

I A H E

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Winter 2005

## Beyond the Dura '05 April 27-May 1, 2005



**John E. Upledger, DO, OMM**  
Host of BT'D '05  
"Inflammation: A Doubled-Edged Sword"



**Jonathan Cayle, MD, FACOG**  
and **Carol McLellan, CMT**  
"An Overview of the Benefits of CranioSacral Therapy Applied to Childbirth"



**Don Ash, PT, CST-D, and Roy Desjarlais, LMT, CST-D**  
"CranioSacral Dissection: New Discoveries and Validations"



**Andrew Fryer, MD**  
"Cell Talk in Clinical Medicine – Objective Results and Implications"



**Suzanne Scurlock-Durana, CMT, CST-D** "Developing a Strong Therapeutic Presence in All Areas of Your Life"



**Sally Fryer, PT, CST-D**  
"The Journey of Formerly Conjoined Twins and the Role of CranioSacral Therapy"

*See BT'D '05 Presenters on page 13.*

## Come Celebrate 20 Years of Touch at Beyond the Dura 2005

### The Year Was 1985...

- Ronald Reagan takes oath for second term as 40th U.S. president.
- Mikhail Gorbachev becomes Soviet leader and initiates a broad program of reform and liberalization.
- Madonna launches her first road show: The Virgin Tour.
- Amadeus wins Best Picture at Academy Awards.
- John Matthew Upledger cuts the top off a Ford Mustang and calls it a convertible.
- Dr. John E. Upledger starts a little institute in South Florida to spread the word about the benefits of CranioSacral Therapy.

A lot has happened at The Upledger Institute (UI) since our early days 20 years ago. From our humble beginnings with a small staff of just a few people, we've grown to some 75 on-site staff members plus 2,000+ instructors, teaching assistants and course facilitators worldwide.

Here's what we're most proud of: More than 75,000 people from 56 different countries have studied CranioSacral Therapy and other light-touch modalities at UI seminars.

Now we're ready to celebrate! Join us for our 20th anniversary at Beyond the Dura 2005 Research Conference. Sponsored by The Upledger Foundation, it takes place in Jupiter Beach, Fla., on April 27-May 1, 2005. A long list of popular presenters and panelists will treat you to days of enlightening discussions, demonstrations, presentations and camaraderie. Keynote speakers are Jonathan Cayle, MD, an

OBGYN and retired U.S. naval aviator and captain, and Carol McLellan, CMT, a UI instructor and labor coach who owns and directs a wellness center in California. Dr. Cayle and Ms. McClellan direct a Complementary Medicine Clinic at Naval Hospital in Lemoore, California.

At BT'D '05 they'll share stories of patients whose labors and deliveries have been enhanced through the use of CranioSacral Therapy. They'll also highlight data that demonstrates how their program frees newborns from restrictions that may occur in utero and during the peripartum period.

"Birth is a traumatic experience," Dr. Cayle says. "We believe that working with infants in utero and in the seconds after birth helps ease this trauma and minimize its lasting effects. We also find that applying CranioSacral Therapy during the second stage of labor actually reduces labor and recovery time for mothers."

*See 20 Years of Touch on page 13.*



### LOOK INSIDE

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# The Visceral Manipulation Report

## New VM Curriculum Delivers Choice and Flexibility

by Gail Wetzler, RPT, Visceral Manipulation Curriculum Director

On behalf of The Upledger Institute and all Visceral Manipulation (VM) program instructors, I'm pleased to introduce the new VM curriculum. The program has been carefully designed to enhance your understanding of the visceral system and teach you how to apply hands-on techniques that result in superior patient gains.

For two years our VM instructor team has been hard at work analyzing every VM workshop. We've streamlined the program to make it among the very best in the continuing education arena. After taking a nationwide survey of past participants, we gathered vital information that allowed us to restructure the curriculum to offer more class options and far greater flexibility.

### Enjoy an In-Depth Learning Experience

Following are the new VM classes complete with course highlights.

**Abdomen 1 (VM1):** Topics include the liver, stomach, duodenum, gallbladder, small and large intestines, and listening.

**Abdomen 2 (VM2):** Topics include the kidneys, pancreas, spleen, peritoneum, omentum, sphincters, and a review of all Abdomen 1 organs.

**Pelvis (VM3):** Topics include the bladder, ureters, kidneys review, uterus, ovaries, prostate, rectum, abdominal and pelvic plexuses, and the coccyx/sacrum.

**Thorax (VM4):** Topics include pleura, lungs, pericardium, heart, mediastinum, thoracic

plexuses, sternum, rib cage, thyroid, trachea, esophagus, visceral fascia of throat and thoracic cavity, biomechanics of the cervical, thoracic and shoulder girdle complex, thoracic inlet and hyoid apparatus, thoracic plexus nerve evaluations, listening techniques within the thoracic cavity, and the practical integration of the thoracic cavity organs.

**Manual Thermal Evaluation and Viscero-Emotional 1 (VM5):** Topics include the eyes, dura of cranium, Manual Thermal Diagnosis, and visceroelectromagnetic integration of the whole-body organ system.

**VisceroEmotional 2 (VM6):** Topics include the body and the organism, physical energy, psychoemotional energy, release techniques, three levels of Manual Thermal Diagnosis, and active/passive tissuloemotional and psychoemotional liberation.

**Advanced Visceral Components of the Neck and Thorax (VMT):** Topics include the anatomy, breathing mechanism, function and physiology of the thorax.

### Skill-Enhancing Workshops

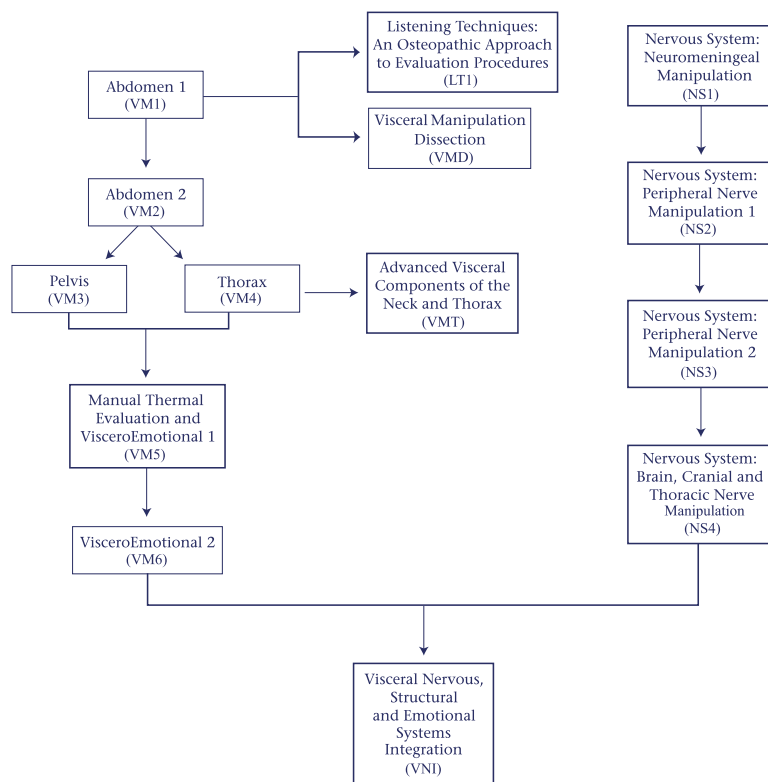
**Listening Techniques: An Osteopathic Approach to Evaluation Procedures (LT1):** Topics include specific palpation procedures that help guide you to the proper manipulation site, indicate which body structures are involved, and identify the correct approach and amount of force to use. It's open to all past participants of Visceral Manipulation, CranioSacral Therapy, Lymph Drainage Therapy, Mechanical Link, and Healing From the Core workshops.

**Visceral Manipulation Dissection (VMD):** Topics include hands-on dissection of the abdomen, pelvis, thorax, and the liver, kidneys, spleen, heart and lungs (time permitting).

### New Nervous System Classes Add to the Core Program

Visceral Manipulation developer Jean-Pierre Barral, DO, is forever fascinated by the human

## New VM Curriculum Flow Chart



For workshop dates and locations, see the Course Calendar on page 8. To register or for more information, call Educational Services toll-free at 1-800-511-9204 and ask for priority code N0205, or visit [www.iabe.com](http://www.iabe.com).

See New VM Curriculum on page 5.

# Advanced Lymph Drainage Therapy and Renal Dysfunction

by Shoshana Pinto Ringel, DDS, MS Acupuncture

Sophia\* came to my office with gastrointestinal symptoms. I was a bit concerned. A longtime patient about 50 years old, she never had such problems before. Yet in the previous two weeks of May she experienced three episodes of alternating diarrhea and constipation with severe flatulence.

During my clinical evaluation I found an area of stagnation in the renal pelvis. I also discovered a severe restriction on the right side of the abdomen in the area of the kidney/ascending colon that called for more investigation.

I have some experience with visceral problems and explained my findings to her. I also advised her to contact her internist and get a referral for a gastroenterologist. She followed through and scheduled an appointment for the following day.

During his examination, the gastroenterologist also found anomalies and prescribed ultrasound and X-rays. The X-rays showed a very large renal calculus (1 cm long) with sharp and pointy edges that was embedded in the walls of the inferior third of the left ureter. [See X-ray #TP1.] The calculus was transversal to the long axis of the ureter. The superior two-thirds of the ureter were extremely dilated by the urine reflux. [See X-ray #TP2.]

The gastroenterologist urged Sophia to remove the calculus surgically. He told her she had virtually no chance of passing it naturally since it was so embedded in the ureter walls. The problem was that with her kind of reflux, Sophia was also in danger of developing pyelonephritis and having her left kidney severely damaged. Surgery was scheduled to take place four days later.

## Advanced LDT Techniques Address Structures Deep Within the Body

Twenty-four hours before her surgery, Sophia came to see me. She brought her diagnosis X-rays with her. I decided to try changing the long axis of the renal calculus and move the urine flow back to the urinary bladder.

I primarily used LDT [Lymph Drainage Therapy] procedures for microscopic structures that I learned in my Advanced LTD1 workshop. These particular techniques allow you to manually work on structures such as cells, organelles, molecules, atoms, particles.

While accessing such minute body parts can be challenging, using these techniques are like exercising a muscle — it requires training and practice. I've applied them with incredible results. Since they usually work deep within the field of a client, I first ask the body for permission to be there and wait until I feel invited. That's when a microscopic dance begins.

With Sophia, I dropped into my own heart and focused my intention on the left ureter while visualizing the renal calculus. After connecting with the calculus I started moving it axially until I perceived its alignment to the long axis of the ureter. Then I induced the urine trapped in the superior area of the ureter back to the urinary bladder.

After I felt the right movement I continued to support the system for a little while. Then I completed the treatment with basic LDT strokes to alleviate possible inflammation and spasm and prevent subsequent pain. Yet I never mentioned to Sophia exactly which techniques I had used.

The following morning Sophia checked in for surgery. As usual, they did an initial X-ray to locate the calculus. To everyone's amazement the calculus was gone! The reflux had also disappeared, and the ureter had resumed its normal diameter. [See X-ray #TP3.]

Sophia said she experienced no pain or discomfort when she passed the calculus. She was simply discharged without surgery.

How much pain and how many surgeries might be avoided with this type of approach? I am so grateful to Andrew T. Still, "the father of osteopathy," to Bruno Chikly, MD, DO (hon.), developer of Lymph Drainage Therapy, and to all the other teachers who brought these subtle and efficient manual therapy skills into the world to help those in need.

\* Name changed to protect confidentiality.

*Shoshana Pinto Ringel, DDS, MS Acupuncture, runs a thriving private practice in New York combining acupuncture with Lymph Drainage Therapy, Cranio-Sacral Therapy and Visceral Manipulation. She previously served as a CAM doctor at the Department of Complementary Medicine in Hadassah Medical Center in Jerusalem, Israel. In Jerusalem she also taught Advanced Medical Acupuncture, was vice-chairman for the Israeli Society of Medical Acupuncture, worked as a pediatric dentist for handicapped children in Jerusalem, and served as Director of the Dentistry Unit of the Department of Public Health.*

*Learn more about Advanced Lymph Drainage Therapy and how it can improve your patient outcomes. Call Educational Services toll-free: 1-800-511-9204, priority code N0205. You're also welcome to visit [www.iabe.com](http://www.iabe.com).*



Shoshana Pinto Ringel, DDS, MS Acupuncture



TP1

*TP1: X-ray indicates large renal calculus embedded in walls of the inferior third of the left ureter. Notice the horizontal position of the calculus, which makes it difficult for it to move.*



TP2

*TP2: Superior two-thirds of the ureter were extremely dilated by urine reflux.*



TP3

*TP3: After Lymph Drainage Therapy the reflux had disappeared and the ureter had resumed its normal diameter.*

# CranioSacral Therapy: Utilizing the Pia-to-Glial Connection

by Tad Wanveer, LMT, CST-D

Correction of adverse strain patterns within the craniosacral system can naturally elevate the structure and function of the central nervous system. These corrections travel to the deepest regions of the brain and spinal cord.

By what route does CranioSacral Therapy effectively reach such cellular depth? The answer may lie in the direct connection of the craniosacral membrane system and the glial cells of the central nervous system (CNS).

The craniosacral membrane system and cerebrospinal fluid surround, protect and nourish the brain and spinal cord. The three membrane layers are continuous within the cranium where they cover the brain, and within the spinal canal of the spinal column where they cover the spinal cord and a portion of the spinal nerve roots. The deepest membrane layer is the pia mater membrane.

On the underside of the pia mater membrane is another continuous layer of cells: the glial membrane layer. It's formed by a type of glial cell called an "astrocyte." Astrocytes interconnect with each other, with other glial cells, and with CNS neurons and axons to create glial interconnections that form a framework throughout the entire central nervous system.

This framework interconnects the CNS cells, from the surface layers to the innermost regions of the brain and spinal cord. The interconnected structure may be referred to as the neuro-glial complex.

Enhancing the quality, freedom, integration and movement of the craniosacral system is a primary element of CranioSacral Therapy. The increased membrane balance and motion does not stop at the pia mater — it may move throughout the entire brain and spinal cord tissue.

As the pia mater moves, the glial membrane layer moves with it. In turn, this mobilizes the neuro-glial complex. As restrictions are released within the neuro-glial complex, the structure and function of the neurons and glia can be enhanced.

## Glial Cells: Astrocytes, Oligodendrocytes, Microglia and Ependymal Cells

Astrocytes are part of the central nervous system cell family called "glia."

The glial cell types are: astrocytes, oligodendrocytes, microglia and ependymal cells.

The astrocytes that form the interface between the craniosacral system and the neuro-glial complex have numerous functions. They are star-shaped with many processes. The end of each process flares out to form a slightly expanded area called an "end foot."

The end feet completely wrap around the capillary vessels and contribute to the blood-brain barrier. They help control the composition of the blood that nourishes the CNS by secreting factors that maintain capillary permeability. They attach to neurons and axons, wrap around the synapses, and assist in modulating neural activity. They also connect with each other to create long-range brain-region communication networks.

Oligodendrocytes create and maintain the insulation, called myelin, which covers the axons. Myelin helps speed up the transmission of signals and maintain signal order.

Microglia are the immune-system cells of the CNS. Central nervous system cells are delicate and specialized; they require their own specific immune system to deal with infection, disease and normal changes.

Ependymal cells form the ventricles and choroid plexus of the ventricular system. The choroid plexus of the ventricles filters blood and forms special agents from the blood to create cerebrospinal fluid. The ependymal cells that form the walls of the ventricles also add agents to further complete the cerebrospinal fluid composition.

## Neuro-Glial Complex Helps Control Quantity and Quality of Cerebrospinal Fluid

Cerebrospinal fluid normally bathes every cell of the CNS. Its composition, availability and flow, both to and from cells, is critical to nerve-cell health and function. Normal neuro-glial-complex structure and function is critical to cerebrospinal fluid production, availability and reabsorption.

During embryonic development, a special transient type of glial cell exists, called the "radial glia." They construct temporary scaffolding for the developing neurons to move along, and contribute to neural position and patterning. Abnormal transient glial and/or neuro-glial-complex structure may lead to a wide range of dysfunction, such as developmental delays, seizure disorder, cerebral palsy, attention deficit hyperactivity disorder, migraines, endocrine imbalance, neurodegenerative disorders and pain.

Adverse strain patterns within the craniosacral system can directly affect the brain and spinal cord neurons and glial cells through the interface of the pia mater membrane and the glial membrane layer. This is a pathway by which adverse craniosacral system strain may compromise the deepest regions of the brain and spinal cord tissue. It is also an avenue by which correction of abnormal membrane strain may enhance cellular change throughout all regions of the CNS.

As restrictive craniosacral system patterns are released, neuro-glial-complex restrictions may also release. The glial cells and neurons are then able to increase function individually and as integrated networks.

Cerebrospinal fluid composition and availability may increase. Blood composition may be enhanced. Nerve signaling can become



Tad Wanveer,  
LMT, CST-D



more precise and integrated. Fluid flow may be enhanced throughout the CNS, and toxins can be removed at a higher rate. Nourishing substances produced by the neurons increase. Immune system function can be enhanced. Neurons that have been under abnormal stress may normalize, and their ability to function may elevate.

### The Results: Profound Change

In CranioSacral Therapy, the bones of the cranium, spinal column and sacrum are delicately used as “handles” to mobilize the membrane system. In turn the membrane system acts as a handle upon the glial membrane layer, which may reach each cell of the CNS.

The craniosacral system and the cells of the brain and spinal cord are interconnected through the interface of the pia mater membrane and glial membrane layer. CranioSacral Therapy gently helps decrease adverse strain patterns in the craniosacral system. By releasing restrictions within the neuro-glial complex, CNS tissue fluid, and cellular and energetic composition may improve. This can create profound change, which may lead to enhanced levels of health and well-being.

*Tad Wanveer, LMT, CST-D, is an Upledger Institute staff clinician and certified instructor. He formerly ran a thriving private practice in New York City, where he used CranioSacral Therapy as his primary therapeutic modality.*

*Learn more about our full range of CranioSacral Therapy workshops — more than 500 hours of training. Please call Educational Services toll-free: 1-800-511-9204. Ask for priority code N0205. You're also welcome to visit [www.iabe.com](http://www.iabe.com).*

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## New VM Curriculum Delivers Choice and Flexibility

*Continued from page 2.*

body. In his research with French colleague Alain Crobier, DO, they discovered how the forces of trauma enter into and travel through our body tissue. This research has stimulated a new opportunity for learning and continued education.

Thanks to their findings, The Upledger Institute now offers a series of workshops called “The Nervous System.” Based on the osteopathic mechanical approach to trauma, these classes present the perspective of how trauma affects the different tissues and systems of the body. This includes the osteoarticular, visceral and vascular systems, with much of the focus on the central nervous system and peripheral nervous system.

The following workshops are open to anyone who has completed the first level of education in the CranioSacral Therapy or Visceral Manipulation curriculum.

**Nervous System: Neuromeningeal Manipulation (NS1):** Topics include trauma

concepts, skull dura, spinal dura, foramen magnum function and cervical palpation.

**Nervous System: Peripheral Nerve Manipulation 1 (NS2):** Topics include the cervical plexus, superior limbs and cervical nerves.

**Nervous System: Peripheral Nerve Manipulation 2 (NS3):** Topics include the inferior limbs, spine, sacrum (external nerves), thorax and abdomen.

**Nervous System: Brain, Cranial and Thoracic Nerve Manipulation (NS4):** Topics include the brain, cranial nerves and dura.

**Visceral Nervous, Structural and Emotional Systems Integration (VNI):** Integrates all components of the VM and NS programs.

The entire Visceral Manipulation educational team looks forward to meeting you and sharing our excitement about this new program. Our goal is to encourage each one of you to aspire to gain more knowledge and many more beneficial ways to improve your patients' physical and emotional well-being.

### How the VM Changes Affect You

Have you already taken some Visceral Manipulation workshops? Good news! You may be eligible to take new workshops at a reduced rate.

Workshop Completed	Next Workshop to Take
Visceral Manipulation IA (VMIA)	Abdomen 1 (VM1) for only \$100 U.S. Or Abdomen 2 (VM2) Or Nervous System: Neuromeningeal Manipulation (NS1)
Visceral Manipulation IB (VMIB)	Pelvis (VM3) or Thorax (VM4)
Visceral Manipulation II (VMII)	Thorax (VM4) for only \$100 U.S. Manual Thermal Evaluation and VisceroEmotional 1 (VM5)
Practical Integration of Visceral Manipulation (PIVM)	Manual Thermal Evaluation and VisceroEmotional 1 (VM5)
Adv. Visceral Manipulation (AVM)	VisceroEmotional 2 (VM6)
Visceral Approach to Trauma and Whiplash 1 (VTW)	Nervous System: Peripheral Nerve Manipulation 1 (NS2)
Visceral Approach to Trauma and Whiplash 2 (VTW2)	Nervous System: Brain, Cranial and Thoracic Nerve Manipulation (NS4) <b>Now Under Development</b> — Nervous System: Peripheral Nerve Manipulation 2 (NS3)
Nervous System: Brain, Cranial and Thoracic Nerve Manipulation (NS4) and Adv. Visceral Manipulation II (AVMII)	Visceral Nervous, Structural and Emotional Systems Integration (VNI)

# The Upledger Institute's Loyalty Rewards Program

## Earn Valuable Points Toward Rewards

Reward yourself just for participating in the Upledger family of products and services. Earn points toward practice-building products,

Upledger Institute (UI) workshops, select International Alliance of Healthcare Educators® (IAHE) seminars and much more.

### Answers to Frequently Asked Questions

Action	Points Earned
Attend an Upledger seminar and/or select IAHE seminars	500 pts. per day
Purchase products from UI	5 pts. for every \$1.00 of products purchased
Activate a Therapist Profile	One-time bonus of 5,000 pts. & 500 pts. for yearly renewal
Enroll in IAHP Medallion Membership	One-time bonus of 5,000 pts. & 500 pts. for yearly renewal
Participate as a Teaching Assistant, Extern, Speaker or Convention Demonstrator	125 pts. per day
Use The Upledger Foundation MBNA MasterCard or The Upledger Foundation MBNA American Express to register for seminars or purchase products	First time: 1,000 pts. (Offer applies until Dec. 31, 2006) Each additional time: 10%-pt. bonus
Lead a UI-registered study group	500 pts. annually
Achieve certification in UI curriculums such as CranioSacral Therapy or Lymph	1,000 pts. for each certification level in each curriculum

**Q:** Who can earn points?

**A:** This program is applicable to all UI, IAHE and IAHP customers, including therapists, schools, teaching assistants (TAs), distributors, externs, preceptors, alumni and speakers. They are automatically enrolled as of Dec. 1, 2004.

**Q:** How do I earn points?

**A:** There are many easy ways to earn points. Please refer to the chart. Plus, you can receive special double-point bonuses throughout the year, with an ongoing 10%-point bonus for using your Upledger Foundation MBNA MasterCard or Upledger Foundation MBNA American Express for seminar registration or product purchases. To apply for a UF credit card, please call 1-866-GET-MBNA (1-866-438-6262) and ask for priority code KG6Q.

**Q:** How do I know how many rewards points I have earned?

**A:** Visit [www.upledger.com](http://www.upledger.com) and click on the "Find a Practitioner" link. Enter your first and last name in the requested fields. When your listing comes up, select the appropriate link and look in the class listings for code "LRP." There will be a number in parentheses that shows you how many Loyalty Rewards Points you have earned. Or you can call us at 1-800-233-5880 or (561) 622-4334, and an Educational Services Representative will be glad to assist you.

**Q:** How do I redeem my points?

**A:** You have several options:

1. Call us at 1-800-233-5880 or (561) 622-4334. (Ask for priority code N0205.) An Educational Services Representative will gladly assist you.

### UI Loyalty Rewards Program Rules and Disclosures

1. Points are not redeemable for cash and have no cash value. 2. In instances in which one person registers multiple participants, the points are attributed to each participant individually. 3. All point redemptions are final once requested and used. 4. Accounts will be updated on a monthly basis. Points may take up to 60 days to be posted following a qualifying purchase. 5. No retroactive credit will be given. 6. Points may not be combined from different accounts. 7. Redeemed rewards may be used by another individual. 8. The Upledger Institute (UI) reserves the right to alter, change or terminate this program at any time without notice. 9. Questions as to what constitutes a qualifying transaction, as well as any exceptions, are at the sole discretion of UI. UI reserves the right to verify and adjust points at any time prior to or following posting and redemption. 10. UI reserves the right to disqualify participants who have violated these rules. 11. Determination and payment of tax liability are the sole responsibility of the participant. 12. The participant must be in good standing with UI in order to redeem points for rewards. 13. Membership will automatically be renewed each year as long as participant's account is in good standing, unless participant notifies UI to cancel membership in the program. 14. The Upledger Institute Loyalty Rewards Program is void where prohibited by federal, state or local law. 15. Taxes, fees and shipping/handling charges are not considered part of the qualified purchase and will not earn bonus points. 16. Points awarded to participants are subject to adjustments for returns, cancellations, and other events. 17. Redemption of points for the purpose of effecting a donation to a charity are generally not tax deductible. 18. Points for products are awarded in whole-dollar amounts. 19. Points will not be awarded for unpaid balances. 20. Points are not awarded when an individual is compensated, e.g., paid speaker or demonstrator.



2. Fax your request to (561) 622-4771. Include your name, address, phone number, e-mail, how many points you are redeeming and your requested reward.
3. Mail your request to The Upledger Institute, Attn: Loyalty Rewards Program, 11211 Prosperity Farms Rd., Ste. D-325, Palm Beach Gardens, FL 33410-3487.
4. E-mail your request to rewards@upledger.com. Include your name, address, phone number, e-mail, how many points you are redeeming and your requested reward.

**Q:** What choices do I have when redeeming points?

**A:** Your points can be used for a variety of rewards, such as tuition, products, seminar waitlist priority-status upgrades, IAHP Therapist Profiles, IAHP Medallion Membership and more. Please see the rewards chart (right).

## Have You Used CST on Migraine Auras or Scotomata?

North Atlantic Books is seeking success stories from therapists who have used CranioSacral Therapy, Visceral Manipulation or any other complementary modality to treat patients for migraine auras or scotomata. The information may be included in a book on the subject for consumers. Please mail your information to Richard Grossinger at North Atlantic Books, 1435 Fourth Street, Berkeley, CA 94710. You're also welcome to e-mail him at [chard@northatlanticbooks.com](mailto:chard@northatlanticbooks.com).

## Loyalty Rewards Points

### *5,000-Point Rewards*

*Select one of the following:*

Teaching Assistant (TA) Waitlist Upgrade — Available for waitlisted TA-position upgrades for The Upledger Institute and select International Alliance of Healthcare Educators seminars (You must be an approved TA to redeem this award.) — **OR** — \$20 donation in your name made to The Upledger Foundation program of your choice

### *10,000-Point Rewards*

*Select one of the following:*

1-year International Association of Healthcare Practitioners Medallion Membership (Silver) — **OR** — \$50 donation in your name made to The Upledger Foundation program of your choice

### *12,500-Point Reward*

\$25 Product Reward Certificate — Available for all products through The Upledger Institute and the International Alliance of Healthcare Educators

### *15,000-Point Rewards*

*Select one of the following:*

\$50 Tuition Reward Certificate — Available on all seminars offered by The Upledger Institute and the International Alliance of Healthcare Educators (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.) — **OR** — Seminar Waitlist Upgrade — Available at most full-capacity seminars (e.g., CranioSacral Therapy II, Lymph Drainage Therapy I) offered by The Upledger Institute (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.)

### *20,000-Point Reward*

\$50 Product Reward Certificate — Available for all products through The Upledger Institute and the International Alliance of Healthcare Educators

### *25,000-Point Rewards*

*Select one of the following:*

\$100 Tuition Reward Certificate — Available on all seminars offered by The Upledger Institute and the International Alliance of Healthcare Educators (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.) — **OR** — Seminar Waitlist Upgrade — Available at restricted-capacity seminars (e.g., Clinical Applications series or Advanced CranioSacral Therapy) offered by The Upledger Institute (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.) — **OR** — \$250 donation in your name made to The Upledger Foundation program of your choice — **OR** — 5-year International Association of Healthcare Practitioners Medallion Membership (Silver)

# Course Calendar: April 1, 2005 - December 31, 2005 (as of January 25, 2005)

## CRANIOSACRAL THERAPY CURRICULUM

### CranioSacral Therapy I

AK: Anchorage – Oct. 20-23  
 AL: Birmingham – Aug. 11-14  
 AZ: Phoenix – June 9-12  
 Tucson – Dec. 8-11  
 CA: Big Sur – Sept. 25-30  
 Fresno – Oct. 6-9  
 Orange County – Nov. 10-15  
 Sacramento – June 16-19  
 San Diego – July 7-10  
 San Francisco – May 5-8  
 San Francisco – Sept. 8-11  
 CO: Boulder – Aug. 11-14  
 Colorado Springs – Oct. 27-30  
 CT: Hartford – Sept. 15-18  
 DC: Washington – Aug. 18-21  
 FL: Ft. Lauderdale – July 14-17  
 Ft. Myers – Oct. 13-16  
 Jacksonville – Sept. 15-18  
 Orlando – Dec. 1-4  
 Palm Beach – Apr. 23-26  
 Palm Beach – Nov. 11-14  
 Tallahassee – Oct. 21-24  
 Tampa Bay Area – June 16-19  
 GA: Atlanta – May 5-8  
 HI: Maui – Sept. 22-25  
 The Big Island – May 12-15  
 IL: Chicago – June 2-5  
 Chicago – Dec. 1-4  
 IN: Indianapolis – Aug. 4-7  
 LA: New Orleans – July 14-17  
 MA: Boston – Apr. 14-17  
 Boston – Aug. 25-28  
 Boston – Dec. 8-11  
 MI: Detroit – Oct. 6-9  
 Grand Rapids – Aug. 18-21  
 Lansing – June 23-26  
 MN: Minneapolis – June 2-5  
 Minneapolis – Nov. 17-20  
 MO: Kansas City – June 16-19  
 MT: Missoula – Oct. 15-18  
 NC: Charlotte – Nov. 3-6  
 Raleigh – July 21-24  
 NE: Omaha – Sept. 29-Oct. 2  
 NJ: New Jersey Shore – Oct. 6-9  
 Piscataway – July 14-17  
 NM: Albuquerque – Apr. 7-10  
 Santa Fe – Nov. 10-13  
 NY: Ithaca – Dec. 1-4  
 New York – May 12-15  
 New York – Sept. 22-25  
 Rochester – Oct. 27-30  
 OH: Akron – Apr. 14-17  
 Cleveland – Nov. 17-20  
 Columbus – Sept. 22-25

Dayton – July 28-31  
 Toledo – May 19-22  
 OK: Oklahoma City – June 2-5  
 OR: Bend – Nov. 3-6  
 Grants Pass – Apr. 14-17  
 Portland – June 9-12  
 PA: Allentown – Nov. 10-13  
 Philadelphia – June 23-26  
 State College – July 28-31  
 SC: Charleston – May 5-8  
 TN: Nashville – June 16-19  
 TX: Austin – Oct. 6-9  
 Dallas/Ft. Worth – May 19-22  
 Dallas/Ft. Worth – Nov. 3-6  
 UT: Salt Lake City – Aug. 25-28  
 VA: Virginia Beach – Apr. 21-24  
 VT: Burlington – July 7-10  
 WA: Seattle – Sept. 15-18  
 WI: Appleton – Dec. 8-11  
 Madison – Sept. 8-11  
 Milwaukee – July 28-31  
 Australia:  
 Perth – June 30-July 3  
 QLD: Brisbane – Sept. 29-Oct. 2  
 Canada:  
 AB: Edmonton – Sept. 22-25  
 BC: Vancouver – May 26-29  
 Vancouver – Nov. 26-29  
 MB: Winnipeg – Sept. 29-Oct. 2  
 ON: London – Oct. 27-30  
 Ottawa – Apr. 21-24

Toronto – May 26-29  
 Toronto – Dec. 8-11  
 PQ: Montreal – Oct. 20-23  
 SK: Saskatoon – Apr. 14-17  
 China: Hong Kong – Aug. 6-9  
 New Zealand:  
 Christchurch – July 7-10  
**CranioSacral Therapy II**  
 AZ: Phoenix – June 9-12  
 CA: Orange County – Nov. 10-13  
 Sacramento – June 16-19  
 San Francisco – Sept. 8-11  
 CO: Colorado Springs – Oct. 27-30  
 CT: Hartford – Sept. 15-18  
 DC: Washington – Aug. 18-21  
 FL: Orlando – Dec. 1-4  
 Palm Beach – Nov. 11-14  
 Tampa Bay Area – June 16-19  
 HI: Maui – Sept. 22-25  
 IL: Chicago – June 2-5  
 IN: Indianapolis – Aug. 4-7  
 KY: Louisville – Oct. 20-23  
 MA: Boston – Apr. 14-17  
 Boston – Dec. 8-11  
 MN: Minneapolis – June 2-5  
 MO: Kansas City – June 16-19  
 St. Louis – July 14-17  
 NC: Charlotte – Nov. 3-6  
 NJ: New Jersey Shore – Oct. 6-9  
 NM: Albuquerque – Apr. 7-10  
 NY: Albany – Aug. 4-7

New York – May 12-15  
 OH: Toledo – May 19-22  
 OR: Grants Pass – Apr. 14-17  
 PA: Philadelphia – June 23-26  
 PR: San Juan – Aug. 15-18  
 TN: Nashville – June 16-19  
 TX: Austin – Oct. 6-9  
 UT: Salt Lake City – Aug. 25-28  
 WI: Madison – Sept. 8-11  
 Australia:  
 QLD: Brisbane – Nov. 26-29  
 Canada:  
 AB: Edmonton – Sept. 22-25  
 BC: Vancouver – May 26-29  
 ON: Ottawa – Apr. 21-24  
 Toronto – Dec. 8-11  
 China: Hong Kong – Aug. 11-14  
 Mexico: Tonalli – June 2-5  
 New Zealand:  
 Christchurch – Dec. 1-4  
**Applying Acupuncture Principles to CranioSacral Therapy**  
 GA: Atlanta – Oct. 27-30  
 IL: Chicago – June 2-5  
**CranioSacral Therapy 2 Review**  
 FL: Palm Beach Gardens – Aug. 20  
**SomatoEmotional Release® I**  
 CA: San Diego – July 7-10  
 FL: Ft. Lauderdale – July 14-17

## VISCERAL MANIPULATION AND NERVOUS SYSTEM CURRICULUM

### Abdomen 1

AZ: Phoenix – Sept. 15-18  
 CA: Big Sur – Apr. 10-15  
 Orange County – Nov. 10-15  
 San Francisco – Sept. 8-11  
 FL: Palm Beach – Apr. 23-26  
 IL: Chicago – Dec. 1-4  
 MA: Boston – Aug. 25-28  
 MI: Detroit – Oct. 6-9  
 MN: Minneapolis – Nov. 17-20  
 NM: Santa Fe – Nov. 10-13  
 NY: New York – May 12-15  
 WA: Seattle – May 19-22  
 Canada:  
 BC: Vancouver – Nov. 26-29

ON: Toronto – Dec. 8-11  
 Mexico: Tonalli – Oct. 13-16  
**Abdomen 2**  
 CT: Hartford – Sept. 15-18  
 FL: Palm Beach – Nov. 17-20  
 Canada:  
 BC: Vancouver – May 26-29

### The Pelvis

CA: San Francisco – May 5-8

### The Thorax

CA: San Francisco – Sept. 8-11

### VisceroEmotional 2

NY: New York – July 7-9

### Visceral Manipulation

**Dissection**  
 OR: Portland – Apr. 15-17

### Adv. Visceral Components of the Neck and Thorax

CA: Los Angeles – July 28-30

### Listening Techniques 1

GA: Atlanta – Oct. 28-30  
 OR: Portland – Dec. 16-18

### Clinical Symposium With

**Jean-Pierre Barral, DO**  
 NY: New York – July 10

## LYMPH DRAINAGE THERAPY<sup>SM</sup> CURRICULUM

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

AZ: Phoenix – June 9-12  
 CA: San Diego – July 7-10  
 CO: Boulder – Aug. 11-14  
 CT: Hartford – Sept. 15-18  
 FL: Palm Beach – Nov. 17-20  
 Tampa Bay Area – June 16-19  
 GA: Atlanta – Oct. 27-30  
 HI: The Big Island – May 12-15  
 IL: Chicago – Dec. 1-4

MA: Boston – Apr. 14-17  
 MD: Baltimore – Aug. 25-28  
 MI: Detroit – Oct. 6-9  
 MN: Minneapolis – June 2-5  
 MO: St. Louis – July 14-17  
 NC: Charlotte – Nov. 3-6  
 NE: Omaha – Sept. 29-Oct. 2  
 OH: Akron – Apr. 9-12  
 Columbus – Sept. 22-25

Dayton – July 28-31  
 TX: Austin – Oct. 6-9  
 Dallas/Ft. Worth – May 19-22  
 WA: Seattle – Sept. 15-18  
 WI: Madison – Sept. 8-11  
 Canada:  
 AB: Edmonton – Sept. 22-25  
 BC: Vancouver – Nov. 26-29

ON: Ottawa – Apr. 21-24  
 Toronto – Sept. 8-11  
 Singapore:  
 Singapore – Apr. 2-5  
**Lymph Drainage Therapy<sup>SM</sup> II**  
 CA: San Francisco – May 5-8  
 CO: Boulder – Aug. 11-14

## IAHE COURSES

### NMT: Posture, Acture & Gaiting

AZ: Phoenix – June 25-26  
 DC: Washington – Dec. 3-4  
 FL: Miami – Nov. 5-6  
 Orlando – June 4-5  
 Sarasota – Dec. 3-4  
 MA: Worcester – Nov. 12-15  
 MD: Baltimore – Apr. 30-May 1  
 MN: Minneapolis – May 21-22  
 MO: St. Louis – June 11-12  
 TN: Knoxville – Dec. 3-4  
 VA: Charlottesville – June 25-26  
 WA: Seattle – June 4-5  
 WI: Madison – Nov. 12-15

DC: Washington – Oct. 7-9  
 FL: Miami – Sept. 16-18  
 Orlando – Apr. 8-10  
 Sarasota – Oct. 7-9  
 MA: Worcester – Sept. 23-25  
 MN: Minneapolis – Apr. 1-3  
 MO: St. Louis – Apr. 22-24  
 TN: Knoxville – Sept. 23-25  
 VA: Charlottesville – May 13-15  
 WA: Seattle – Apr. 15-17  
 WI: Madison – Sept. 16-18

### NMT for the Torso and Pelvis

AZ: Phoenix – Aug. 26-28  
 FL: Orlando – Sept. 9-11  
 MD: Baltimore – July 8-10  
 MN: Minneapolis – Sept. 16-18  
 WA: Seattle – Aug. 19-21

### NMT for the Upper Extremity

DC: Washington – Aug. 12-14

FL: Miami – July 22-24  
 Sarasota – Aug. 5-7  
 MA: Worcester – July 15-17  
 MD: Baltimore – Nov. 18-20  
 NC: Greensboro – Oct. 21-23  
 TN: Knoxville – July 29-31  
 WI: Madison – May 13-15

### NMT for Cervical and Cranium

AZ: Phoenix – Nov. 18-20  
 DC: Washington – Apr. 29-May 3  
 FL: Miami – May 13-15  
 Orlando – Nov. 11-13  
 Sarasota – May 20-22  
 MA: Worcester – Apr. 29-May 1  
 MD: Baltimore – Sept. 9-11  
 MN: Minneapolis – Nov. 4-6  
 NC: Greensboro – June 24-26  
 TN: Knoxville – May 20-22

WA: Seattle – Nov. 4-6

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

FL: Orlando – Nov. 5-8

### Avenue of Expression: A Feldenkrais® Approach

GA: Atlanta – Oct. 15-18  
 KY: Louisville – Oct. 8-11

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

FL: Orlando – July 16-17

### Zero Balancing® I

CT: Newington – Oct. 15-16  
 FL: Palm Beach – Apr. 23-26  
 IL: Chicago – May 19-22

MA: Cambridge – July 20-23  
 Cape Cod – May 19-22  
 MD: Baltimore – Sept. 10-11, 24-25  
 Columbia – Apr. 30-May 3  
 Columbia – Oct. 19-22  
 ME: Poland Spring – May 11-15  
 NJ: New Jersey Shore – Aug. 25-28  
 NY: New York – June 23-26  
 PA: Harrisburg – Apr. 22-25, 29-30  
 Langhorn – May 13-16  
 VA: Charlottesville – Apr. 1-2, 8-9  
 WI: Hudson – Apr. 15-18  
 Madison – Apr. 7-10

### Zero Balancing® Form and Fulcrums

IL: Chicago – Apr. 9-10

### Zero Balancing® II

IA: Des Moines – Sept. 22-25



## Earn Continuing Education Credits for Classes in Complementary Care

The IAHE 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 N0205.

Palm Beach — Nov. 11-14  
 IL: Chicago — Dec. 1-4  
 MA: Boston — Apr. 14-17  
 MI: Detroit — Oct. 6-9  
 MN: Minneapolis — Nov. 17-20  
 NC: Raleigh — July 21-24  
 OR: Portland — June 9-12  
 Argentina:  
 Buenos Aires — June 23-26

Australia:  
 QLD: Brisbane — Nov. 26-29  
 Canada:  
 BC: Vancouver — Nov. 26-29  
 ON: Toronto — May 26-29  
 Mexico: Tonalli — June 7-10

### SomatoEmotional Release® II

CA: San Francisco — May 5-8  
 FL: Palm Beach — Apr. 23-26  
 MA: Boston — Dec. 8-11  
 NY: New York — May 12-15  
 WA: Seattle — Sept. 15-18

Canada:  
 ON: Toronto — Dec. 8-11

### Adv. I CranioSacral Therapy

AZ: Sedona — Sept. 12-16  
 CA: Big Sur — Aug. 15-19  
 CO: Denver — June 6-10  
 FL: Palm Beach — July 18-22

Palm Beach — Dec. 5-9  
 NJ: Convent Station — Nov. 7-11

### Adv. II CranioSacral Therapy

FL: Palm Beach — Oct. 3-7

### Clinical Application of CST

FL: Palm Beach Gardens — June 20-24

### Clinical Application of CST & SomatoEmotional Release®

FL: Palm Beach Gardens — June 20-24

### Clinical Application of CST & SER for Pediatrics

FL: Palm Beach Gardens — Sept. 26-30

### Clinical Application of Adv. CranioSacral Therapy

FL: Palm Beach Gardens — Apr. 4-8  
 Palm Beach Gardens — Aug. 1-5

### Clinical Application of Adv. CST for Pediatrics

FL: Palm Beach Gardens — June 20-24

### CranioSacral Dissection

ME: Portland — June 3-5  
 OR: Portland — July 22-24

### CranioSacral Therapy for Pediatrics™

CA: San Francisco — May 5-8  
 FL: Palm Beach — July 21-24  
 MA: Boston — Aug. 25-28  
 MN: Minneapolis — June 2-5  
 TX: Dallas/Ft. Worth — Nov. 3-6  
 Canada:  
 ON: Toronto — Sept. 8-11

### CranioSacral Therapy and the Immune Response

CA: San Francisco — Nov. 5-6

### Overview of CranioSacral Therapy

FL: Orlando — Oct. 22

### Intro. to CranioSacral Therapy

CA: Roseville — May 21-22  
 Roseville — Nov. 12-13  
 Sacramento — Apr. 23-24  
 Sacramento — Aug. 20-21  
 DE: Wilmington — June 11-12  
 FL: Ft. Myers — June 18-19  
 Miami — Aug. 27-28  
 Naples — Apr. 9-10  
 Orlando — July 16-17  
 Orlando — Oct. 15-16  
 Sarasota — June 11-12  
 MD: Baltimore — July 16-17  
 MI: Coldwater — June 23-24

Coldwater — Sept. 29-30  
 NH: Rochester — Apr. 2-3  
 Rochester — May 21-22  
 Rochester — Oct. 8-9  
 NJ: Linwood — Apr. 30-May 1  
 Millville — Sept. 10-11  
 Somer's Point — Nov. 12-13  
 PA: Gettysburg — May 7-8  
 VA: Charlottesville — Sept. 10-11

### Equine CranioSacral Techniques I

CA: Silverado — June 23-26  
 VA: Roanoke — Nov. 17-20

### Equine CranioSacral Techniques II

CA: Silverado — Sept. 16-19

### Clinical Symposium With John E. Upledger, DO, OMM

FL: Palm Beach — June 11-12  
 Palm Beach — Nov. 15-16

### Therapeutic Imagery and Dialogue™ I

FL: Ft. Lauderdale — July 15-17

### The Brain Speak™

ON: Toronto — May 26-29

### CST and the Reversal of Pathogenic Processes

FL: Palm Beach — Sept. 22-25

### Use of CranioSacral Therapy With Wolves and Wild Canids

IN: Lafayette — June 24-27

### BioAquatic Exploration: Ocean Therapy I

Bahamas:  
 Freeport — Aug. 18-21  
 Freeport — Aug. 25-28

### BioAquatic Exploration: Shared Connections

Bahamas:  
 Freeport — July 14-17

### BioAquatic Exploration (ADV)

Bahamas:  
 Freeport — June 9-12  
 Freeport — June 23-26  
 Freeport — Aug. 4-7

### ShareCare®

FL: Palm Beach Gardens — June 11  
 Palm Beach Gardens — Oct. 22  
 Coldwater — Oct. 7

Canada:  
 BC: Courtenay — Apr. 9

### Beyond the Dura 2005 Conference

FL: Jupiter Beach — Apr. 27-May 1



## MECHANICAL LINK<sup>SM</sup> CURRICULUM

### Mechanical Link™ I: Fundamentals, Spine and Thorax

CA: San Francisco — Sept. 8-11  
 MN: Minneapolis — Nov. 17-20

### Mechanical Link™ III

CA: San Francisco — May 5-8

## HEALING FROM THE CORE CURRICULUM

### HFC: Grounding and Healthy Boundaries

AZ: Phoenix — June 9-12  
 CA: Big Sur — July 17-22  
 MA: Boston — Apr. 14-17  
 NC: Raleigh — July 21-24

NY: New York — Sept. 22-25  
 UT: Salt Lake City — Aug. 25-28

### HFC: Expanding Present-Moment Consciousness

WV: Charles Town — May 18-22

### HFC: From Trauma Recovery to Ecstasy - Healing Nervous System

WV: Charles Town — Nov. 9-13

### HFC: Continuum and the Healing Process

VA: Reston — Oct. 7-11

FL: Palm Beach — July 21-24  
 MD: Baltimore — Aug. 25-28  
 NY: New York — Sept. 22-25  
 OR: Portland — Dec. 15-18  
 WA: Seattle — May 19-22  
 WI: Madison — Sept. 8-11

Singapore:  
 Singapore — Apr. 7-10

### Lymph Drainage Therapy™ III

FL: Palm Beach — Nov. 17-20  
 MN: Minneapolis — June 2-5  
 TX: Austin — Oct. 6-9

### LDT's Lymphedema/CDP Certification

FL: Miami — Nov. 17-22

### Adv. I Lymph Drainage Therapy™

CA: San Francisco — Sept. 8-11  
 TX: Dallas/Ft. Worth — May 19-22

### Brain Tissue, Nuclei, Fluid & Autonomic Nervous System

TX: Dallas/Ft. Worth — Dec. 10-13

### Heart Centered Therapy 1: Mastering Dialoguing Skills

AZ: Sedona — Nov. 17-20  
 CA: Big Sur — Oct. 2-7  
 FL: Palm Beach — July 7-10  
 GA: Atlanta — Apr. 1-4  
 HI: The Big Island — May 5-8  
 IN: Indianapolis — June 2-5

### Heart Centered Therapy 2: Soul Ignition

FL: Palm Beach — Oct. 29-Nov. 1  
 MN: Minneapolis — Sept. 15-18  
 Canada:  
 BC: Nelson — July 21-24

IL: Chicago — July 14-17  
 MD: Annapolis — Sept. 16-19  
 Baltimore — Nov. 19-20, Dec. 3-4  
 ME: Poland Spring — Aug. 18-21  
 NC: Asheville — Apr. 28-May 1  
 NY: New York — Sept. 29-Oct. 2  
 PA: Langhorne — Apr. 29-May 2  
 Langhorne — Sept. 9-12  
 UT: Salt Lake City — Aug. 5-8  
 VA: Charlottesville — June 23-26  
 Charlottesville — Sept. 2-3, 9-10  
 VT: Wilmington — July 28-31  
 WI: Hudson — Apr. 15-18  
 Madison — Dec. 1-4

### Alchemy of Touch

IL: Chicago — Nov. 10-13  
 MD: Columbia — Oct. 21-24  
 ME: Poland Spring — Oct. 6-9  
 NE: Omaha — Sept. 15-18

NY: New York — Oct. 20-23

### Chinese Roots of Zero Balancing®

ME: Poland Spring — May 25-30

### Freely Movable Joints

MD: Baltimore — Oct. 29-30,  
 Nov. 5-6  
 Columbia — June 16-19

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

NY: New York — Nov. 3-6

### Zero Balancing® and the Nature of Happiness

IL: Chicago — May 5-8

### Geometry of Healing

TX: Austin — Sept. 22-25

### Zen and Zero Balancing®

ME: Blue Hill — Sept. 21-25

### Adv. Zero Balancing®: Touching the Whole Person

VA: Charlottesville — May 5-8

### Adding Warmth to Elegance: Myofascial Fulcrums for ZB

MD: Baltimore — Apr. 2-3  
 Baltimore — July 30-31

### Introduction to Process Acupressure™

CA: Borrego Springs — Apr. 9-10

### Process Acupressure™ Basic Acupressure: Clinical Applications

CO: Boulder — Aug. 11-14  
 FL: Palm Beach — Apr. 23-26

HI: Maui — Sept. 22-25  
 KY: Covington — Oct. 27-30  
 MA: Boston — Apr. 14-17  
 TX: Dallas/Ft. Worth — Nov. 3-6

Canada:

BC: Vancouver — June 2-5  
 ON: Toronto — Nov. 3-6

### Process Acupressure™ I: Essence

NC: Asheville — Sept. 8-11  
 NY: Saugerties — June 16-19  
 PA: State College — May 19-22

### Process Acupressure™ Basic Acupressure: Clinical Applications II — Meridians

AZ: Tucson — Nov. 9-13  
 IL: Chicago — June 2-5

MA: Boston — Aug. 25-29

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

PA: Philadelphia — Apr. 28-May 1

### Inner Child Healing

ON: Toronto — Sept. 22-25

### Process Acupressure™ 3: The Hologram

CA: Borrego Springs — Dec. 3-9

### Soul Work & Spiritual Channel

PA: Philadelphia — Sept. 29-Oct. 2

### Qigong T'chings I

FL: Palm Beach Gardens — Sept. 17-18

# Earn CEU 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.

## Visit Website for Complete, Up-To-Date Listing of Available CEUs

Go to [www.upledger.com](http://www.upledger.com). Click "CEUs" at the top and verify approvals by association, state or course. You're also welcome to call toll-free: 1-800-233-5880. Ask for priority code N0205.

### New and Renewed CEUs

**USA:** Chiropractic Physicians in many states may be able to earn CEUs for CranioSacral Therapy I. Please call before your workshop to confirm.

**USA:** American Speech-Language-Hearing Association — The Upledger Institute



is 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. Please call 1-800-311-9204, ext. 1376.

**USA:** National Certification Board for Therapeutic Massage and Bodywork — The Upledger Institute is approved as a Category A Provider (#025785-00) for all CranioSacral Therapy, Visceral Manipulation, Lymph Drainage Therapy, Mechanical Link and

Healing From the Core workshops.

**USA:** The National Certification Commission for Acupuncture and Oriental Medicine has approved CEUs for CranioSacral Therapy I and Applying Acupuncture Principles to CranioSacral Therapy.

**California:** Provider approved by the California Board of Registered Nursing, Provider Number CEP 9432. Call for the number of contact hours.

**California:** The California Acupuncture Board has approved CEUs for all Upledger Institute workshops.

**Florida:** Effective January 1, 2004, the Florida Department of Health instituted an electronic tracking system to manage CEUs completed by Florida healthcare professionals toward license renewals. This new system will be fully effective for the first complete license renewal reporting period, which varies by profession. For more information call 1-877-FIND-CE (1-877-434-6323) or visit [www.CEBroker.com](http://www.CEBroker.com). **UI will require license numbers of all Florida practitioners to provide accurate CEUs. Please call 1-800-311-9204 or (561) 622-4334 to update our records.**

**Hawaii:** Doctors of Chiropractic can earn CEUs for Lymph Drainage Therapy I.

**Illinois:** Physical Therapists can earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I, Lymph Drainage Therapy 1, Visceral Manipulation IA and Mechanical Link 1.

**Maryland:** Occupational Therapists can earn CEUs for CranioSacral Therapy I and Lymph Drainage Therapy 1.

**Montana:** Doctors of Chiropractic can earn CEUs for CranioSacral Therapy I & II, CranioSacral Dissection, CranioSacral Therapy and the Immune Response, CranioSacral Therapy for Pediatrics, Lymph Drainage Therapy 1 & 2, Practical Integration of Visceral Manipulation, Visceral Manipulation IA, IB & II, Somato-Emotional Release I & II, Mechanical Link 1 & 2.

## Advanced I CranioSacral Therapy

Boston, MA — Oct. 18-22, 2004



*From l-r: Brenda Robrer, ND, MH; Josh Horwitz; Alanna McLean, RPT, MS (preceptor); Rose Boghos, esthetician; Kat Cramblet, NCTMB (preceptor); Sharon Courage; Anna Weideler, PT, MS, CST (preceptor); Sophie Dong, CST; Abraham Oort, PhD, AOBTA; Alia Grace Sardonicus, LMT; Chas Perry, PhD (instructor); Mari Miyoshi, OT; Ron Gaston; Eileen Ladwig, MS, OTR/L.*

# Milestones

## Congratulations and Well Wishes

- Behice Kutay, RMT, has been certified to teach Lymph Drainage Therapy 2.
- Colleen Martens Endrizzi, MS, CCC, SLP, LLCC, has been certified to teach Lymph Drainage Therapy 1.

- Dave Tomlinson, RMT, CST-D, has been certified to teach CranioSacral Therapy II.
- Sheryl McGavin, OTR/L, CST-D, has been certified to teach Advanced I CranioSacral Therapy and CranioSacral Therapy and the Immune Response.
- Tim Hutton, PhD, LMP, CST-D, has been certified to teach Advanced I CranioSacral Therapy, and CranioSacral Therapy and

the Immune Response.

- Tad Wanveer, LMT, CST-D, has been certified to teach CranioSacral Therapy I.
- Dore Szoboszlay, Upledger Institute Human Resources Director, and her husband Mark welcomed the arrival of their baby daughter, Rebecca Riley Szoboszlay, born December 31, 2004. Best wishes to the whole family!

## New Certified CST Teaching Assistant

- Pam McCormack, LLCC, CST

## Now Certified in CST

### Diplomate Level:

- Lisa Desrochers, DPT, MS, CST-D
- Sally Fryer, PT, CST-D
- Teresa Gaffin-Hall, LMT, CST-D

### Techniques Level:

- Villa Antonio, CST
- Ragnar Agust Axelsson, MT, CST
- Jacob Brodbeck, CMT, CST
- Maeve Daly, MT, CST
- Cynthia Dimmitt, MA, CMT, CST
- Baratto Dina, CST
- Wendy Hildreth, LMT, LMP, CST
- Victoria Khouri, CST
- Louise O'Driscoll, PT, CST
- Carolyn O'Neill, MT, Rx, AR, CST
- Katherine Hutton, CMT, LMT, CST
- Gina McCook, MEd, CMT, CST

- Pari Mirko, CST
- Judith Monk, MT, CST
- Kristina Pearson, MEd, MS, CST
- Jeff Shevell, LMT, CST
- Mary Frank Slaughter, CST
- Montagna Stefania, CST
- Robert H. Weiner, PhD, CST
- Doris Weiner, RMT, CST
- Karen Wrinkle, LMT, CST

## Now Certified in LDT Lymphedema/CDP Certification, Level I

- Therese Archer, RN, RMT, CYI, LLCC
- Judith Babilonia, PT, LLCC
- Kathryn Bass, LMT, LLCC
- Emily Becker, MT, LLCC
- Marva Jean Beesley, LMT, LLCC
- Karen Binney, CMT, LLCC
- Christine Commins, PT, LLCC
- Diane Coffey, PT, LLCC

- Mary Clark, LMT, LLCC
- Jane Church, ACSMHFI, NCTMB, LLCC
- Harriet Duffy, OTR, LLCC
- Colleen Martens Endrizzi, MS, CCC, SLP, LLCC
- Cynthia Erisman, OT, LLCC
- Kristi Fowler, PT, LLCC
- Louis Friedman, PT, OCS, LLCC
- Darla Goddard, MT, LLCC
- Rosemary Gwin, LLCC
- Allegra Hayim, HHP, NCTMB, MT, LLCC
- Kelly Hickey, MT, LLCC
- Debra Hilt, LMT, LLCC
- Heather Hisek-Prunty, MSPT, LLCC
- Patricia Lynn Hubert, CMT, LLCC
- Laura L. Johnson, PTA, LMT, LLCC
- Gisela Knoesel, CMT, LLCC
- Debbie LaFerney, PT, LLCC
- Theresa G. Medellin, RN, RMT, LLCC

- Sister Joan Mikulski, MSHS, LMT, LLCC
- Maria Alicia Morles, LMT, LLCC
- Karin Myers, OT, LLCC
- Bettina Neumann, RPT, CST, LLCC
- Nancy Newman, LPN, LLCC
- Cecilia Palmer, LMT, LLCC
- John Pierce, RMT, LLCC
- Kristi Pifer, PT, LLCC
- Zia Razzaq, LLCC
- Heather Rudolph-Weiland, CMT, LLCC
- Lisa Sandstrom, OTR/L, LLCC
- Toni Santos, RPT, LLCC
- Betty Segal, LLCC
- Janet Silvers, PT, LLCC
- Kay Marie Smith, MT, LLCC
- Lynn Swansegar, OT, LLCC
- Mike Voelkel, PT, NCTMB, LLCC
- Adrian Ward, MT, LLCC
- Catherine Wilson, LMT, PTA, LLCC

## Learn Insider Tips at These Upcoming Speaking Engagements

### Florida State Massage Therapy Association Boca Raton, Florida – June 29-July 3, 2005

- Roy Desjarlais, LMT, CST-D:  
Conscious Presence and Introduction to CranioSacral Therapy
- Signy Erickson, DC, CST-D:  
Subtle Palpations
- Bruno Chikly, MD, DO (hon.):  
Introduction to Lymph Drainage Therapy and Fascial Release
- Mary Murphy, NCTMB, CST-D:  
Introduction to Zero Balancing
- Suzanne Scurlock-Durana, CMT, CST-D:  
Introduction to Healing From the Core

### American Massage Therapy Association National Convention

Albuquerque, NM – Sept. 22-25, 2005

- Eric Moya, LMT, CST:  
CranioSacral Therapy: The Light Touch

### Association of Massage Therapists and Wholistic Practitioners Annual Convention Banff, Alberta (Canada) – Oct. 20-23, 2005

- Don Ash, PT, CST-D:  
Introduction to CranioSacral Therapy and Lessons From the Sessions
- John E. Upledger, DO, OMM, and Lisa Upledger, DC:  
CranioSacral Therapy Clinical Symposium Keynote Presentation

### New York State Society of Medical Massage Therapists Annual Symposium

### Kerhonkson, NY (Hudson Valley Resort and Spa) – Nov. 11-12, 2005

- Mya Breman, LCSW, LMT, CST:  
Introduction to CranioSacral Therapy and Introduction to Lymph Drainage Therapy
- John E. Upledger, DO, OMM, and Lisa Upledger, DC: CranioSacral Therapy Clinical Symposium Keynote Presentation

### Understanding and Managing Trauma and Adaptation: Neural, Myofascial and Psychological Issues, Sponsored by Elsevier Publishing Co.

London, England – April 21-23, 2006

- John E. Upledger, DO, OMM:  
Post-Traumatic Stress Disorder

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# Basic Acupressure and CST: An Integrative Approach to Healing Central Nervous System Disorders

by Susan Grant, CMT, CST, Director of Basic Acupressure

Developed by Aminah Raheem, PhD, Basic Acupressure enhances the free flow of vital energy, activates the body's recuperative abilities and diminishes congestion. Much the way CranioSacral Therapy works through body tissues, Basic Acupressure works through energy fields, in particular the "Extraordinary Meridians" and their crossover points on the organ meridians.

According to Oriental medicine theory, Extraordinary Meridians and the Governing and Conception Vessels form when a fertilized egg divides for the first time. Current scientific studies trace their relationship to the anterior and posterior pituitary gland and to the primordial tissue of the endoderm, mesoderm and ectoderm.

These and six other Extraordinary fields that develop deep within the embryonic strata are closely related to formative energies and the growth of the physical form. They're also capable of changing the metabolic distribution and quality of energy, and the informational signals that control the use of energy.

By accessing the Extraordinary fields through specific acupoints, we help the body/mind release restrictions and imbalances that affect the central nervous system — in particular, the sympathetic/parasympathetic balance.

As you'll see in the following examples, this works at a root level, setting the stage to effectively address specific conditions of the central nervous system.

## Chiari 1 Malformation

Denise\* was diagnosed with Chiari 1 malformation, "a condition in which the cerebral tonsils are displaced out of the skull area into the spinal area, causing compression of the brain tissue and spinal fluid flow." She suffered from chronic headaches, dizziness, nausea, tingling and numbness in her limbs, and loss of consciousness.

In November 1996 Denise underwent surgery, including a suboccipital craniectomy, a laminectomy of C1 and C2, and duraplasty. At the time her cerebellar tonsils were 8 mm below the foramen magnum into the cervical canal. Unfortunately, after surgery Denise's symptoms continued. A post-surgery MRI suggested intracranial edema without hemorrhage.

A second surgery in June 1998 replaced a defective dural graft that had been "effectively floating in the spinal cord." Afterwards Denise

was kept comfortable with daily doses of morphine, Antivert, Zoloft and Baclofen.

Denise went to see Irene Townsend, CMT, in April 2003. By then her system was highly sensitized — she became nervous and short of breath after only 30 seconds of receiving CranioSacral Therapy (CST). Irene was working distally from the dorsums using 2-1/2 grams of pressure. She used Basic Acupressure techniques to balance energetic flows and calm the nervous system. This helped release restrictions in the emotional/physical body and assisted Irene's work with the craniosacral system.

In follow-up sessions, Irene combined Basic Acupressure with CST for longer periods of time. She also included guided imagery and SomatoEmotional Release®. Through guided imagery, Denise and Irene combined their energies to visualize the leaks until Denise "felt confident she had sealed them up."

Today Denise leads a near-normal life. She is president of her daughter's soccer club, she gardens, and she recently took her first family vacation in 10 years. She is also off morphine and almost all other medications.

Two of Denise's children have been diagnosed with Chiari malfunction; one of them was scheduled for surgery. Since receiving Basic Acupressure and CranioSacral Therapy, their symptoms have subsided and surgery is no longer being considered. One daughter is doing well in college. The other is living an active teenage life, including playing on her traveling soccer team.

## Reflex Sympathetic Dystrophy

April\* suffered a distal radius fracture of her left wrist and developed reflex sympathetic dystrophy (RSD). Also known as complex regional pain syndrome, RSD is a chronic, painful and progressive neurological condition that affects the sympathetic nervous system.

In April's case it caused acute pain, swelling, extreme skin sensitivity and limited range of motion. It was also psychologically debilitating.

After months of hospital-based physical therapy complete with exercise, manual devices, paraffin wax treatments and chiropractic adjustments,

April's condition worsened. She was tense, sore and unable to perform normal activities. Still, she rejected nerve blocks and pain medication.

April was nervous, and rightly so. She'd been warned that her condition is often irreversible and could result in complete loss of movement.

That's when I began working with April using a combination of Basic Acupressure and CranioSacral Therapy. After our first session together her condition began to noticeably reverse. Her skin softened, her swelling reduced, and she was able to move her fingers.

Today April has 85% use of her wrist.

She believes the Basic Acupressure and CranioSacral Therapy improved her healing process in a crucial way. The sessions opened energy flows and calmed the nervous system, moving it away from "fight or flight" syndrome into a state of healing calmness. "It was as though we talked the wrist into waking up and moving on," April said.

## CNS Connects Two Therapies

In both of these cases, strong central nervous system connections responded well to the combination of Basic Acupressure and CranioSacral Therapy. The focus on the brain and spinal cord, noninvasive touch, and communicating with the innate intelligence of the human organism bring both therapies together in a harmonious way.

I believe the truth of their effectiveness is best shared by the patients themselves. Denise "felt confident she had healed the leaks," and April was relieved that her wrist finally "woke up."

\* Name changed to protect confidentiality.

*Susan Grant CMT, CST, is Director of Basic Acupressure and an advanced Process Acupressure practitioner who works closely with curriculum developer Aminah Raheem, PhD. Susan also teaches the Alexander Technique and has developed Free to Move workshops that integrate emotional and physical releases into everyday movement patterns.*

*To learn more about Basic Acupressure please call Educational Services toll-free: 1-800-511-9204. Ask for priority code N0205. You're also welcome to e-mail [iabe@iabe.com](mailto:iabe@iabe.com), or visit [www.iabe.com](http://www.iabe.com).*



Susan Grant,  
CMT, CST



## 20 Years of Touch at Beyond the Dura 2005

*Continued from front cover.*

According to Dr. Cayle, parents report that babies who receive this therapy sleep more and experience less colic than others. "Overall, the application of CranioSacral Therapy provides both mother and baby with a better birth experience by easing some aspects of the labor and delivery process," he says.

Sixteen other presenters and panelists will also discuss new viewpoints on innovative methods of complementary care at the four-day conference. And together, everyone will

be having a ball Saturday night at a Roaring Twenties costume dance.

Tuition ranges from \$300 to \$595 with available discounts. Proceeds benefit The Upledger Foundation, a nonprofit organization dedicated to developing new therapeutic approaches that enhance health and well-being.

*Call toll-free today to learn more about Beyond the Dura '05: 1-800-511-9204. Ask for priority code N0205. You're also welcome to visit [www.upledger.com](http://www.upledger.com).*

## The UI HealthPlex Clinic Corner UI Gears Up to Aid New Round of Battle-Scarred Veterans

Therapists hope to help a new generation of soldiers when UI HealthPlex Clinical Services conducts a CranioSacral Therapy Intensive Program aimed at reducing post-traumatic stress disorder (PTSD) in Iraq War veterans.

"More and more men and women are returning home bearing the physical, mental and emotional scars of war," says Kevin Rose, LMT, CST-D, UI HealthPlex Intensive Program (IP) Director. "It's crucial that we do what we can to protect as many of them as possible from suffering the years of stress our Vietnam veterans endured."

According to one Vietnam veteran who went through an IP at UI HealthPlex, the potential for PTSD is even stronger for veterans returning from Iraq.

"In Vietnam we fought in the jungle," he said. "Later we'd have flashbacks whenever we were in a similar environment." The

problem is, in Iraq they're fighting an urban war — in the streets and in neighborhoods and homes. Vietnam vets are concerned there will be many more "flashback triggers" when Iraq soldiers try to reintegrate into American society.

The Upledger Foundation is working with the Paralyzed Veterans of America (PVA) to identify veterans who can most benefit from these IP programs. The PVA representative was especially pleased that the IP would address not only physical but emotional ravages of war.

One Vietnam veteran recently quoted in a South Florida TV special on the UI program said CranioSacral Therapy "helped tame the savage beast." That's a positive effect we hope to leave with many more soldiers in the future.

*To learn more about Intensive Programs at UI HealthPlex Clinical Services, call (561) 622-4706.*

## BTD '05 Presenters

*Continued from front cover.*



**Mary Getten, Animal Consultant**  
"Telepathic Animal Communication:  
Connecting Through the Heart"



**Ann Harman, DO** "Feldenkrais  
Method: Using Curiosity, Awareness  
and Movement to Facilitate  
CranioSacral Work"



**Melanie Hayden, LMT**  
"Cellular Joy"



**Tim Hutton, PhD, LMP, CST-D**  
"Why Is It We Don't Think  
Anymore?"



**Jon J. Kabara, BS, MS, PhD**  
"Mother's Milk: The First  
Nutriceutical"



**Carolyn McMakin, MA, DC**  
"The Energetic Nature of  
Biological Tissue"



**Sally Morgan, TTEAM  
Practitioner, PT, CST**  
"Animals Facilitating Wellness:  
An Examination of Animal  
Participation in CST Sessions"



**Sandy Prantl, OTR/L, CST-D**  
"The Use of CST With Socialized,  
Captive Wolves and Bill the Coyote"



**Lisa Upledger, DC, CST-D**  
"Embracing Our Cellular World"



**Gail Wetzler, RPT, CVMI**  
"The Promise of Transformation"  
and "Beyond the Human Dura"

## Internet Directory

**The Upledger Institute, Inc.®**  
Website: [www.upledger.com](http://www.upledger.com)  
E-mail: [upledger@upledger.com](mailto:upledger@upledger.com)

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

# Books and Products to Support Your Healthcare Practice

## Process Acupressure Wall Chart

by Aminah Raheem, PhD

This large black and white chart depicts front and back views of the body, plus secondary views of the inside and outside of the leg and the bottom of the foot. It shows the location of each of the 36 acupressure points used in Process Acupressure and Basic Acupressure, plus each point's Process Acupressure name and number, a verbal description of its location, and its traditional Chinese acupuncture name and number. The chart is ideal for learning the point locations and to display in your practice setting as a reference tool. (24" x 35" laminated) Item code: CPAWC. Retail price: \$25.00 + s&h



## Flash Cards: Process Acupressure Points

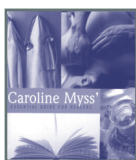
by Aminah Raheem, PhD

Use these flash cards to locate and learn the 36 acupressure points taught and used in Process Acupressure and Basic Acupressure. They show pictures of the anatomical locations of each point together with its Process Acupressure number and name, a verbal description of its location, and its traditional Chinese acupuncture number. (36 cards, 4" x 5-1/2" each) Item code: FPAP. Retail price: \$25.00 + s&h

## Invisible Acts of Power CD Set

by Caroline Myss

Deep shifts occur in our energetic fields when we respond to someone in need. When we move from visible acts, such as caring for a friend, to invisible acts that others may never witness, we access the Divine. Using her own stories and those drawn from readers and listeners worldwide, Caroline Myss invites you to create small yet profound miracles that transform your own life and others' in an instant. (4 CDs, 300 mins. total) Item code: AIAOP. Retail price: \$29.95 + s&h



## Essential Guide for Healers CD Set

by Caroline Myss

Join best-selling author Caroline Myss in an eye-opening learning program created especially for healthcare professionals, counselors, therapists and bodyworkers — anyone who has felt compelled to help others, professionally or personally. (4 CDs, 300 mins. total) Item code: AEGFH. Retail price: \$29.95 + s&h



## Anger Releasing CD

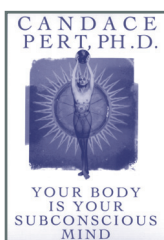
by Louise L. Hay

Louise L. Hay creates a safe atmosphere to teach you how to move past your emotional barriers and dissolve your anger. "As you repeatedly do these visualization exercises, many angry feelings will come up — feelings directed at people you may not have known you were angry at," Louise says. "This is simply a part of the process, and is perfectly okay. Releasing anger will release pain and free you to experience a richer, more fulfilling life." (120 mins.) Item code: AAR. Retail price: \$10.95 + s&h

## Forgiveness: Loving the Inner Child CD

by Louise L. Hay

Your inner child depends on you for the love and approval you may not have received when you were young. Through visualization techniques presented in an audio format, Louise L. Hay creates a safe atmosphere for you to forgive others and love your inner child, opening the door for many wonderful qualities to come into your life. Item code: AFLIC. Retail price: \$10.95 + s&h



## Your Body Is Your Subconscious Mind CD

by Candace Pert, PhD

This revelation by Dr. Candace Pert challenges conventional science — and everyone interested in wellness — to reconsider how our bodies think,

feel and heal. Join Dr. Pert as she describes her efforts over the past two decades to actually decode the "information molecules," such as peptides and their receptors, that regulate every aspect of human physiology. Her model of how these biochemicals flow and resonate, distributing information to every cell in the body simultaneously, has unlocked the secret of how emotions literally transform our bodies and create our health. (150 mins.) Item code: AYBYC. Retail price: \$19.95 + s&h

## The Flowering of Human Consciousness

by Eckhart Tolle

On this insightful and life-altering program, Eckhart Tolle invites you to unfold the miraculous state of "presence" you always hold within — your original way of being that is free from the relentless stream of thoughts, fears and expectations that often carries us away. (3 CDs, 210 mins. total) Item code: AFOHC. Retail price: \$24.95 + s&h

## Power Thoughts Journal

Created from beautiful artwork, this blank journal will inspire your creativity. Use it for your own personal inspiration. It also makes a thoughtful gift for someone special. Item code: PTJ. Retail price: \$10.95 + s&h



## Power Thoughts Notecards

These notecards are wonderful to give as gifts or for keepsakes. Use them as thank-you notes, announcements, invitations, or for any occasion.

They are blank on the inside for your own personal inspiration. (20 assorted notecards and envelopes; 4 images, 5 cards of each) Item code: PTN. Retail price: \$10.95 + s&h

## Zen Journal

Center your mind as you focus your thoughts in this lovely journal. Allow your inspiration to flow, or treat a friend to this special gift. Item code: JZJ. Retail price: \$10.95 + s&h



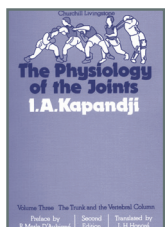
### Zen Notecards

This lovely collection contains 20 beautifully illustrated notecards with envelopes. (4 images, 5 cards each) Item code:

ZN. Retail price: \$10.95 + s&h

### Journal of Bodywork and Movement Therapies 2005

This quarterly journal plays a vital role in helping the international community of bodywork and movement-therapy professionals clarify their roles while discussing a broad range of pertinent issues. It publishes peer-reviewed articles, editorials, summaries and technique papers that explore practical approaches to musculoskeletal dysfunction that apply across all bodywork, movement and manual therapies. (2005 series, 4 issues) Item code: J-05. Retail price: \$74.00; UI Price: \$65.00



### The Physiology of the Joints

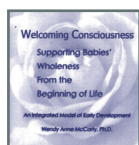
by I.A. Kapandji

Utilizing a highly visual approach, this book illustrates the anatomy,

physiology and mechanics of the joints by means of clear and simple diagrams and a minimum of text. (softcover) Item code: POTJ. Retail price: \$54.95 + s&h

### Brain Demonstration Model

This 15-part, life-size model of the human brain, made of SOMSO-Plast, is ideal for studying the complex three-dimensional structures of the brain. Special order: allow 2-4 weeks for delivery. Item code: BS-25. Retail price: \$520.00 + s&h



### Welcoming Consciousness: Supporting Babies' Wholeness from the Beginning of Life

by Wendy Anne McCarty, PhD

Western early development models have been based on our biological human nature with little mention of our spiritual nature. New

findings from pre- and perinatal psychology reveal we are conscious, aware beings with a sense of self from the beginning of life. This book explores the mysteries of our basic nature and the extraordinary stories babies, children and adults tell us of their life in the womb and at birth. (softcover) Item code: WC. Retail price: \$14.95 + s&h

# Massage Today to Launch New Website and Annual Award

In January 2005, *Massage Today*, a trade journal serving the massage and bodywork communities, will launch a new website: SpaTherapy.com. An offshoot of *Massage Today* and MassageToday.com, SpaTherapy.com will be dedicated solely to the spa industry and focus primarily on its influence on health and wellness.

Site features will include a multitude of resources for both spa professionals and health-conscious consumers. Highlights will feature spa and industry news, consumer and practice-management articles by knowledgeable spa industry leaders, general health and wellness information, practitioner profiles, spa ratings, a national spa locator, and much more.

SpaTherapy.com will also recognize one spa each year for providing the Best Spa Massage.

The winner will be determined by a spa-rating feature in *Massage Today* in which a variety of spas are anonymously reviewed. The recipient will receive a beautiful award and virtual logo for the spa's corresponding website, courtesy of SpaTherapy.com and *Massage Today*.

The winner of the 2004 Best Spa Massage will be announced in the February 2005 issue of *Massage Today*.

An MPAmidia company, *Massage Today* has been reporting on news, information and research relevant to the massage and bodywork industry since its inception in January 2001. MPAmidia also publishes *Dynamic Chiropractic*, *Acupuncture Today*, *Nutritional Wellness*, *Chiropractic Research Review* and *To Your Health* online and e-newsletters. For more information, visit [www.mpamedia.com](http://www.mpamedia.com).

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# IAHP Now Offers Professional Liability Insurance

Upledger's International Association of Healthcare Practitioners® (IAHP) is pleased to announce the availability of professional liability insurance for Upledger-trained practitioners. This product offers coverage for CranioSacral Therapy and related modalities.

In partnership with the Allied Professionals Group — specialists in alternative healthcare for

the last 20 years — IAHP will now offer a flexible program that allows you to obtain coverage for just touch-therapy modalities, or comprehensive coverage for your complete alternative healthcare practice. Coverage starts as low as \$99 per year.

The IAHP is a league of healthcare professionals dedicated to therapies that offer innovative solutions to individuals in need. Formed to

provide a united voice in the field of complementary care, the association remains dedicated to helping our members build successful practices by offering products and services of value.

For a free liability-insurance quote call Allied Professionals Group: 1-800-850-8660. They'll help you decide which options are best suited for your needs.

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- **Argentina:** Nadia Felix, CST, MPsy  
Phone: 54 11 4803 0241  
E-mail: [nadiafelix@fibertel.com.ar](mailto:nadiafelix@fibertel.com.ar)
- **Australia:** Susie Spratt  
Phone: 61 7 4638 2404  
E-mail: [holisticlife@bigpond.com](mailto:holisticlife@bigpond.com)
- **Austria:** Marianne Schauerl, CST-D  
Phone: 43 316 840 0500  
E-mail: [office@upledger.at](mailto:office@upledger.at)
- **Belgium:** Marc van der Straeten, DO, CST-D  
Phone: 32 3 297 8998  
E-mail: [info@upledger.be](mailto:info@upledger.be)
- **Brazil:** Jussara De Avellar Serpa  
Phone: 55 21 2431 3211  
E-mail: [jserpa@rjnet.com.br](mailto:jserpa@rjnet.com.br)
- **Czech Republic:** Stanislav Zapletal  
Phone: 42 05 7333 4083  
E-mail: [zapletal@seznam.cz](mailto:zapletal@seznam.cz)
- **Germany:** Gert Groot Landeweer, CST-D  
Phone: 49 761 37353  
E-mail: [upledger@t-online.de](mailto:upledger@t-online.de)
- **Hong Kong:** Alice Kit-Ping Tsang Lau  
Phone: 852 9028 3096  
E-mail: [elite\\_re2004@yahoo.com](mailto:elite_re2004@yahoo.com)
- **Iceland:** Birgir Hilmarsson, MT  
Phone: 354 466 3090  
E-mail: [birgir@upledger.is](mailto:birgir@upledger.is)
- **Ireland:** Mike & Heath Wilson  
Phone: 353 65 708 4435  
E-mail: [craniosacral@upledgerireland.com](mailto:craniosacral@upledgerireland.com)
- **Israel:** Gadi Nelinger, AppSci, BPT  
Phone: 972 3 522 4148  
E-mail: [post@upledger.dk](mailto:post@upledger.dk)
- **Italy:** A.J. de Koning, DO, CST-D  
Phone: 39 040 452 8929  
E-mail: [upledger@tin.it](mailto:upledger@tin.it)
- **Italy:** Diego Maggio, DO, CST-D  
Phone: 39 040 347 6191  
E-mail: [dm.upledger@mail.it](mailto:dm.upledger@mail.it)
- **Japan:** Koichi Hiratsuka, MRO(J)  
Phone: 81 3 5940 6151  
E-mail: [info@ui-japan.com](mailto:info@ui-japan.com)
- **Mexico:** Monica Gerez-Fernandez  
Phone: 52 55 55 952089  
E-mail: [monicagerez@hotmail.com](mailto:monicagerez@hotmail.com)
- **Margarita Soberon**  
Phone: 52 55 56 344590  
E-mail: [msobernon@att.net.mx](mailto:msobernon@att.net.mx)
- **Netherlands:** Annick Smit-Pino, PT  
Phone: 31 343 514031  
E-mail: [info@upledger.nl](mailto:info@upledger.nl)
- **Panama:** Roberto Eisenmann  
Phone: 507 269 3000  
E-mail: [empeisen@empeisen.com](mailto:empeisen@empeisen.com)
- **Portugal:** Jose Campos, DO, BSc  
Phone: 351 21 453 9130  
E-mail: [jose.campos@netcabo.pt](mailto:jose.campos@netcabo.pt)
- **Russia:** Konstantin Charapov  
Phone: 7 812 970 3195  
E-mail: [charapov@list.ru](mailto:charapov@list.ru)
- **Scandinavia:** Gusti Axelsson, MT, CST  
Phone: 45 5782 2077  
E-mail: [post@upledger.dk](mailto:post@upledger.dk)
- **Singapore:** Kheng Chua  
Phone: 65 6258 5031  
E-mail: [kheng@greenpartners.com.sg](mailto:kheng@greenpartners.com.sg)
- **South Africa:** John Page, DO, CST-D  
Phone: 441738 444404  
E-mail: [mail@upledger.co.uk](mailto:mail@upledger.co.uk)
- **Spain:** Jose Luis Perez Batlle, DO  
Phone: 34 958 5204 22  
E-mail: [cob@valnet.es](mailto:cob@valnet.es)
- **Switzerland:** Matthias Moesle, CST-D  
Phone: 41 91 780 59 50  
E-mail: [mail@upledger.ch](mailto:mail@upledger.ch)
- **United Kingdom:** John Page, DO, CST-D  
Phone: 44 1738 444404  
E-mail: [mail@upledger.co.uk](mailto:mail@upledger.co.uk)



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