulation
- David Dolan, LMT: BioAquatic Exploration Ocean Therapy
- Roy Desjarlais, LMT, CST-D: CranioSacral Therapy & Its Application to Massage Therapy
- Alaya Chikly, CMT: Heart Centered Therapy: Mastering Dialoguing Skills

- ❑ **AMTA 2003 National Convention**  
Richmond, VA – Oct. 24, 2003
  - Bruno Chikly, MD, DO (hon.):  
Lymphatic Mapping: Breakthrough  
Techniques in Lymph Drainage Therapy

Visit [www.iahe.com](http://www.iahe.com) for the most current schedule of speaking engagements.

# The UI HealthPlex Corner

The Upledger Institute Credo (featured in the Fall 2002 *Upledger UpDate*) includes a vital second element: the following set of goals defined by Dr. John E. Upledger.

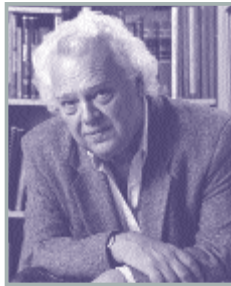
## The Upledger Institute Goals

1. The Upledger Institute will offer educational opportunities regarding all that it knows about the facilitation of natural, inherent, self-healing processes.

2. The Upledger Institute will always place patient/client welfare above any restrictive "loyalties" to professional disciplines. It is our belief that when all knowledge is openly shared between all healthcare professionals from all disciplines, the ultimate beneficiaries are the patients and clients.

3. The Upledger Institute will strongly endorse and, on occasion, individually produce informational programs for public consumption that offer concepts, ideas and techniques related to body-mind-spirit integration, inherent self-healing techniques, and the facilitation of self-healing processes they can apply to others. We will always be sure that the techniques and concepts we endorse or present are essentially risk-free, and that they foster a re-recognition of the natural healing abilities with which we are all gifted at birth.

4. The Upledger Institute is dedicated to searching and researching for concepts and techniques that may be used for temporary symptomatic relief while core problems are being discovered and resolved within the patient/client. Most of these concepts and techniques come from the patients and clients themselves who are, indeed, our best teachers. We will always remain open to the evaluation and use of new methods, provided they are in keeping with the "essentially risk-free" criterion that applies to all of our methods and modalities.



*John E. Upledger,  
DO, OMM*

5. The Upledger Institute considers each new patient/client as unique and individual. Statistical probabilities, symptom patterns and probable diagnoses are all put in the background as the therapist establishes rapport with the patient's/client's Inner Physician and reads the history which is contained in the body. This history is manifested as abnormalities in tissue, fluid and energetic qualities and motions. Further, on subsequent visits, the initial evaluation is done once again without reference to or consideration of what was gleaned previously about this

patient/client. This is done so that subtle new findings that might present will not be missed because of bias obtained during previous visits. Thus, the door for new information is always open and the therapist has no investment in any previous diagnosis. Quite often patients/clients are evaluated by two or more different therapists, none of whom know what the others have found. The sharing of findings by the therapists is done

after the evaluations are completed. This requires a subordination of therapists' egos toward the benefit of the patient/client.

6. The Upledger Institute will consistently and constantly work toward making the patient/client independent of the therapist. Our goal is to assist in the enhancement of patient/client self-esteem, as well as to help them assume responsibility for their own health. Further, we work toward the development of a free and trusting communication between the infinite levels of consciousness each of us possesses so that any level of consciousness can easily gain the attention of the conscious awareness without having to resort to the presentation of symptoms and/or disease processes in order to be heard.

7. In facilitating the human being's self-healing processes, The Upledger Institute therapists will use whatever modalities seem appropriate, provided these modalities are essentially non-invasive and risk-free. Further, they will explain to any patient/client who is receptive, at an appropriate time, exactly what is going on in the most simple and straightforward terms possible.

We want patients/clients to know the reasons for their problems and what is being done to facilitate their resolution. We also want patients/clients to understand that their healing is a joint endeavor toward which they must offer significant effort.

*The Upledger Institute HealthPlex Clinical Services offers private sessions and intensive therapy programs for small groups of individuals. Please call 561-622-4706 for an appointment.*

## Milestones

*continued from page 3*

### Now Certified in Lymph Drainage Therapy Lymphedema/CDP Certification, Level 1 (LLCC)

- Ida Hirst, PT, LLCC
- Nancy Kaufmann, OTR, RMT, LLCC
- Yehudit Korn, CMT, LLCC
- George Lord Jr., DC, LLCC
- Amali Mahoney, LLCC
- Donna McMannus, RN, LMT, LLCC
- Kennette Oldham, LLCC
- John Ossipinsky, LMT, CST-D, LLCC
- Seneca S. Pelton, NCTMB, LLCC
- Rebecca Rich, PT, CST, LLCC
- Peggy Rodriguez, HHP, LLCC
- Jenny Royer, LMT, LLCC
- Tiffany Seitz, OT, LLCC
- Barbara Wise, PT, RMT, LLCC
- Erika Zapf Wade, LMT, LLCC
- Pam Wood, PT, LLCC

## Got E-Mail?

Please help us help you keep informed. You'll stay updated, save a tree and receive special promotions and information. Call Educational Services toll-free at 1-800-311-9204 and let us know your e-mail address.



# 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. Ask for priority code N0103. All study groups shown here were approved as of Dec. 1, 2002. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than March 24, 2003.

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

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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  
VMA = Visceral Manipulation IA  
VMIB = Visceral Manipulation IB  
VMII = Visceral Manipulation II  
ZB = Zero Balancing

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# Books and Products to Stimulate Your Practice

## Cell Talk

by John E. Upledger, DO, OMM

In his groundbreaking book *Cell Talk*, Dr. John E. Upledger explores uncharted territory in complementary care: communicating with the body on a cellular level to facilitate health and well-being. As creator of CranioSacral Therapy, Dr. Upledger has synthesized years of hands-on research and clinical observations into a fasci-nating journey that gets straight to the heart of the human body. *Cell Talk* opens new vistas in healthcare, and it offers therapists an unabashed look at the possibilities of working with whole-body consciousness. (hardcover) \$65 + s&h; Pre-publication Sale: \$45 + s & h

Coming  
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## Craniosacral System Poster

The Upledger Institute has introduced the first poster of its kind to present the craniosacral system in vivid detail. It portrays a comprehensive, full-color illustration of the complete system, plus seven other visual perspectives that prove especially valuable in client education: the meninges, temporo-mandibular joint, sphenoccipital junction and more. All in a large 19" x 25" format ideal for displaying at your practice. \$25 + s&h



## SomatoEmotional Release: Deciphering the Language of Life

by John E. Upledger, DO, OMM

In Dr. Upledger's new book, he leads us down his path of discovering this process, taking us through many of the experiences that have shaped his understanding of the body's inner wisdom. He compels each of us to look beyond the surface dimension of our being to find that place from which true and lasting healing can take place. (softcover) \$20 + s&h



## Journal of Bodywork and Movement Therapies

This quarterly journal responds to the needs of the international community of bodywork and movement therapists. It helps define and clarify their roles while discussing the broad range of issues that concern them. The journal publishes peer-reviewed articles, editorials, summaries and technique papers that explore practical approaches to musculoskeletal dysfunction. And it clearly explains and interprets therapeutic strategies and techniques involved in the prevention, treatment and rehabilitation of musculoskeletal dysfunction. (Four issues annually with each subscription.) \$63 for IAHE alumni, \$74 for all others.



## The Second Brain

by Michael D. Gershon, MD

Dr. Gershon has devoted his career to understanding the human bowel. His 30 years of research have led to an extraordinary rediscovery: nerve cells in the gut that act as a brain. This "second brain" can control our gut all by itself. Our two brains — the one in our head and the one in our bowel — must cooperate. If they don't, then there is chaos in the gut and misery in the head, everything from "butterflies" to cramps, diarrhea and constipation. (softcover) \$14.00 + s&h



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### A Visual Guide to Techniques

by Art Riggs, CMT

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## Complementary and Alternative Medicine in Rehabilitation

by Eric Leokowitz

This breakthrough new volume was designed to help bridge the gap between complementary and conventional medicine. It presents the insights of many prominent proponents of complementary and alternative approaches to rehabilitation medicine, as well as their visions of the future in this rapidly growing field. The opening chapter presents CranioSacral Therapy from Dr. John E. Upledger. (softcover) \$44.95 + s&h



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by Joseph Chilton Pearce

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by Mark F. Beck

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## Basic Clinical Massage Therapy: Integrating Anatomy and Treatment

by James H. Clay, MMH, NCTMB, and David M. Pounds, MA

In this text, the basic techniques of clinical massage therapy are brought to life by embedding superb illustrations of internal structures directly into photographs of live models. This produces a stunningly realistic text that provides a general overview of individual muscles that are essential to understanding basic clinical massage therapy techniques. (softcover) \$45.95 + s&h



Representatives of The Upledger Institute and Performance Health sing the praises of BIOFREEZE with the help of Elvis at the Florida Chiropractic Association Conference in Orlando, Fla., last August. First row (l-r): Bryna Whiteberse, UI Educational Services Rep.; Barb Richmond, UI Community Relations Director. Middle row (l-r): Perry Isenberg, Performance Health V.P. of Marketing; Mya Breman, MSW, LMT, CST-D, UI clinical staff therapist; and Chris Cox, Performance Health V.P. of Sales. Back row (l-r): Mark Alan McKenney, UI Educational Services Rep.; Elvis; and Craig Cox, Performance Health V.P. of International Sales.

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## Classified Ad Rates

The IAHE Connection reaches more than 40,000 therapists interested in the field of complementary healthcare. The cost to run a classified ad is \$5.00 per 30 characters, which includes punctuation marks and spaces. To submit a classified ad, fax your request to the Newsletter Editor at 561-622-4771.

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# Upledger Foundation to Host 2<sup>nd</sup> Annual Memorial Golf Classic

On April 4-5, 2003, the 2nd annual Upledger Foundation Nancy Schaffer Memorial Golf Classic will hit the links at the PGA National Resort and Golf Club in Palm Beach Gardens, Fla. The event will feature sports legends and local celebrities teeing off to help raise funds for the Foundation's many therapeutic and research programs.

In addition to Saturday tournament play, the weekend includes a Pairing Par-Tee on Friday night, April 4th, highlighted by a dinner, silent auction, and the opportunity for attendees to meet participating celebrities.

The memorial golf classic is held in honor of Nancy Schaffer, a long-time Upledger Foundation supporter who lost her battle with

a rare blood disorder called myelofibrosis in 2001. During her illness she found relief from the effects of the disorder at The Upledger Institute HealthPlex Clinical Services in Palm Beach Gardens. She received CranioSacral Therapy and SomatoEmotional Release®, both developed by John E. Upledger, DO, OMM.

Schaffer believed so strongly in these therapies that her family approached The Upledger Foundation with the idea for a memorial golf tournament that would benefit the Foundation's many research and community-outreach programs. Most recently, the charitable Foundation co-sponsored a week of intensive therapy for conjoined Egyptian twins Ahmed and Mohamed Ibrahim. The goal was to

help prepare the twins for possible separation surgery.

The 2003 golf classic is open to the public, and all interested golfers are invited to participate. Tickets are \$225 per player. The fee includes entrance to all tournament events, including the Friday Pairing Par-Tee and the Saturday-evening awards ceremony.

*To register for The Upledger Foundation Nancy Schaffer Memorial Golf Classic, please call Educational Services toll-free: 1-800-511-9204. Ask for priority code N0103.*



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