

## The Upledger Foundation Nancy Schaffer Memorial Golf Classic

PGA National Golf Club  
Palm Beach Gardens, Fla.  
April 5-6, 2002

The Upledger Foundation is kicking off CranioSacral Therapy Awareness Month in April with its inaugural Nancy Schaffer Memorial Golf Classic. It honors long-time patient and Foundation supporter Nancy Schaffer, who lost her battle to myelofibrosis in early 2001.

Practitioners, patients and friends of the Foundation will launch the festivities on Friday, April 5th, with a Pairing Par-Tee. Tee-off for the golf classic takes place on Saturday, April 6th, at the world-famous PGA National Resort in Palm Beach Gardens, Fla. Proceeds will benefit the nonprofit Upledger Foundation in its quest to solve healthcare challenges with innovative therapeutic approaches.

Contests and a series of prizes, including a BMW for a hole-in-one, will make this tournament exciting and memorable. Tickets are \$225 per player. To register, call 561-622-4334. For more information visit [www.upledger.com](http://www.upledger.com) today.



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# UPLEDGER UpDate

Winter 2002

## April Charity Tribute to Honor Dr. John E. Upledger and His Life's Work

A grand casino in the style of the French Riviera. A bluesy jazz club à la New Orleans. Exquisite food and wine. Dancing. And the warm company of friends from around the world.

It all comes together in South Florida on April 28, 2002, when practitioners from around the globe gather to pay tribute to Dr. John E. Upledger, who turns 70 this year. "Dr. John has touched so many people with his work," says Barb Richmond, UI Community Relations Director. "We wanted to do something spectacular to say thank you, and applaud him for his vision and commitment all these years."



John E. Upledger, DO, OMM  
Developer of  
CranioSacral Therapy

The semiformal (black-tie optional) event will take place at the Jupiter Beach Resort in Jupiter, Fla. It kicks off at 7 p.m. with cocktails, a delicious assortment of hors d'oeuvres and specially selected wines. Dr. Upledger will take the stage with an accomplished jazz band to treat us to his favorite sounds on a baby grand piano. Then guests are invited to share a night with Lady Luck at an on-site "charity" casino, complete with blackjack, roulette and craps tables.

Proceeds from the evening will benefit The Upledger Foundation in its quest to solve healthcare challenges with gentle, complementary approaches.

*Continued on page 11*

## Mini-Fundraising Events Earn Special Rewards on Behalf of Foundation

Dr. John Upledger's worldwide reputation comes largely from his creation of CranioSacral Therapy (CST) in the 1970s. Yet as recent *CNN* and *TIME* stories attest, the word continues to spread. Not only for CST's health benefits, but also for Dr. Upledger's unwavering support of a therapist's right to practice it — and a patient's right to receive it.

To demonstrate their thanks, people around the world are conducting mini-fundraisers to benefit the cause closest to Dr. John's heart — The Upledger Foundation, which embodies his life's work. UI is rewarding top fundraisers with prizes, including a trip for two to Dr. Upledger's grand tribute in South Florida on April 28th.

*Continued on page 11*

### Inside This Issue

**Visceral Manipulation Report**  
Page 2

**A Young Accident Victim Finds  
Relief With CranioSacral Therapy**  
Page 3

**Course Calendar**  
Pages 8-9

**Study Groups**  
Pages 12-14

# The Visceral Manipulation Report

## Simple VM Techniques Make Profound Differences

by Lisa Polec, DC

Rita\* first came to my office in June of 1999. Fifty-two years old, she worked as a maintenance mechanic at a nearby hospice. She walked into the room looking tired and worn out.

I began the session with general visceral "listening," which pulled strongly to her liver. I "general listen" my clients before we speak. Then I take a history and complete my evaluation with manual thermal diagnosis, local listening, and listening through the feet and the head.

Rita had been diagnosed with hepatitis C in March of 1998 and was struggling with three problems:

1. Lack of energy so severe she could barely make it through her workday.
2. Chronic right-side low-back and leg pain, with shooting pain and numbness into her foot.
3. An inability to tolerate any type of food without an adverse reaction: intestinal cramping, heartburn, nausea and diarrhea.

Most of my work centered around Rita's liver. When she first came in, her liver function tests were not in normal range. I used gentle mobilizing techniques, balanced her liver motility, and also treated her to balance the mind/organ relationship.

I worked with Rita three times over the first four weeks, then spread her visits out from there. Her symptomatic changes were very gradual at first. Then in the fourth week she came in with a big smile saying she felt better than she had in years.

Six and a half months after beginning with me, Rita's liver function tests were all within normal limits. Visceral Manipulation was the only change Rita had made in that time.

Life is still a struggle for Rita. Her symptoms cycle from mild to severe. Yet it is apparent to both of us that Visceral Manipulation has helped her significantly, especially regarding her first three presenting problems.

1. Energy. It took about three to four treatments to make a significant change. Since then there has been great improvement. Now Rita can easily go through her workday and still have energy left over.

2. Low back/leg pain. In approximately 4-6 weeks it was completely gone.

3. Digestion. This took the longest time to change. Rita's symptoms have gradually been getting better, and are presently about 80-90% improved. She can eat almost anything now without having an adverse reaction, unless she's not feeling well.

Much of the treatment I used to help Rita is taught in the first day of Visceral Manipulation IA. The rest (mind/organ balancing) is taught in the advanced courses. It's wonderful how simple these techniques are, especially when they lead to helping someone so much. Thank you, Jean-Pierre!

*Lisa Polec is a chiropractor with a private practice in Seattle. She is also a certified UI instructor in the Visceral Manipulation program.*

\*Name changed to protect confidentiality.

## Visceral Manipulation IA

Study the models and theories of functional biomechanics as viewed through the Visceral Manipulation approach developed by French osteopath Jean-Pierre Barral.

At optimum health there is an interconnection between all the body's organs that remains stable even as the body moves. Hypertonicity, displacement and adhesions, however, can all cause organs to work against each other, as well as the body's muscular, membranous, fascial and osseous structures. These disturbances can create chronic irritation and abnormal points of tension that pave the way for disease and dysfunction.

Visceral Manipulation gently enhances the mobility and tissue motion of the visceral system. These delicate techniques improve the overall health of the body by enhancing the structure of the organs and the systems in which they function.

- Explore the dynamics of motion and suspension in relation to organs, membranes and ligaments.
- Examine the relationship between organs and structural or neuromusculoskeletal dysfunction.
- Assess the quality of functional activity and somatic structures as they relate to an

overall pattern.

- Learn manual skills to locate, evaluate and normalize primary areas of dysfunction within the abdominal cavity with the exception of the deepest visceral layer.

This four-day course offers 24 contact hours. Tuition is \$495 for registrations received at least 30 days before course begins, and \$595 thereafter. Qualified full-time students pay only \$250.

For class dates and locations, see the Course Calendar on page 8. To register call toll-free: 1-800-233-5880. Ask for priority code N0102. E-mail: upledger@upledger.com. Or visit [www.upledger.com](http://www.upledger.com) today.

***"I appreciate that the Visceral Manipulation IA course was structured in such a way as to make the information easily digestible. The teacher was exceptional, and his style makes learning potentially difficult concepts and techniques very easy. The course proved to be a positive learning experience."***

— A.N., Honey Brook, PA

# A Young Accident Victim Finds Relief With CranioSacral Therapy

by Donna Busse, LMT, CST-D

Karen\* is 17 years old. While driving she fell asleep at the wheel, woke up and over-corrected. She hit a wall, spun around and crashed through a building. She had multiple head lacerations, a concussion and a C2 fracture. She was also unconscious for about 45 minutes.

I saw Karen three months after her accident. She was 5 feet, 7 inches tall and very slim. Up until the accident she had been healthy and a good student. When I saw her she was wearing a C-collar that she was



Donna Busse, LMT, CST-D

allowed to take off for short intervals. According to her doctors the fracture was healing well and the lacerations left no visible marks.

Karen's chief complaint was her inability to ride in a car or read due to nausea. She also complained of pain associated with the C2 area. She was unable to attend school or even do the work due to her reading difficulty. Her neurosurgeon told her she would never get any better.

On exam I arced to Karen's temporals and noted an asymmetry of all cranial bones, with decreased ROM on the left side. Her sphenoid was compressed, and there was left torsion and right lateral strain. Her facial bones revealed a right shear, right torsion and compression of the maxillae. Her vomer had a slight right torsion. The left palatine revealed very little ROM and was held in a superior, lateral position. Her zygomas were tight bilaterally but especially on the left. The infrahyoids and suprahyoids were tight, but the retrohyoids were especially so.

After the first treatment, which included balancing the temporals, Karen said she felt immediate relief. She was finally able to read without nausea for a few minutes at a time. Yet the most dramatic changes came after the mouth-work. Once her maxillae, vomer, left palatine and zygomas became balanced and had increased ROM, I addressed the infrahyoids, suprahyoids and retrohyoids. Karen could now ride in a car without nausea and she could read for longer periods of time.

The pain in Karen's C2 area also improved. As the sessions progressed, her cranial bones

demonstrated increased ROM. Her sphenoid was balanced and the zygomas also had an increase in ROM, especially on the left.

Over the course of her therapy, Karen also had several SERs [SomatoEmotional Releases®] that dealt with her anger — about the accident, her neurosurgeon, and especially herself. She had put this anger in her liver in the form of black spots. We dialogued with the spots and came to a peaceful resolution.

With palpation, I also noted the triad of compression. Karen expressed that she was a very unhappy child. As her L5/S1, sphenoid and O-A decompressed, she said, "This is the first time that I have felt joy in my life."

I have seen Karen for 22 visits now, each time for an hour. The first two months the sessions were one week apart, eventually spacing out to a month apart. The cost for CranioSacral Therapy has been \$1,100. Karen's mother said the cost of her previous treatments was well over \$100,000.

When I first saw Karen she wasn't attending high school and wasn't able to read. After self-healing with CranioSacral Therapy, she has graduated with a 3.99 GPA and "Highest Honors." She now attends Washington University in St. Louis on a full academic scholarship.

I think that says it all!

*Donna Busse is a licensed massage therapist certified in CranioSacral Therapy, Diplomate level. She currently maintains a private practice in Cincinnati, Ohio.*

Find out more about CranioSacral Therapy workshops and the UI certification program. Call toll-free: 1-800-233-5880. Ask for priority code N0102. E-mail: [upledger@upledger.com](mailto:upledger@upledger.com). Or visit [www.upledger.com](http://www.upledger.com) today.

\*Name changed to protect confidentiality.

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and let us know.



## Share Your Stories With Colleagues

Help stimulate and educate fellow practitioners of complementary care. Please e-mail your case profiles to [sharon.desjarlais@upledger.com](mailto:sharon.desjarlais@upledger.com).

# Clinical Application Classes for Pediatrics Answer Common Questions

*"When I'm working with children, how do I know when I'm pushing too hard...or too little?"*

According to Rebecca Hunt, OTR, SCP, CST, that's the number one question she hears from CranioSacral Therapists working with children. Two new Clinical Application courses for pediatrics help practitioners dispel those doubts. One focuses on CranioSacral Therapy and SomatoEmotional Release®, and the other on Advanced CranioSacral Therapy.

Both courses team four practitioners with a certified instructor to work on pediatric patients for five days. "The intimate setting allows us to share ideas and really deepen our ability to listen with our hands," Rebecca says. "We all work in multi-therapist sessions, so there's a lot of integrated, hands-on learning." Together they cover topics such as whole-body evaluation, energy cyst release, facilitated segments, fascial glide, dural tube techniques, arcing, and the 10-Step Protocol for pediatrics.

"We discuss every point," she adds. "That way we can demonstrate precisely how the techniques can blend into each therapist's practice."

*"How do I deal with a child who's crying? How do I help the parents?"*

"A lot of what we do here involves educating therapists about sensory integration," says Rebecca, "so they can understand what it's like to be that child — to be in her skin and know how to reach her right where she is. It's about learning to find 'neutral' and becoming so grounded you can hold a space for the child to get her work done, even when she's crying or going through an SER [SomatoEmotional Release®] or Mom is wringing her hands."

*"How do I explain what I'm doing in a way that weaves the parents into the process?"*

Rebecca's 15 years as an occupational therapist allows her to the kind of insight that can only come from hands-on experience. Before joining the UI HealthPlex staff, she developed a pediatric OT program in a hospital, worked as a school OT, and founded a clinic offering CranioSacral Therapy and Sensory Integration to children and adults.

"I encourage therapists to bring some of their most challenging case situations to our classes," Rebecca says. "We put them into a round-table discussion. Then therapists can take what they learn and dig into their work with a fresh perspective."

*"How do I successfully take these skills back to my own pediatric practice?"*

"Our goal is to help therapists work through the types of scenarios that other people who treat a lot of kids have already been through and discovered some answers," Rebecca says. "My passion is to help people get so confident and comfortable with their skills that they can blend with children on a very deep level. That way all their questions get answered."

Find out more about UI Clinical Application courses for pediatrics. To register call toll-free: 1-800-233-5880. Ask for priority code N0102. E-mail: [upledger@upledger.com](mailto:upledger@upledger.com). Or visit us at [www.upledger.com](http://www.upledger.com) today.

## Massage Therapists in Maryland Preserve Right to Practice CST

In September 2001, the Maryland Board of Chiropractic Examiners took up the issue of whether CranioSacral Therapy was in the scope of practice for massage therapists.

With support and collateral information provided by The Upledger Institute and many others, the board voted on December 13, 2001, that certified massage therapists may practice CranioSacral Therapy provided the practitioner's technique complies with the definition of massage therapy in the Maryland code of the Health Occupations article, section 3-5A-01(g), which provides for the use of manual techniques on the soft tissues of the human body.

Congratulations to all those who dedicated their time and effort to this worthy cause.

## Advanced I CranioSacral Therapy

Minneapolis, Minn. – June 25-29, 2001



Back row (l-r): Sinden Maredans, Shiatsu Practitioner; Mary St. Clair, MT; Valerie Schultz, MSSW, NCTMB; Mary Cadieux, RN; Jeannie Tuomi, RMT (preceptor); Cindy Stranahan, NCTMB (preceptor); Hank Meldrum, PT, DMT (instructor). Middle row: Joyce Browning, Energy Work Practitioner; Karen Lucas, LMT; Kelly Watt, NMT; Kathleen Farah, MD. Front row: John Farr, PT, ATC; Diane McDonald, CMT; Timothy Flesch, RN (preceptor).

# Team Approach Helps Bring Toddler Back Into Balance

Christine Payne is 3 years old and adopted. She was diagnosed with athetoid cerebral palsy. For the past two years she has used a walker and spoken very little. “She had a traumatic birth,” says Rebecca Hunt, OTR, SCP, CST. “She was intubated. She came to us not only with balance issues, but also a serious bite reflex and bruxism [tooth grinding]. And she avoided eye contact with strangers.”

Christine was recently a patient in a *Clinical Application of Advanced CranioSacral Therapy for Pediatrics* course taught by Rebecca Hunt. “We worked with her in multi-therapist sessions for four days straight,” Rebecca says. “It was inspiring to watch her progress.”

According to Rebecca, Christine appeared to be “disconnected” from her own body. “She would go into a typical opisthotonic posture, in which she arched her back. The energy in her pelvis and legs, particularly on the right, felt blocked. Right away she went into an SER [SomatoEmotional Release®] that was all about connecting her with her own body and getting her to relax in her spine.”

Christine also had oral motor problems and trigeminal neuralgia. “The nerve involved in trigeminal neuralgia is also the one that gets in trouble with the TMJ and causes the muscles to go into spasm,” Rebecca says. “We perceived it to be an old situation that was being irritated. Her whole system was being maintained in a sympathetic-tone response.”

As the team continued to work with Christine, many of those issues began to free up. “We did a lot of mouthwork,” Rebecca says. “We also addressed the lungs, the kidney and some grief. But there was a lot of work with the basal ganglia. Her foramen was locked up. That was another reason she was having such difficulty.”

Once they completed the mouthwork, Christine began opening up her thoracic and cervical spine. Rebecca also recalls a big decrease in Christine’s bruxism.

“On the third day we dialogued with Christine’s body parts,” Rebecca says, “particularly her eustachian tube, tentorium, falx cerebri and dural tube. She couldn’t speak so we used the craniosacral rhythm as our guide. In Chinese medicine there are a lot of issues regarding the governing vessel and the vessel



“It was intense to watch Christine work,” says team leader Rebecca Hunt, center with Christine Payne, a patient in a recent *Clinical Application of Advanced CranioSacral Therapy for Pediatrics* course. “She was a hard worker. She’s not asleep here but very present and into the work. It was awesome to witness.” Clockwise from Rebecca: Judy McArthur, DC; Maryanne Payne; Norma Hayhurst, RN, CHT; Brenda Rosenberg, PT, CST; and Tamara Blossic, DC. Taking the photo: Irene Kusters-Kooyman, CMT, CST-D.

of conception working together. As we dialogued with Christine’s inner wisdom, we discovered she had a lot of issues about connecting with the governing vessel because of her birth father.”

The team found out later that Christine’s conception occurred at the end of her birth parents’ marriage. Her father didn’t want another child. “We felt there was a big issue about Christine not wanting to be a part of him. And in a way, she cut herself off from a part of herself because of it.”

As they continued to dialogue, the therapists felt Christine reconnecting the masculine and feminine parts of herself. “Ultimately, we could see her becoming more connected to herself,” Rebecca says.

They also dialogued with her tissues to help increase fluidity, particularly in her thorax and foramen. And they dialogued with her hypothalamus about regulating body

temperature. “From there we felt decreased tension in her intracranial membrane system, and a big increase in range of motion in her sutures,” Rebecca says. “There had been some distortion or a shear of the leaves of the falx and tentorium that let go, and her head started loosening up.”

By the last day Christine had not only connected her front and back, but also her right and left sides. “She had a great deal more symmetry overall,” Rebecca says. “And she seemed to completely move past the block we picked up earlier at T12 to reconnect with the energy in her legs.”

The next morning Christine’s mother took her to the beach and sat her at the edge of the water. For the first time the toddler was able to balance herself in a sitting position propped up with her hands — even as the waves jostled her from side to side.

## New Program Certifies Lymph Drainage Therapy Techniques

The Upledger Institute and Bruno Chikly, MD (France), have introduced a new Lymph Drainage Therapy Techniques certification program to help you build skills and promote your practice.

Lymph Drainage Therapy (LDT) is an original, hands-on method of care developed by Dr. Chikly. It offers a highly efficient method of working with the crucial lymphatic fluid system. While its concepts are based on traditional procedures, Lymph Drainage Therapy is the first modality to teach you how to manually attune to the specific rhythm, pressure, quality and direction of the lymph flow by using a combination of



Bruno Chikly, MD  
Developer of Lymph  
Drainage Therapy

precise anatomical science and distinct manual techniques.

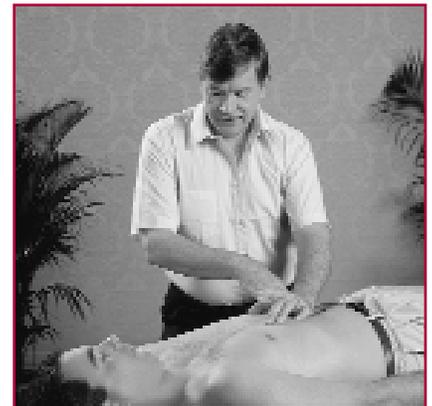
The new certification program includes two written exams, one hands-on practical, the submission of case studies, and a presentation or published article on LDT. Participants should review all techniques and study guides from prior LDT courses. Dr. Chikly also requires viewing the Dissection of the Human Lymphatic System videos, and reading his new book *Silent Waves: Theory and Practice of Lymph Drainage Therapy*.

Tuition is \$250. Prerequisite: Advanced Lymph Drainage Therapy. To register or for more information, call toll-free: 1-800-233-5880. Ask for priority code N0102. E-mail: [upledger@upledger.com](mailto:upledger@upledger.com). Or visit [www.upledger.com](http://www.upledger.com) today.

## New One-Day Class: Treatment and Self-Treatment of the Fascial Link

Are you an Advanced Mechanical Link alumnus? Come learn to effectively treat yourself and achieve remarkable results. The one-day course — in San Francisco Sept. 9, 2002 — teaches a specific protocol using phase 1 of the Recoil technique on three functional units that encompass the whole body: (1) intraosseous lines of force, (2) arteries, and (3) dermis. In certain cases, specific organs of the body will also be treated.

The primary objective? "To improve the flexibility of the connective tissue that influences all major and vital functions of the body," says Mechanical Link developer Paul Chauffour, DO. "By learning *Treatment and Self-Treatment of the Fascial Link* to initiate and



Paul Chauffour, DO  
Developer of Mechanical Link

reinforce vital energy, you can help yourself and your patients achieve whole-body balance, enhance good health, and diminish physical and mental pain."

While Paul agrees aging is inevitable, he also believes we can slow the speed of degeneration by using this inherently logical physical procedure. Applicable for all ages, he says the technique is particularly effective on those over 50 without contraindications. It can also help optimize athletic performance and decrease the frequency of injuries common to sports, such as sprains and tendon ruptures.

Tuition for the workshop is \$150. Space is limited so reserve yours today. Call toll-free: 1-800-233-5880. Ask for priority code N0102. E-mail: [upledger@upledger.com](mailto:upledger@upledger.com). Or visit [www.upledger.com](http://www.upledger.com) today.

## Advanced I CranioSacral Therapy

Lucerne Valley, Calif. - July 30-Aug. 3, 2001



Back row (l-r): Gary Gailius, MT; Chas Perry, PhD, CST-D (instructor); Claire Hadley-Davis, MT (preceptor); Rhea Jacobson, PT; Lois Riley, CMT; Patricia Alomar, MS, PT; Marilyn Mountain, PT. Front row: Elizabeth DeLaBarre, Reiki Master; Cristiana Durante, LMT, CST; Sarah Woodard (preceptor); Samantha Vickery, OTR; Marigael Morris, CMT; Diane Petrie, PT.

## New and Renewed CEUs

**USA:** 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), CranioSacral Therapy II is offered for 2.4 CEUs (Intermediate Level, Professional Area) and CranioSacral Therapy for Pediatrics is offered for 2.4 CEUs (Intermediate Level, Professional Area). ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures. Please call to confirm class eligibility.



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

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

**Florida:** Massage Therapists can earn CEUs for Strain/CounterStrain, Clinical Application of CranioSacral Therapy, Clinical Application of CranioSacral Therapy and SomatoEmotional Release, Clinical Application of Advanced CranioSacral Therapy, and BioAquatic Exploration Advanced CranioSacral Therapy.

**Florida:** Physical Therapists can earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I, and Lymph Drainage Therapy I.

**Hawaii:** Chiropractic Physicians can earn CEUs for CranioSacral Therapy I.

**Michigan:** Chiropractic Physicians can earn CEUs for CranioSacral Therapy I & II, and CranioSacral Therapy for Pediatrics.

**Minnesota:** Physical Therapists can earn CEUs for CranioSacral Therapy I & II, Visceral Manipulation IA, and Lymph Drainage Therapy I & II.

**Ohio:** Physical Therapists can earn CEUs for CranioSacral Therapy I & II, Visceral Manipulation IA, and Lymph Drainage Therapy I & II.

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## Milestones

### Congratulations and Well Wishes

UI has named the following certified instructors:

- Diego Maggio, DO, CST-D: *Advanced I CranioSacral Therapy*
- LuviaJane Swanson, DC, CST-D: *CranioSacral Therapy I*
- David Halfon, LMT: *Clinical Application of CranioSacral Therapy*
- Michael Morgan, LMT, CST-D: *CranioSacral Therapy II*
- Sheryl McGavin, MBA, OTR/L: *CranioSacral Therapy I*
- Eric Moya, LMT: *CranioSacral Therapy I*

### New Certified CranioSacral Therapy Teaching Assistants

- Mary Lee Buschur, LMT, CST
- Gina Green, LMT, CST
- Norma Hayhurst, RN, CST
- Rebecca Hunt, OTR, SCP, CST
- Irene Kusters-Kooyman, CMT, CST-D
- Michael McConnell, LMT, CST
- Ethel Nelson, PT, CST
- Lauri Rowe, MA, CST
- Constance Meyer Perretta, LMT, CST
- Anna Wiedeler, PT, MS, CACST

### Now Certified in CranioSacral Therapy

#### Diplomate Level:

- Coen Blom, CST-D
- Tineke Brackel, CST-D
- Gayle Mya Breman, MSW, LMT, CST-D
- Donna Busse, RRT, LMT, CST-D
- David Cook, DO, CST-D

- Conny Dieleman, CST-D
- Marion Douffet, CST-D
- Marian Hoek, CST-D
- Moche Hogerzeil-Muller, CST-D
- Jaap Keyzer, CST-D
- Jeanne Luyten, CST-D
- Sheryl McGavin, MBA, OTR/L, CST-D
- Heleen Mossel, CST-D
- Eleonore Simons-Van Hall, CST-D
- Karin van Deelen-Wortman, PT, CST-D
- Arjen Wortman, CST-D

#### Techniques Level:

- Brenda Aufderhar, RN, CST
- Marty Austin, LMT, CST
- Mary Lee Buschur, LMT, CST
- Fiona Gilbraith, CST
- Jonathan Gore, DO, CST
- Kristiane Heidrich, PT, CST
- Rebecca Hunt, OTR, SCP, CST
- Jill K. Mabry, LMT, CST
- Maria Salvacion S.B. Montes, PhD, CST
- Brendanne Phillips, CST
- Brenda Pulvermacher, CST
- Lauri Rowe, MA, CST
- Mariann Sisco, PT, CST
- Donna Spears, LMT, NMT, CST
- Jaala Spiro, RMT, CST
- Ann-Margaret Whittle, MCSS, CST
- Keira Ufalusi, LMT, CST

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

- Lisa-Nicole Sandles, LLCC