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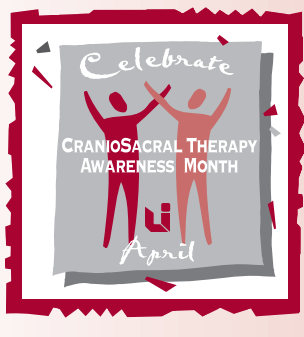
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Celebrate International CST Awareness Month!

Join us at Beyond The Dura '99 to crown the world's first CranioSacral Therapy Awareness Month.

Designated for the month of April by The Upledger Institute and its international satellites, CST Awareness Month will set the stage for a yearly educational effort aimed at promoting the benefits of CranioSacral Therapy to therapists and consumers worldwide.



The Upledger Institute, Inc.®
 11211 Prosperity Farms Rd., D-325
 Palm Beach Gardens, FL 33410-3487
 1-800-233-5880, ext. 8914
 (561) 622-4334 • Fax: (561) 622-4771
 Website and Message Center:
<http://upledger.com>
 E-mail: upledger@upledger.com

UpDate

A Publication of The Upledger Institute, Inc.®

Author and Scientist Valerie Hunt to Present at Beyond The Dura '99

April 28 - May 2, 1999 • Jupiter, Florida

Author of *Infinite Mind: Science of the Human Vibrations of Consciousness*, Dr. Valerie Hunt will join an impressive list of healthcare professionals to help set the inspirational tone for Beyond The Dura '99. This sixth international research conference sponsored by the nonprofit Upledger Foundation is expected to draw hundreds of therapists together to explore new concepts in body-mind medicine.

Recognized worldwide for her pioneering work in the area of human energy fields, Dr. Hunt has been credited as "the first to discover vibrational patterns during pain, illness and disease, and in emotional and spiritual states." In showing scientific evidence of individual energy-field signatures, she has demonstrated — in objective, repeatable measurements — proof of changes that occur in these electromagnetic fields during interactions with others, and under various environmental conditions.

She presented the world with its first comprehensive model of the human energy field in her book *Infinite Mind*, which was based on 25 years of electronic field research and extensive clinical studies.

With advanced degrees in psychology and physiological science from Columbia University, Dr. Hunt has served as a professor at Columbia University, the University of Iowa, and the University of California at Los Angeles. Today she remains known as a frontier thinker and gifted speaker whose penetrating ideas reflect her rich background as a scientist, mystic, clinician and philosopher.

Dr. Hunt will conduct the BTD '99 keynote presentation, a hands-on workshop and a book-signing session. She'll be joined by a roster of renowned speakers scheduled to present other thought-provoking lectures, demonstrations and panel discussions:

- Former Congressman, Honorable Berkley Bedell — *The Freedom of Access to and the Promise of Alternative Medicine*
- Alaya Chikly, CMT — *Heart-Centered Therapy and Emotional Spiritual Viruses*
- Bruno Chikly, MD (France) — *Body Rhythm Changes in Different States of Consciousness*
- Russell A. Bourne, Jr., PhD — *Consciousness, Self and Communication*
- Roy Desjarlais, LMT, CST-D — *Conscious Presence as a Healing Modality*
- Father Leo Hoar — *Spiritual Energy Brings About Holistic Healing*
- Barry Kaplan, MD — *Attending to Patients With Life-Threatening Illnesses*
- Avadhan Larson, LAc, LMT, CST-D — *Integration of Acupuncture Concepts Into CranioSacral Therapy*
- Alice Quaid, PT, CST-D — *All About Kids*
- Cathy Pliscof, PT, CST-D — *Pediatrics: An Intensive View*
- Suzanne Scurlock-Durana, MsT, CST-D — *The Role of Mind-Body-Spirit Self-Awareness in the Healing Process*
- John E. Upledger, DO, OMM — *The Brain Speaks, and Body Fluid Compartments*

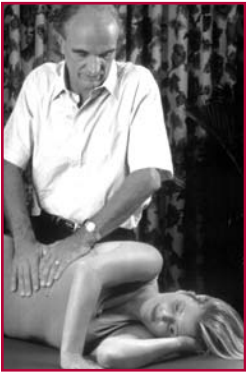
Proceeds from Beyond The Dura '99 will benefit the nonprofit Upledger Foundation, which helps

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**Call
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Visceral Manipulationsm Curriculum Maximizes Learning

More than a decade ago, French osteopath Jean-Pierre Barral began teaching his original techniques that focused on the visceral system to normalize health. As the research grew, so did the need to organize his material into a comprehensive learning program. He accomplished that with the help of Frank Lowen, MT, who



Jean-Pierre Barral, RPT, DO, demonstrating his VM techniques.

suggested he order the courses in an innovative way.

The curriculum takes you back and forth between classes that emphasize academics and those that focus on the experiential and conceptual to reinforce that informational framework. According to Frank, the result is a program for

learning that mirrors the VM techniques themselves.

“When we see Jean-Pierre engage in a manipulation, we do not just see movement following a pre-determined, rigid pathway,” says Frank, director of UI’s Visceral Manipulation program. “Rather, we see movement that follows and engages various activities and reactions of the body. This contains elements of ordered linear intention as well as many individual, unpredictable tissue responses.

“It’s a shifting collaboration, as various factors are awakened and respond, each in their own manner and in shifting degrees within the patient’s body.”

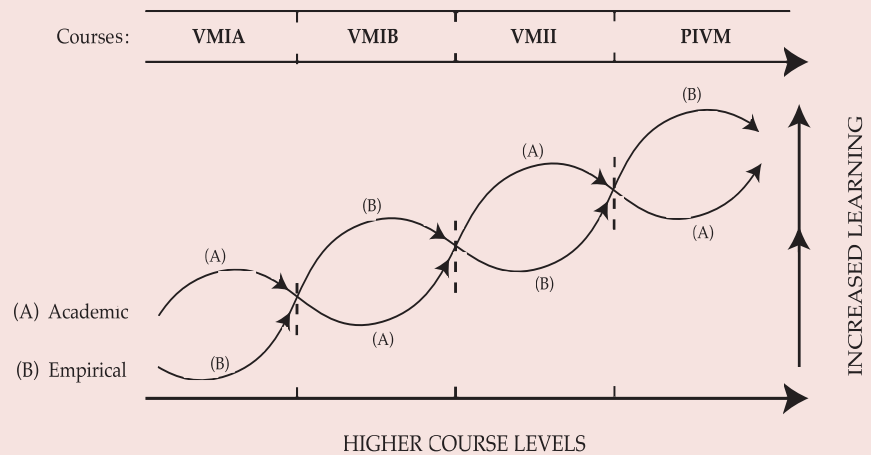
Because the techniques are so complex, Frank believes a major focus of the program must be a structured framework of reference by which to guide therapeutic intentions — and through which practitioners can evaluate the effects of their work. “But we must also work with models for creating interactions that are not as predictable,” Frank says.

“The random factor is just as important as the structured framework, and that’s why we emphasize both aspects in the program. It’s all a part of what occurs when you engage the body’s forces.”

The VM Program Structure

(A) Emphasizes more academic/linear concepts (binary models). The focus is on isolated anatomy and localized biomechanics (basic components and direct techniques). This particular format is primarily used in courses that introduce new body areas from a Visceral Manipulation standpoint.

(B) Emphasizes more abstract, empirical, non-linear concepts (analog models). The focus here is on interrelated anatomy, with steps to better consolidate the material learned at previous courses by integrating theory with interactive techniques.



VM “Listening” Course Strengthens Skills

In the progression of classes, Visceral Listening Techniques (VLT) appears early in the VM program. Its only prerequisite is VMIA. Yet curriculum director Frank Lowen believes it may well be one of the most crucial classes — not just for new practitioners but for



Frank Lowen, MT, uses his listening skills to identify kidney problems in a demo patient.

even the most advanced therapists.

In simple terms, VLT teaches you how to choose which organs to work on, what other body structures are involved, and which approach and amount of force would best normalize those areas.

Yet that’s just where the procedure begins. “Listening is really about focusing,” says Connie Comer, LMT, a former class participant. “It’s about staying with the process and opening up to the phenomenon. It takes concentration but it definitely improved my skills.”

Frank believes other practitioners might also be listening, and he hopes they’re getting the full message.

“Visceral Manipulation is based on your ability to monitor the body’s internal responses,” he says. “You’re not just interacting with the patient, you’re interacting with your patient’s interactions.” VLT teaches you how to adjust your treatments appropriately.

“Fortunately,” Frank says, “it’s never too late in your training to strengthen those skills.”

Please see Course Calendar on page 9 for a schedule of upcoming VLT classes.

The Changing Face of Pediatrics

As a society, Americans are used to seeing trends pass. Decades slide by and take with them popular pastimes, dances, even clothing. So it should come as no surprise to find the same holds true for the practice of pediatrics — many see the hyperactivity of the '70s as the attention deficit disorder of the '90s.

Yet occupational therapist Lynne Ganz believes, despite changing names, the symptoms often remain the same. The good news is, whatever the diagnosis, her treatment of choice also remains effective.

"I've been practicing for 25 years," Lynne says. "Almost 90 percent of my caseload is pediatrics, and nearly all the kids I see come in with sensory integration problems." Those symptoms in preschoolers tend to be problems with certain textures of food and clothing, gross- and fine-motor coordination, speech and language skills, and social/emotional abilities. "The more severe cases will exhibit stereotypical autistic symptoms, like hand flapping and lack of eye contact," she adds. "But more and more, these kids are being diagnosed with P.D.D. [pervasive developmental delay]."

In the case of P.D.D., children exhibit the symptoms of sensory integration problems with an added criterion: the difficulties must be evident within the first five years of life. Yet no matter what the condition is called, Lynne warns that the bottom line is, "you shouldn't get caught up in the name. Labels can change for a lot of reasons, and they certainly serve their purpose. But the most important point is to treat what you find."

That's why Lynne says she almost always relies on CranioSacral Therapy as her first modality of choice. "No matter what the presenting symptoms are, when you peel back the layers you almost always find a foundation of cranial problems."

Lynne has been practicing CranioSacral Therapy since the early '90s. She was recently

accepted into the teacher-certification program for UI's CranioSacral Therapy for Pediatricssm course developed by Dr. John Upledger.

"Probably 80 percent of my practice now involves CST," Lynne says. "It's more basic to the body than any other technique I've seen. I also find it complements more traditional pediatric techniques, as well as sensory integration and NDT [neurodevelopmental therapy]."

Lynne stresses that she keeps an open mind and uses whatever modalities seem most appropriate for each particular child. But she almost always starts her sessions with

the CST techniques of arcing and blending.

"The CST process quickly gives me more information about how to proceed to the next step," Lynne says. "It allows me to tap into the inner wisdom of these children, who know their bodies far better than I possibly could. So I use CST to plan my protocol and refine my understanding of what techniques need to be used."

Lynne adds, in terms of pediatrics, "CST is both efficient and effective because it often gets to the core of the problem. If a youngster comes in with an oral motor problem or reflux, for instance, you can use a variety of treatment

modalities. But if his cranial base is tight, those other techniques are going to be nothing more than Band-Aids."

She illustrated her point with the case of 2-year-old Sean. "He came to me with a diagnosis of failure to thrive, and he had a nasal gastric tube due to severe reflux. He presented with hyperactivity, gross- and fine-motor delays, speech and language delays, oral-motor delays and, interestingly, a decrease in ROM [range of motion] in the neck, and 15 to 20 degrees of lack of full flexion in the right shoulder.

"I started our first session using the tools of arcing and blending that Dr. John teaches.

I concentrated mainly on releasing his cranial base because it was so tight. After the first session he got about 7 degrees of improvement in shoulder flexion, which allowed for improved fine-motor and ADL [activities of daily living] control.

"By the third session I was able to get his cranial base released and his doctors were able to pull his nasal gastric tube out. This was significant because they had planned to surgically insert a gastric tube, which is a very invasive procedure. Thankfully, he was able to avoid that. We also saw Sean's hyperactivity decrease and his developmental delays improve.

"I think the key was the cranial base release, and then continuing to work with his whole craniosacral system. It just follows Dr. John's theories so well, that dysfunctions in the cranial base can cause problems with reflux and colic because it puts pressure on the vagus nerve, which innervates the digestive system."

Lynne cited another example of CST at work in the case of 9-month-old Chris. "He was also referred because of reflux problems, but he had a significant birth history. They had to use vacuum extraction on him five times during delivery. His mother is a nurse so it was particularly hard on her. She knew this had to happen to bring Chris into the world, but at the same time she was acutely aware of how it could hurt his body systems.

"When Chris came to see me, he presented with colic, he was very irritable, he was developmentally delayed and had a misshapen head. I spent time working with him using structural CST techniques, but he also underwent a significant SER [Somato-Emotional Release] the last time I saw him.

"As a therapist, when you treat babies you are often treating the entire family, so I was dialoguing with Chris and his mother at the same time. She went through her own SER yet she was still able to stay with the process. That was profound because there was so much structural and tissue trauma releasing from the area of the vacuum extraction at the top of Chris' head.

"A week later his mother called me and thanked me profusely. Chris no longer has colic, he's not irritable any more, and he's generally a much happier baby."

"That's why I love this work," Lynne says. "Personally, I think every child needs at least one cranial session." She smiles. "Even the ones labeled 'healthy.'"



Lynne Ganz, OTR/C, routinely practices CST on her pediatric patients.

Profile of an Upledger Family

It's been a long and winding road for UI Curriculum Director Kathy Lewis-Woll and her husband, Craig Woll, LMT.

Craig practices Neuromuscular Therapy at UI HealthPlex Clinical Services downstairs from Kathy's office in administration. But the journey began in Michigan 14 years ago at Mountain Jack's Restaurant. The pair worked side by side with John Matthew Upledger, then a typical college student and today chief executive officer for the company founded by his father, Dr. John Upledger.

Though they'd been friends, it was sheer coincidence that brought Kathy and Craig to Florida's Palm Beaches within two weeks of John Matthew. "We lost touch after Mountain Jack's," Craig says. "Then purely by chance we found out John had moved here about the same time we did when he started working at the Institute, so we got in touch."

That gathering of old friends led to an invitation for Kathy to work part-time at the Institute while she continued to look for a full-time position. It didn't take her long, however, to realize the Institute held the vision she was searching for in an employer.

"I remember thinking my career wouldn't be so much about what I would do as who I would be doing it with," Kathy says. "I had a broad background in fields ranging from politics to property management. But I wanted to work for a company that meant something to me. That's what I value about The Upledger Institute. We teach people to help others feel better."

Kathy admits she didn't know much about complementary healthcare at first. "But as I became more involved in what we did here, it became harder and harder to ever think about doing anything else."

She has proven that point in the decade since her chance beginning at UI. From the days when she sat alongside eight employees to answer telephones, stuff envelopes, hand-record registrations and work with a single data-entry computer, Kathy went on to earn her master's degree in business administration, help forge a national headquarters of more than 70 employees and 1,000 field associates, and shape an impressive computer database of hundreds of thousands of records.

Now she is responsible for coordinating all departmental activities whenever program

directors need to make changes or bring in new classes. It's a complex job, and she performs it with the skill and insight that comes from working her way up from the ground floor.

Yet it was her latest project with husband Craig that remains her most successful. On May 19, 1998, they proudly welcomed into the world their first child together: Adam Lewis Woll.

And the journey continues.

Top photo: The Wolls at the Beyond The Dura '97 dinner dance, where Craig exhibits the flair of the retro-'70s disco theme.

Bottom photo: Born May 19, 1998, Adam Lewis Woll is just pleased to be here.



Therapist Follows Road Map to Results

Like so many therapists, Craig Woll, LMT, was drawn to his career through his own sense of pain. "I had two back surgeries in the '70s and never really got the relief I expected from them," he says.

When Craig moved to South Florida with Kathy Lewis-Woll, John Matthew Upledger suggested he come to The Upledger Institute for therapy instead of relying on muscle relaxers to relieve his pain.

"So I was helped by a therapist here who did CranioSacral Therapy, deep-tissue massage and acupuncture," Craig says. "I saw him six or eight times, and I haven't had any serious back pain in half a dozen years."

That short-term therapy gave Craig a taste for something he felt he could do at the high level of intensity with which he liked to work. "I was brought up to believe that, even if you're going to be a street sweeper, be the best there is," Craig says. "I felt sure people would want their body-worker to have that same commitment to his work."

So while running a pressure-cleaning business during the day, Craig earned his massage therapy license by attending

school at night. Then in 1995 he joined his wife Kathy at The Upledger Institute, where he worked in the Educational Services department while conducting his own therapeutic out-calls.

That's when he started exhibiting a special talent for applying deep-tissue Neuromuscular Therapy in meticulously outlined protocols.

"There's a road map to the work," he says. "You look at a person, you chart him based on what you see in his body, and then you decide what muscles to work on. I'm very left-brained, so that was easy for me to assimilate."

Now when asked who his perfect patient would be, he says, "Someone who has a specific pain problem or limited range of mobility, and who is open to a rather brief treatment process." According to Craig, who now practices at UI HealthPlex Clinical Services, six to 12 visits will generally take care of a problem from an NMT point of view.

"I want to solve the problem, then have the patient smile, get up off the table and say good-bye." He chuckles. "I like to see people who don't want to see me anymore."

UI Now Accepting Applications for Teaching Assistants in Pediatrics Course

With a growing number of CranioSacral Therapy for Pediatricssm courses planned for the coming year, UI is now taking applications from experienced CST practitioners who would like to work with this specialized market.

If you currently assist in UI's CranioSacral Therapy courses — or would like to — and you have experience working with children, please send a letter detailing your background and interest to: TA Program Coordinator, The Upledger Institute, 11211 Prosperity Farms Rd., D-325, Palm Beach Gardens, FL 33410-3487.

Bienestar[®] Accepts UI's Certification Standard

International health organization Bienestar has announced that it is recognizing UI's certification as its credentialing standard for CranioSacral Therapy. The company is now waiving the \$150 application fee for UI-certified therapists who join its network of practitioners.

Dedicated to the mission of empowering people to take control of their own health, Bienestar offers information, tools and services to help them develop and implement personal pathways to well-being. By promoting an integrative approach to body, mind and spirit, the company enables its members to live happier, healthier lives.

For details, please call Bienestar's Nancy Herman or Neil Eisenberg at (914) 688-2878.

International Energy Medicine Society Recognizes the Work of Dr. John Upledger

Renowned clinician, researcher and trailblazer in the field of complementary medicine, John E. Upledger, DO, OMM, was awarded the 1998 Alyce and Elmer Green Award for Excellence at the eighth annual International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) conference. The award was presented by ISSSEEM President Jeff Levin, PhD, MPH, for Dr. Upledger's "pioneering efforts in subtle energies exploration and lifelong dedication to education."

ISSSEEM is an interdisciplinary organization for the study of the basic sciences of subtle energies and energy medicine, along with their medical and therapeutic applications.

The society's award is named after Elmer Green, PhD, and his late wife and colleague Alyce Green. Together, they authored *Beyond Biofeedback*.

Dr. Green, who helped establish ISSSEEM, is also director emeritus of the Menninger Center for Applied Psychophysiology.

Author and Scientist Valerie Hunt to Present at BTD '99 (continued from front page)

subsidize special treatment programs for patients in need. The Foundation also sponsors numerous research projects in the field of complementary healthcare, including those involving dolphin-assisted therapy, post-traumatic stress disorder, organ transplants, the treatment of newborns, and the enhancement of self-esteem in children. (Please see page 6 for the latest update on

The Upledger Foundation.)

BTD '99 will take place at a luxurious beachfront site featuring heated pool, fitness center, tennis courts, game room, sailing, jet skiing, windsurfing, fishing and snorkeling.

Call today about discounts on BTD '99 conference registration and airfares: 1-800-233-5880, ext. 8914 (N. America) or 1-561-622-4334, ext. 8914 (worldwide).

CST in Hong Kong



Instructor Judy Blix, BS, RPT, and Teaching Assistant Carol McLellan, CMT, conducted UI's first class in Hong Kong in April, 1998. Participants appeared to be especially enamored with Dr. Upledger's Vector-Channeling techniques.

The Upledger Foundation UpDate *by John E. Upledger, DO, OMM*

The nonprofit Upledger Foundation was established in 1985 to explore new avenues in health and well-being. Our vision began with the subsidizing of therapy for patients who desperately needed it, and has since expanded to include research projects that promise to bring us to a new level of understanding.

Following is an update on some of the critical programs being explored by The Upledger Foundation. They are all supported by your tax-deductible donations.

- **Dolphin-Assisted Therapy**

In 1996, UI therapists worked on severely afflicted patients in the water side by side with dolphins. The results were so remarkable, we're now working on two other major projects.

One program would involve working with dolphins off the coast of Andros Island, Bahamas. To accomplish this, we would need to acquire a boat suitable for transporting and sleeping about a dozen therapists and patients, along with at least two massage tables. Several boat builders have estimated the cost to be between \$200,000 - \$225,000.

Additionally, we've secured an agreement in principle with the Sea Aquarium on the island of Curaçao in the Netherlands, Antilles, to provide open access to their dolphins for a research project. We'd like to treat 20-40 patients who would be evaluated by an independent physician before and after a one-week residential dolphin program. We hope to initiate this innovative treatment program by the spring of 1999.

The per-patient cost could easily approach \$10,000, and it will be necessary to objectively demonstrate positive patient outcomes to ensure continued support.

- **Post-Traumatic Stress Disorder**

This condition, also known as PTSD, can be experienced by anyone who has faced a life-threatening situation, such as war, rape, accident, natural disaster or childhood sexual abuse. Indeed, a 1995 national survey asserted that nearly 1 in 12 adults in the United States has suffered from PTSD at some time in his or her life.

Fortunately, PTSD patients have shown marked improvement through the use of CranioSacral Therapy and its therapeutic offshoots. In 1993, The Upledger Foundation held a two-week, intensive therapy program

for six Vietnam veterans. Now we're interested in repeating that successful program. The cost would be approximately \$60,000. We also plan to initiate specialized training for therapists who could then work at Veterans Affairs centers under our supervision.

Presently, we're involved in conversations with the Adam Walsh Foundation regarding a pilot project using CranioSacral Therapy (CST) and SomatoEmotional Release (SER) on children who have undergone traumas such as kidnapping and sexual abuse. I believe we could help restore a significant degree of normalcy to their lives very quickly. (I even envision co-treatment with dolphins as a strong possibility with tremendous potential in the treatment of PTSD.) Costs would be comparable to those noted above.

- **Organ Transplants**

In the Summer 1998 *IAHP Connection* newsletter, I shared my thoughts on how evidence is beginning to suggest that transplanted organs may carry with them some of the consciousness, personality and character of the donor.

I've had some limited experience with this phenomenon. Now I'd like to apply our techniques of CST, SER and dialogue to study other organ recipients. It seems feasible that some rejection problems may actually be due to rejection of the donor consciousness by the recipient on an energetic/spiritual level. I believe our therapeutic techniques could help ease that process.

At present, we're in contact with a recipient support group with which we may begin work. It is our goal to conduct a pilot project similar to that completed (and proposed) for the Vietnam veterans. The program cost is approximately \$60,000.

- **The Treatment of Newborns**

During my eight and a half years as a clinician-researcher and Professor of Biomechanics at Michigan State University's College of Osteopathic Medicine, I did a significant amount of work with brain dysfunctioning children. We explored a full range of problems, including dyslexia, seizures, A.D.D., cerebral palsy, autism, delusional states and terrors.

At the time, the supervisor of special education for Genessee county estimated that about 1 in 20 children in the Michigan public school

system suffered some sort of brain dysfunction. My investigations showed that at least half of these problems were related to dysfunctions of the craniosacral system.

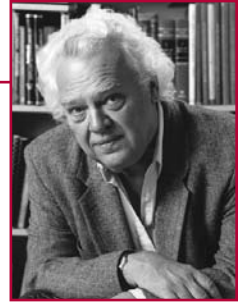
Further investigation strongly suggested that more than half of their craniosacral system problems originated either in utero, during the birth process or shortly thereafter. This suggests that at least 25% or more of those brain dysfunctions might be averted if the newborn received craniosacral evaluation and treatment, preferably within the first few days after delivery.

If done during that time frame by a skilled therapist, the evaluation process would take about 15 minutes, and the majority of birth injuries and birth traumas could be handled in just a few treatment sessions. Left untreated for five years or so, the same problems might require more than 10 to 20 hours of hands-on therapy. In any case it is definitely worth the effort, since CranioSacral Therapy is virtually risk-free when done with average skill and diligence. And the sooner the problem is corrected, the happier are the years of early development.

In 1997, we began a study at a Norway hospital in which newborns received craniosacral system evaluations and treatments within the first few days of delivery. Presently, we're negotiating for similar studies at three hospitals in the U.S., whose physicians have become interested in CST from nurses who were performing it on distressed newborns — and achieving distinct improvements. The two areas that have received the most attention are breathing problems and colic.

As part of this project, we're willing to train midwives, obstetrical nurses and parents, as well as interested physicians. At each site, a pediatric neurologist is needed to do conventional pre- and post-treatment examinations. Statisticians will also be needed to help us compare the results with infants outside the study. Ideally, we'll be able to follow these children for three to five years.

Though the precise financial needs cannot be determined at this point, we need both political and financial support for this important project to progress.



- **Defusing Violence by Enhancing Self-Esteem, Self-Worth and Self-Image**

We're involved in several programs that could help reduce violence by enhancing the concepts of self-esteem, self-worth and self-image.

First, we've had success instituting techniques of positive touch and intention in preschool children at select childcare centers. Independent pre- and post-study ratings indicated a 17% improvement in the area of social skills, and a 9% reduction of behavioral problems. We believe this is but a small measure of the success that can be achieved by enhancing the self-esteem, self-worth and self-image of children.

- **ShareCare®**

This one-day workshop for the general public teaches a few simple techniques that empower the participants to connect with others as they help alleviate pain. The average cost of holding a ShareCare is \$1,000 to \$2,000. We currently charge a \$50 admission fee to cover these expenses and administrative costs, but we'd also like to be able to offer them free of charge to those who cannot afford the tuition. If you wish to sponsor ShareCare days for people who could otherwise not attend, it would be most appreciated.

- **Subsidizing Patient Care**

The Foundation continues to subsidize qualified patients who need financial assistance in order to participate in a variety of intensive therapy programs. The programs include those addressing brain and spinal cord dysfunction, learning disabilities, autism, therapist rejuvenation, post-traumatic stress disorder and pain.

- **In Summary**

All these projects require an intense investment of time, energy and funds. The contributions you make to The Upledger Foundation help make these programs possible. You may designate your gift for a specific project if you wish. Whatever the amount of your gift or good intention, your support is greatly appreciated. To help, please call 1-800-233-5880, ext. 8914.

The Upledger Foundation is a charitable organization under section 501 (c)(3) of the Internal Revenue Code. Your donation is fully deductible for income tax purposes. A copy of the official registration and financial information may be obtained from the division of consumer services by calling toll-free 1-800-HELPFLA within the state. Registration does not imply endorsement, approval or recommendation by the state.

The UI HealthPlex Clinical Services

This Intensive Therapy Programs schedule includes Nov. 1, 1998, through Dec. 31, 1999:

**Learning-Disabled Children:
Facilitating Success**

One-week programs:

Mar. 29-Apr. 2, 1999
Aug. 9-13, 1999

**Brain & Spinal Cord
Dysfunction: Improving
Structure and Function**

Two-week programs:

Nov. 9-20, 1998
Dec. 7-18, 1998
Jan. 4-15, 1999
Jan. 18-29, 1999
Feb. 8-19, 1999
Feb. 22-Mar. 5, 1999

Mar. 8-19, 1999

Apr. 5-16, 1999

May 3-14, 1999

May 24-June 4, 1999

June 7-18, 1999

June 21-July 2, 1999

July 12-23, 1999

Aug. 16-27, 1999

Aug. 30-Sept. 10, 1999

Sept. 20-Oct. 1, 1999

Oct. 4-15, 1999

Oct. 25-Nov. 5, 1999

Nov. 8-19, 1999

Dec. 6-17, 1999

One-week programs:

Nov. 30-Dec. 4, 1998

Nov. 29-Dec. 3, 1998

Re-check programs:

Apr. 19-23, 1999

Sept. 13-17, 1999

**Therapist Rejuvenation:
Replenishment and Renewal**

One-week programs:

Feb. 1-5, 1999

May 17-21, 1999

Aug. 2-6, 1999

Oct. 18-22, 1999

**Autism: Initiating
Developmental Gains**

One-week program:

July 26-30, 1999

New Courses Give Clinical Practitioners Professional Feedback

The Upledger Institute has introduced three new courses that allow practitioners to work alongside a Diplomate-certified CranioSacral Therapist — and receive immediate feedback that can help refine their skills.

"It's a wonderful way to help therapists sharpen their techniques and boost their sense of confidence," says Lisa Upledger, doctor of chiropractic with UI's HealthPlex Clinical Services and developer of the supervised training programs. "Basically, we work together on clinical patients in multihands and one-on-one sessions. Then we immediately sit down and share our thoughts."

That quick evaluation has proven especially valuable in covering some of the more elusive



Dr. Lisa Upledger applies CST to an infant with the help of his mother.

concepts of CranioSacral Therapy and SomatoEmotional Release, such as blending and delving deeper into the tissues. But Dr. Upledger is quick to add, "It's a completely open format,

so we're free to explore any area of the therapy and techniques the practitioner is interested in. Each course is limited to only four participants, so everyone gets personal attention with plenty of time for questions and answers."

The response to the new courses has been enthusiastic. "I was delighted to receive so much hands-on work, and so much assessment and encouragement concerning my skills," says Donna Patterson, LMT, CNMT. "It's exactly what's been needed at every level of my learning."

Find out how these clinical-applications courses can help you in your practice. Please call Educational Services at 1-800-233-5880, ext. 8914, to apply.

- **Clinical Application of CranioSacral Therapy**
Prerequisite: CranioSacral Therapy II
- **Clinical Application of CranioSacral Therapy and SomatoEmotional Release**
Prerequisite: SomatoEmotional Release® I
- **Clinical Application of Advanced CranioSacral Therapy**
Prerequisite: Adv. I CranioSacral Therapy

Each Course: 5 Days, 30 Contact Hours
Enrollment Limited to 4
Tuition: \$800

Course Calendar: Nov. 1, 1998 - Nov. 1, 1999

Workshop space is limited. Call today to register: 1-800-233-5880, ext. 8914.

Upledger CranioSacral Therapy® I

Adelaide, Australia – July 1-4, 1999
 Albany, NY – March 13-16, 1999
 Albuquerque, NM – March 25-28, 1999
 Allentown, PA – April 8-11, 1999
 Anchorage, AK – Oct. 7-10, 1999
 Appleton, WI – Dec. 10-13, 1998
 Atlanta, GA – Oct. 14-17, 1999
 Atlantic City, NJ – June 17-20, 1999
 Auckland, New Zealand – Nov. 27-30, 1998
 Austin, TX – June 10-13, 1999
 Baltimore, MD – March 18-21, 1999
 Bend, OR – Nov. 5-8, 1998
 Big Island, HI – April 15-18, 1999
 Boston, MA – Dec. 3-6, 1998
 Boston, MA – April 15-18, 1999
 Boston, MA – Aug. 19-22, 1999
 Boulder, CO – Aug. 5-8, 1999
 Bozeman, MT – March 4-7, 1999
 Buffalo, NY – March 11-14, 1999
 Burlington, VT – July 15-18, 1999
 Calgary, AB – Feb. 4-7, 1999
 Charlotte, NC – Oct. 21-24, 1999
 Charlottesville, VA – Dec. 12-15, 1998
 Charlottesville, VA – June 10-13, 1999
 Chicago, IL – June 10-13, 1999
 Chicago, IL – Oct. 28-31, 1999
 Cincinnati, OH – Jan. 14-17, 1999
 Cleveland, OH – Nov. 5-8, 1998
 Colorado Springs, CO – Oct. 21-24, 1999
 Columbia, SC – March 25-28, 1999
 Columbus, OH – June 24-27, 1999
 Corpus Christie, TX – Sept. 30-Oct. 3, 1999
 Curaçao, Netherland Antilles – Jan. 21-24, 1999
 Dallas/Fort Worth, TX – March 18-21, 1999
 Dallas/Fort Worth, TX – Oct. 21-24, 1999
 Dayton, OH – July 15-18, 1999
 Denver, CO – Feb. 18-21, 1999
 Denville, NJ – July 8-11, 1999
 Des Moines, IA – March 11-14, 1999
 Detroit, MI – May 6-9, 1999
 Dunedin, New Zealand – July 8-11, 1999
 Edmonton, AB – Sept. 9-12, 1999
 El Paso, TX – Aug. 26-29, 1999
 Fort Collins, CO – April 9-10 & 16-17, 1999
 Fort Lauderdale, FL – July 10-13, 1999
 Fort Lee, NJ – March 18-21, 1999
 Fort Myers, FL – Oct. 28-31, 1999
 Fresno, CA – March 4-7, 1999
 Gainesville, FL – April 8-11, 1999
 Grant's Pass, OR – March 11-14, 1999
 Hartford, CT – March 18-21, 1999
 Hartford, CT – Sept. 23-26, 1999
 Houston, TX – Nov. 19-22, 1998
 Ithaca, NY – Dec. 3-6, 1998
 Kansas City, KS – July 22-25, 1999
 Lansing, MI – Nov. 5-8, 1998
 London, ON – March 11-14, 1999
 Los Angeles, CA – Feb. 11-14, 1999
 Louisville, KY – April 8-11, 1999
 Madison, WI – Feb. 11-14, 1999
 Maui, HI – Sept. 16-19, 1999
 Memphis, TN – Dec. 3-6, 1998
 Miami, FL – Feb. 4-7, 1999
 Milwaukee, WI – June 24-27, 1999
 Minneapolis, MN – Nov. 19-22, 1998
 Minneapolis, MN – June 17-20, 1999
 Missoula, MT – Oct. 7-10, 1999
 Nashville, TN – June 17-20, 1999
 New Jersey Shore, NJ – Nov. 5-8, 1998
 New Jersey Shore, NJ – Oct. 14-17, 1999
 New Orleans, LA – March 25-28, 1999
 New York, NY – Jan. 14-17, 1999
 New York, NY – May 6-9, 1999
 New York, NY – Sept. 16-19, 1999
 Oklahoma City, OK – April 15-18, 1999
 Omaha, NE – Sept. 30-Oct. 2, 1999
 Orange County, CA – Nov. 12-15, 1998
 Orlando, FL – Dec. 10-13, 1998
 Ottawa, ON – Feb. 25-28, 1999
 Palm Beach, FL – Nov. 19-22, 1998
 Palm Beach, FL – April 24-27, 1999
 Philadelphia, PA – Jan. 28-31, 1999
 Philadelphia, PA – June 3-6, 1999
 Phoenix, AZ – June 3-6, 1999
 Pittsburgh, PA – Aug. 19-22, 1999
 Portland, ME – March 25-28, 1999
 Portland, OR – Dec. 12-15, 1998
 Portland, OR – June 5-8, 1999
 Providence, RI – May 13-16, 1999
 Raleigh, NC – July 17-20, 1999
 Rochester, NY – Oct. 21-24, 1999
 Sacramento, CA – March 25-28, 1999
 Saint Louis, MO – Jan. 28-31, 1999
 Salt Lake City, UT – Jan. 14-17, 1999
 Salt Lake City, UT – July 15-18, 1999
 San Antonio, TX – Jan. 21-24, 1999
 San Diego, CA – July 29-Aug. 1, 1999
 San Francisco, CA – Jan. 7-10, 1999
 San Francisco, CA – May 6-9, 1999
 San Francisco, CA – Sept. 23-26, 1999
 San Jose, CA – July 22-25, 1999
 Santa Barbara, CA – April 8-11, 1999
 Santa Fe, NM – Sept. 30-Oct. 3, 1999
 Sarasota, FL – Jan. 14-17, 1999
 Saskatoon, SK – April 22-25, 1999
 Seattle, WA – Jan. 21-24, 1999
 Seattle, WA – Sept. 16-19, 1999
 Sydney, Australia – Nov. 7-10, 1998
 Sydney, Australia – June 26-29, 1999
 Tallahassee, FL – Oct. 14-17, 1999
 Tampa, FL – June 10-13, 1999
 Toledo, OH – June 5-8, 1999
 Toronto, ON – Dec. 17-20, 1998
 Toronto, ON – May 27-30, 1999
 Toronto, ON – Sept. 16-19, 1999
 Tucson, AZ – Dec. 3-6, 1998
 Utica, NY – Nov. 19-22, 1998
 Utica, NY – May 6-9, 1999
 Vancouver, BC – Nov. 28-Dec. 1, 1998
 Vancouver, BC – May 27-30, 1999

Virginia Beach, VA – April 10-13, 1999
 Washington, DC – Feb. 4-7, 1999
 Washington, DC – Aug. 12-15, 1999
 Wichita, KS – Jan. 7-10, 1999
 Wilmington, NC – March 25-28, 1999
 Winnipeg, MB – Oct. 29-Nov. 1, 1998

Upledger CranioSacral Therapy® II

Albuquerque, NM – March 25-28, 1999
 Atlanta, GA – May 20-23, 1999
 Baltimore, MD – Aug. 5-8, 1999
 Big Island, HI – April 15-18, 1999
 Big Sur, CA – Nov. 1-6, 1998
 Boston, MA – Dec. 3-6, 1998
 Boston, MA – Aug. 19-22, 1999
 Calgary, AB – Feb. 4-7, 1999
 Charlottesville, VA – Dec. 17-20, 1998
 Chicago, IL – June 10-13, 1999
 Colorado Springs, CO – April 15-18, 1999
 Dallas/Ft. Worth, TX – Oct. 21-24, 1999
 Dayton, OH – July 15-18, 1999
 Detroit, MI – Oct. 28-31, 1999
 Dunedin, New Zealand – Nov. 19-22, 1998
 Fort Lauderdale, FL – July 10-13, 1999
 Hartford, CT – Sept. 23-26, 1999
 Houston, TX – May 13-16, 1999
 Indianapolis, IN – April 8-11, 1999
 Lansing, MI – Nov. 5-8, 1998
 Louisville, KY – Oct. 28-31, 1999
 Madison, WI – Oct. 21-24, 1999
 Minneapolis, MN – Nov. 19-22, 1998
 Missoula, MT – Oct. 7-10, 1999
 Nashville, TN – Nov. 19-22, 1998
 New Jersey Shore, NJ – April 15-18, 1999
 New York, NY – Jan. 14-17, 1999
 New York, NY – Sept. 16-19, 1999
 Omaha, NE – April 8-11, 1999
 Orlando, FL – May 20-23, 1999
 Ottawa, ON – Sept. 30-Oct. 3, 1999
 Palm Beach, FL – Nov. 19-22, 1998
 Philadelphia, PA – June 3-6, 1999
 Portland, ME – Aug. 26-29, 1999
 Providence, RI – Nov. 12-15, 1998
 San Diego, CA – July 29-Aug. 1, 1999
 San Francisco, CA – Jan. 7-10, 1999
 San Francisco, CA – May 6-9, 1999
 Seattle, WA – Sept. 16-19, 1999
 Sydney, Australia – Nov. 12-15, 1998
 Toronto, ON – Dec. 17-20, 1998
 Toronto, ON – May 27-30, 1999
 Toronto, ON – Sept. 9-12, 1999
 Tucson, AZ – Dec. 3-6, 1998
 Utica, NY – May 6-9, 1999
 Vancouver, BC – May 27-30, 1999
 Washington, DC – Feb. 4-7, 1999

Denver, CO – Feb. 18-21, 1999
 Detroit, MI – May 6-9, 1999
 Hartford, CT – March 18-21, 1999
 New York, NY – Sept. 16-19, 1999
 Palm Beach, FL – Nov. 19-22, 1998
 Phoenix, AZ – June 3-6, 1999
 Portland, OR – Dec. 17-20, 1998
 Rochester, NY – March 4-7, 1999
 San Francisco, CA – Jan. 7-10, 1999
 Sydney, Australia – Nov. 19-22, 1998
 Toronto, ON – Sept. 16-19, 1999
 Vancouver, BC – May 27-30, 1999
 Washington, DC – Feb. 4-7, 1999

CranioSacral Therapy for Pediatrics™

Palm Beach, FL – Dec. 10-13, 1998
 Palm Beach, FL – July 15-18, 1999
 San Francisco, CA – March 11-14, 1999
 Toronto, ON – Oct. 21-24, 1999

SomatoEmotional Release® II

Boston, MA – April 15-18, 1999
 Detroit, MI – Oct. 28-31, 1999
 Minneapolis, MN – Nov. 19-22, 1998
 Palm Beach, FL – April 24-27, 1999
 Portland, OR – June 5-8, 1999
 San Francisco, CA – May 6-9, 1999
 Toronto, ON – Dec. 17-20, 1998
 Vancouver, BC – Nov. 28-Dec. 1, 1998
 Washington, DC – Aug. 12-15, 1999

Advanced CranioSacral Therapy

Breitenbush, OR – Oct. 25-29, 1999
 Big Sur, CA – Aug. 2-6, 1999
 Lucerne Valley, CA – Feb. 9-13, 1999
 Madison, VA – May 17-21, 1999
 Minneapolis, MN – Aug. 30-Sept. 3, 1999
 Palm Beach, FL – March 8-12, 1999
 Salt Lake City, UT – Feb. 1-5, 1999
 San Francisco, CA – Dec. 7-11, 1998
 Sechelt, BC – July 26-30, 1999
 Toronto, ON – Nov. 9-13, 1998
 Toronto, ON – June 14-18, 1999

Clinical Application Courses -

Palm Beach Gardens, FL

Dec. 7-11, 1998 (CST and SER)
 Jan. 25-29, 1999 (Adv. CST)
 Feb. 22-26, 1999 (Adv. CST)
 March 22-26, 1999 (CST and SER)
 April 12-16, 1999 (Call for course level.)
 May 17-21, 1999 (Call for course level.)
 June 14-18, 1999 (Call for course level.)
 Sept. 13-17, 1999 (Call for course level.)
 Oct. 11-15, 1999 (Call for course level.)
 Nov. 8-12, 1999 (Call for course level.)

SomatoEmotional Release® I

Columbus, OH – June 24-27, 1999
 Dallas/Fort Worth, TX – March 18-21, 1999

ShareCare®

Dunedin, New Zealand – Nov. 18, 1998
 Minneapolis, MN – Nov. 7, 1998
 Palm Beach Gardens, FL – Nov. 7, 1998
 Palm Beach Gardens, FL – Feb. 6, 1999
 Palm Beach Gardens, FL – Apr. 17, 1999
 Palm Beach Gardens, FL – Aug. 7, 1999

Integrative Therapies in Animal Health

Orange County, CA – Nov. 5-8, 1998 

One-Day Clinical Symposium with Jean-Pierre Barral, RPT, DO

Palm Beach, FL – July 18, 1999
 Santa Fe, NM – July 25, 1999

Visceral Manipulation™ IA

Albuquerque, NM – Nov. 12-15, 1998
 Atlanta, GA – Dec. 10-13, 1998
 Boston, MA – Aug. 19-22, 1999
 Boulder, CO – Aug. 5-8, 1999
 Chicago, IL – Oct. 28-31, 1999
 Cincinnati, OH – Jan. 14-17, 1999
 Dallas/Ft. Worth, TX – March 18-21, 1999
 Detroit, MI – May 6-9, 1999
 Hartford, CT – March 18-21, 1999
 New York, NY – May 6-9, 1999
 Palm Beach, FL – Feb. 19-22, 1999
 Philadelphia, PA – Dec. 3-6, 1998
 Philadelphia, PA – June 3-6, 1999
 Phoenix, AZ – June 3-6, 1999
 San Diego, CA – Dec. 10-13, 1998
 San Francisco, CA – Sept. 23-26, 1999
 Seattle, WA – Jan. 21-24, 1999
 Sydney, Australia – Sept. 4-7, 1999
 Toronto, ON – Dec. 17-20, 1998
 Vancouver, BC – Nov. 28-Dec. 1, 1998
 Washington, DC – Feb. 4-7, 1999

Visceral Listening Techniques™

Albuquerque, NM – Jan. 22-24, 1999
 Boston, MA – April 16-18, 1999
 San Francisco, CA – March 12-14, 1999
 Seattle, WA – Sept. 17-19, 1999

Visceral Manipulation™ IB

Albuquerque, NM – March 25-28, 1999
 Boston, MA – Dec. 3-6, 1998
 San Francisco, CA – Jan. 7-10, 1999
 Seattle, WA – Sept. 16-19, 1999
 Sydney, Australia – Sept. 9-12, 1999

Visceral Manipulation™ II

Albuquerque, NM – June 24-27, 1999
 Toronto, ON – Feb. 11-14, 1999

Practical Integration of Visceral Manipulation™

Albuquerque, NM – March 20-22, 1999

San Francisco, CA – Jan. 8-10, 1999
 Toronto, ON – Sept. 17-19, 1999

Advanced Visceral Manipulation™

Albuquerque, NM – Dec. 10-13, 1998
 San Francisco, CA – May 6-9, 1999

Advanced Visceral Manipulation™ II

Fort Lauderdale, FL – July 10-12, 1999
 Palm Beach, FL – July 15-17, 1999
 Santa Fe, NM – July 22-24, 1999

Lymph Drainage Therapy™ I

Atlanta, GA – March 4-7, 1999
 Austin, TX – Aug. 26-29, 1999
 Boston, MA – April 15-18, 1999
 Dallas/Ft. Worth, TX – March 18-21, 1999
 Denver, CO – Feb. 18-21, 1999
 Jacksonville, FL – Nov. 19-22, 1998
 Nashville, TN – June 17-20, 1999
 New York, NY – Jan. 14-17, 1999
 Phoenix, AZ – June 3-6, 1999
 Portland, OR – June 10-13, 1999
 Salt Lake City, UT – July 15-18, 1999
 San Francisco, CA – Dec. 10-13, 1998
 Tampa, FL – Jan. 8-11, 1999
 Toronto, ON – Sept. 16-19, 1999
 Washington, DC – Feb. 4-7, 1999

Lymph Drainage Therapy™ II

Boston, MA – Oct. 21-24, 1999
 Boulder, CO – Aug. 5-8, 1999
 Tampa, FL – May 8-11, 1999
 Toronto, ON – Feb. 11-14, 1999

Lymph Drainage Therapy™ III

San Francisco, CA – Dec. 10-13, 1998

Bandages, Garments and Other Tools for Compression Therapy™

San Francisco, CA – July 29-Aug. 1, 1999

Mechanical Link™ I

Boston, MA – Oct. 21-24, 1999
 Minneapolis, MN – Feb. 25-28, 1999
 Santa Fe, NM – July 22-25, 1999

Mechanical Link™ II

San Francisco, CA – July 29-Aug. 1, 1999

Advanced Mechanical Link™

Palm Beach, FL – Feb. 19-22, 1999

Process Acupressure™ IB

Santa Cruz, CA – Nov. 12-15, 1998

Process Acupressure™ II

Ottawa, ON – Nov. 19-22, 1998

Process Acupressure™ III

Borrego Springs, CA – Dec. 4-10, 1998

Zero Balancing®**Core Program — Segments I and II**

Austin, TX – Jan. 7-10, 1999
 Boulder, CO – April 29-May 2, 1999
 Chicago, IL – Nov. 6-9, 1998
 Chicago, IL – April 16-19, 1999
 Chicago, IL – Sept. 23-26, 1999
 Columbia, MD – Dec. 10-13, 1998
 Columbia, MD – May 1-4, 1999
 Columbia, MD – Oct. 20-23, 1999
 Hallendale, FL – Jan. 14-18, 1999
 Jacksonville, FL – Jan. 21-24, 1999
 Negril, Jamaica – Mar. 11-18, 1999
 New York, NY – Jan. 7-10, 1999
 New York, NY – April 8-11, 1999
 New York, NY – Sept. 30-Oct. 3, 1999
 Ojai, CA – Nov. 4-8, 1998
 Ojai, CA – March 17-21, 1999
 Omaha, NE – March 4-7, 1999
 Philadelphia, PA – Nov. 5-8, 1998
 Puebla, Mexico – Nov. 6-8, 13-15, 1999
 Rehoboth Beach, DE – May 13-16, 1999
 Santa Cruz, CA – Jan. 21-24, 1999
 Twin Falls, ID – Sept. 9-12, 1999
 Washington, DC – Feb. 25-28, 1999
 Watertown, MA – Feb. 25-28, 1999

Alchemy of Touch

Austin, TX – Mar. 18-21, 1999
 Boston, MA – Oct. 28-31, 1999
 New York, NY – Dec. 4-7, 1998

Forms and Fulcrums

Chicago, IL – Feb. 27-28, 1999
 New York, NY – March 13-14, 1999

Freely Movable Joints

Atlanta, GA – Nov. 13-15, 1998
 Baltimore, MD – May 10-12, 1999

Advanced Zero Balancing®

Avoca, NY – Nov. 12-15, 1998

NMT for the Cranium and Anterior Spinal Muscles

Chicago, IL – April 23-25, 1999
 Lincoln, NE – Nov. 13-15, 1998
 Minneapolis, MN – April 9-11, 1999
 Orlando, FL – Feb. 7-9, 1999
 St. Louis, MO – April 16-18, 1999
 Tallahassee, FL – March 19-21, 1999
 Westport, CT – April 23-25, 1999

NMT for the Upper Extremity

Boston, MA – Nov. 20-22, 1998
 Chicago, IL – Nov. 6-8, 1998

Jacksonville, FL – Jan. 29-31, 1999
 Lincoln, NE – Feb. 5-7, 1999
 Melbourne, FL – May 14-16, 1999
 Miami, FL – March 26-28, 1999
 Minneapolis, MN – Nov. 20-22, 1998
 Quakertown, PA – Nov. 6-8, 1998
 St. Louis, MO – Nov. 6-8, 1998
 St. Petersburg, FL – April 23-25, 1999
 Tallahassee, FL – Nov. 13-15, 1998
 Washington, DC – May 21-23, 1999
 Westport, CT – Dec. 4-6, 1998
 Worcester, MA – June 11-13, 1999

NMT for the Lower Extremity

Chicago, IL – Feb. 19-21, 1999
 Lincoln, NE – April 16-18, 1999
 Melbourne, FL – July 30-Aug. 1, 1999
 Miami, FL – May 21-23, 1999
 Minneapolis, MN – Feb. 5-7, 1999
 Orlando, FL – Dec. 13-15, 1998
 St. Louis, MO – Feb. 19-21, 1999
 St. Petersburg, FL – June 25-27, 1999
 Tallahassee, FL – Jan. 22-24, 1999
 Westport, CT – Feb. 19-21, 1999

NMT for the Posterior Spinal Muscles

Melbourne, FL – March 12-14, 1999
 Miami, FL – Jan. 29-31, 1999
 St. Petersburg, FL – Feb. 26-28, 1999
 Washington, DC – March 12-14, 1999
 Worcester, MA – April 16-18, 1999

Beyond The Dura '99

Jupiter, FL – April 28-May 2, 1999

**Please call for dates and locations:**

- Advanced CranioSacral Therapy II & III
- Aston® Therapeutics
- Clinical Symposia
- Dolphin Educational Workshop
- Energy Integration™
- Fascial Mobilization
- Mechanical Link™ III
- Muscle Energy
- Process Acupressure™ IA
- Strain/CounterStrain
- Subtle Energy as a Therapeutic Instrument™
- Supporting the Compassionate Heart: Grounding and Healthy Boundaries™
- Trauma Release Therapy™
- Visceral Approach to Trauma & Whiplash™

Many courses require prerequisites. Please call 1-800-233-5880, ext. 8914, for current listings and class prerequisites. This schedule is current at the time of printing and is subject to change.

ShareCare® Your CST Skills

UI has instituted a new teacher-certification program that gives qualified practitioners more freedom and flexibility in presenting ShareCare seminars.

These one-day classes cover the fundamental concepts behind CranioSacral Therapy in easy, everyday terms. The goal is to teach laypeople simple techniques they can use at home to help themselves and their loved ones.

ShareCare has proven to be an excellent way to teach patients how to participate in their own healing processes. And it's fast becoming a tool used by therapists who want to educate their local communities about the value of their services.

Call Educational Services at 1-800-233-5880, ext. 8914, to find out how easy it is to hold a ShareCare class in your area.

Advanced I CranioSacral Therapy



San Francisco, CA — Nov. 3-7, 1997

Left to right: Lynne Wilson, PT; Graham Bass, RN, MA, CS; Leslie Felbain, Alexander Technique; Chas Perry, PhD (instructor); Alison Marie McDonald; Rachael McNaughton, Reiki; Nancy Sabin, OTR; Gary Strauss; Carol Fisher-Short, LMT (assistant); Elaine Hannah, RN; Virginia Ericson, MT; Suzanne Baron Lingo, OT (assistant); James Feller, LMT.

The Political Corner



Your efforts make a difference...

Just this year, the Occupational Therapy Board of the Louisiana State Board of Medical Examiners reversed an earlier decision and began awarding CEUs for Upledger CranioSacral Therapy® after Susan Steiner, OTR/L, wrote to the board and explained the value of CranioSacral Therapy to the OT professional.

Thank you, Susan, for assisting us in our appeal!

Our Latest CEU Approvals by Professional State Boards —

Alabama

Massage Therapists can now earn CEUs for nearly every course offered by The Upledger Institute.

Arkansas

Physical Therapists can now earn CEUs for nearly every course offered by The Upledger Institute.

Delaware

Massage Therapists and Physical Therapists can now earn CEUs for nearly every course offered by The Upledger Institute.

District of Columbia (Washington)

Physical Therapists can now earn CEUs for nearly every course offered by The Upledger Institute.

Florida

Massage Therapists can now earn CEUs for Clinical Symposiums with Dr. John Upledger.

Kansas

Physical Therapists can now earn CEUs for Upledger CranioSacral Therapy® I & II.

Louisiana

Occupational Therapists can now earn CEUs for Upledger CranioSacral Therapy® I.

Montana

Chiropractors can now earn CEUs for nearly every course offered by The Upledger Institute.

Nebraska

Massage Therapists can now earn CEUs for nearly every course offered by The Upledger Institute.

New Hampshire

Naturopathic Examiners/Doctors can now earn CEUs for Upledger CranioSacral Therapy® I & II.

Oklahoma

Occupational Therapists can now earn CEUs for nearly every course offered by The Upledger Institute.

Oregon

Chiropractic Examiners can now earn CEUs for nearly every course offered by The Upledger Institute.

South Carolina

Chiropractors can now earn CEUs for Upledger CranioSacral Therapy® I & II.

South Dakota

Chiropractors can now earn CEUs for Upledger CranioSacral Therapy® I & II.

Texas

Physical Therapists can now earn CEUs for select Lymph Drainage Therapysm classes.

This is just a partial list of all Upledger Institute classes approved for CEUs.

If you have any questions regarding other CEU approvals, please call Educational Services at 1-800-233-5880, ext. 8914.

Study Groups

Study groups offer you a firsthand opportunity to share experiences, sharpen techniques, and learn from each other in a supportive atmosphere. The study groups listed here have satisfied the requirements to become officially sanctioned by The Upledger Institute. The leaders are either teaching assistants or certified in their therapies, and they've been personally recommended by a UI-certified instructor. To receive an application to form a study group, please call 1-800-233-5880, ext. 8914. Study groups approved by October 16, 1998, will appear in the following newsletter.

Cave Creek, AZ

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

Tucson, AZ

Candice Strack, OTR/L -
(520) 546-9242
Focus: CSI

Buena Park, CA

Cynthia Velez, CMT - (714) 523-5719
Focus: CSI-ADV

El Cerrito, CA

Nancy Burke, CMT - (510) 526-0115
Focus: CSI-SERI

Mill Valley, CA

Aria Rose, MA, CMT -
(415) 381-8314
Focus: CSI-ADV

San Anselmo, CA

Michael Wagner, CMT -
(415) 457-6392
Focus: VMIA-VMIB

San Diego, CA

Ellen Gayle Sovinee, HHP -
(619) 693-3677
Focus: CSI-CSII

San Luis Obispo, CA

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

Santa Ana, CA

Cindy Velez, CMT - (714) 523-5719
Focus: CSI-SERII

Montreal, PQ

John Glenn, NMT - (514) 332-0183
Focus: CSI

Saskatoon, SK

Linda Fisher, RMT - (306) 665-2424
Focus: CSI-SERI

Vancouver, BC

Brenda Pulvermacher, BSc, CSP -
(604) 922-7242
Focus: CSI

Washington, DC

Ronald Murray, PT - (410) 461-8236
Focus: CSI-ADV

Jacksonville, FL

David Dolan, LMT, NMT -
(904) 448-9499
Focus: CSI

Palm Beach Gardens, FL

The Upledger Institute HealthPlex
Clinical Services - (561) 622-4706
Focus: CSI-ADV

Honolulu, HI

Glenn Thering, LMT -
(808) 951-4278
Focus: CSI-ADV

Woodstock, IL

Dodie Corcoran, CMT -
(815) 337-5704
Focus: CST

Ellicott City, MD

Ronald Murray, PT - (410) 461-8236
Focus: CSI-SERII

Great Barrington, MA

Randi Haskins, PT - (413) 644-9474
Focus: CSI

Northampton, MA

Avadhan Larson, LAC, LMT -
(413) 582-0123
Focus: CSI-ADV

St. Louis, MO

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

St. Louis, MO

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

Cape May Court House, NJ

Linda Foster, NCTMB -
(609) 465-4723
Focus: CSI-ADV

Morris County, NJ

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

Summit, NJ

Holly Berkley - (908) 665-2731
Focus: CSII

Tenafly, NJ

Phyllis Gordon, OTR - (201) 569-6288
Focus: CSI-ADV

New York, NY

Barbara Chang, CMT -
(212) 242-1432
Focus: SERI-ADVII and VMIA-VMII

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

New York, NY

Kenneth I. Frey, PT - (212) 751-2693
Focus: CSI-SER, VMIA-VMII

New York, NY

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

Charlotte, NC

Kristina Pearson, MA, LMT, RMT -
(704) 568-4976
Focus: CSI

Columbus, OH

Elisa Holway, LMT -
(614) 326-3504
Focus: CSI-ADV

Toledo, OH

Gregory Miller, DO -
(419) 578-2133
Focus: CSI-ADV

Portland, OR

Carol Gray, LMT -
(503) 236-2999
Focus: CSI-SERI

Bethlehem, PA

Penny Kerr Reiss, CMT
Gene Miller, AHP - (610) 398-0803
Focus: CSI-ADV

King of Prussia, PA

Zora Natanblut, PhD, PT -
(610) 989-1777
Focus: CSI-SERII

Philadelphia, PA

Dinnie Pearson - (215) 923-1632
Focus: CSI-SERII

Providence, RI

Susan Steiner, OTR/L -
(401) 831-0985
Focus: CSI

Rutland, VT

Sheryl Rapee, MA, LMT
Chris Adams, MT - (802) 775-0354
Focus: CSI-SERI

Sharon, VT

Priscilla Downey, PT -
(802) 763-2604
Focus: CSI-ADV

Charlottesville, VA

Maureen O'Neil, MT -
(804) 922-4417
Sue Bovenizer - (804) 984-0764
Focus: CST

Reston, VA

Suzanne Scurlock-Durana, CST-D -
(703) 620-4509
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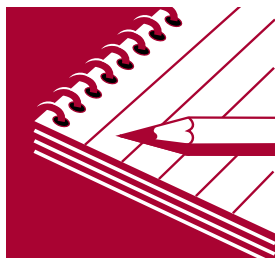
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"Thank you for encouraging this study group to take place. It has allowed those of us who live in remote communities to practice with other students. The small numbers enable us to have our individual and group needs addressed. We come away feeling very inspired and ready to move on to the next level of learning."

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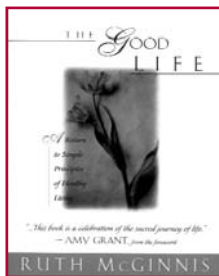
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Yellow light that fills the day
That pours from a Mother's heart
Flowing forth from the soul of sky
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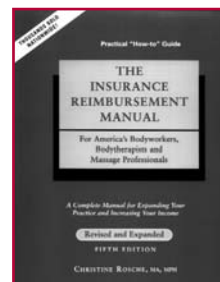
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Milestones

Congratulations and Well Wishes...

- Älice Quaid, PT and staff clinician at UI HealthPlex Clinical Services, has recently been certified as instructor for CranioSacral Therapy for Pediatrics™.
- Gail Wetzler, RPT, CVMI, has been named new Mechanical Link I instructor.
- Tara Bowman, daughter of CST instructor Avadhan Larson, LAc, LMT, was in a serious car accident this past June. Our thoughts and prayers are with her as she gains strength through her recovery.

Condolences...

- Anne Varian, MA, OTR, passed away in April, ending a bout with Lou Gehrig's disease.
- Jennifer, the daughter of Mimi Becigneul, ACSW, BCD, MsT, gave in to her long fight with Cystic Fibrosis in July.

New Certified CST Teaching Assistants

Holly Berkley, PT
Mary Bernau-Eigen, RN, FNP
Susan Grant Corash, CAT
Elisa Holway, LMT
Dottie Marvel, MT (ASCP), LMT
Dan Phelps, LMT
Judith Rosinski, PT
Nancy Westphal, LMT



New Certified VM Teaching Assistants

Marilyn Radojcich, OTR

Now Certified in CranioSacral Therapy

Diplomate Level:

LuciaJane Swanson, DC

Techniques Level:

David Cook
Diane Gordon, reflexologist
Phil Robison, Shiatsu specialist
Jean Teague, bodyworker
Lawrence Woods, MT



Lawrence Woods, MT, now certified in CranioSacral Therapy Techniques

Dear Dr. John,

I wanted to write because I feel compelled to let you know the benefits I received from *The Brain Speaks* workshop. But first, let me start at the beginning.

Initially, I was disappointed with the lack of lecture. I had hoped you would spend more time discussing the brain and the various relationships. As the course progressed, I then began to think it was odd how I needed to come to "get permission" to talk with the brain. As a result, even up until the last morning of class I was glad I had attended but I also wondered if it was really worth my having spent money on it.

It has now been two weeks since the course and I am not only glad I attended, but grateful as well. My skills have improved significantly. Various people have asked me what I learned and generally I mention a few techniques and improved dialogue skills. In reality, what I gained was a great knowingness and trust.

- A knowingness and trust in myself, in the divine and in the interconnection between the patient, myself and the divine.
- A knowingness and trust that I am truly the facilitator and only the facilitator. I meld with the patients as a facilitator and at the end of the session I disengage to allow them to continue to heal themselves. I no longer collect or accept their energy in an effort to cure them. What a tremendous relief to unplug from the Western medical tradition to cure and accept responsibility for my patients. I realize now that that philosophy is truly a disservice to them because it robs them of their power, whereas if we only facilitate and allow the patients to self-heal, then they become truly empowered.
- A knowingness and trust that I can operate on two levels at the same time. I can be in the midst of a dialogue with a patient and know physiologically and anatomically where the releases are occurring.
- Finally, a knowingness and trust that as I need additional information, it will come into my awareness.

I realize that some of these truths seem quite simple and obvious, but sometimes the simplest truths seem to be the hardest to absorb. Dr. John, I thank you for these gifts of knowledge and for the wonderful course, *The Brain Speaks*.

Sincerely,
 Carol Ball, OTR/L

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Upledger Institute Europe Semiannual Council Meeting



Lubeck, Germany — February 26, 1998

Members of Upledger Institute Europe (UIE) traded stories over dinner at a recent semi-annual council meeting held in Lubeck, Germany. Left to right: Marianne Schauerl; Birgit Müller; Barbara Groot Landeweer; Sanno Visser, DO; José Luis Pérez Battle; Marianne Fruhmann; Michelle Kempton; Matthias Möslle; Annick Smit-Pino; Gert Groot Landeweer, DO; A.J. de Koning, DO; John Matthew Upledger, CEO, The Upledger Institute; and the Chef de Cuisine.

Advanced Visceral Manipulation Practitioners Invited to Informal Discussions

VM Curriculum Director Frank Lowen, MT, has begun holding informal discussions with advanced practitioners following select classes around the country. These meetings are designed to allow those who have completed Advanced Visceral Manipulation — and who have actively incorporated the techniques into their practices — to ask questions about the process they're working with, such as...

Q. What is the difference between Referred vs. Reflexogenic listening?

A. Reflexogenic is neurological — there are specific patterns, more predictable in location due to physical links. Referred listening can be anywhere and is an energetic connection with dysfunction.

We are now in the process of compiling a list of Advanced Visceral Manipulation alumni who may be interested in attending such meetings in the future. If you would like to add your name, please call Educational Services at 1-800-233-5880, ext. 8914.

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New publication for insurance billing: The Medical Massage Office Manual,

co-authored by Margery M. Callahan, CMT, and David W. Luther, LMT, FSMTA Insurance Chair. This required text at massage schools has the facts, laws, rules, regulations, codes, forms and system to set up your office for billing insurance properly. Easy to understand and implement. Includes a new, proven plan for marketing to doctors. Call CompMed Billing: 1-888-322-5520.

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Classified Ad Rates and Deadline

The cost to run a classified ad is \$5 per 30 characters, which include punctuation marks and spaces.

The deadline to submit a classified ad for the next newsletter is October 16, 1998.

Case Histories Wanted for Newsletters and Book Projects

Do you have an interesting case you'd like to share with your fellow therapists? If they involve the use of complementary therapies, we'd like to hear about them, too.

Feel free to submit your double-spaced, typed, non-returnable manuscript for



review. Mail to Newsletter Editor at The Upledger Institute, 11211 Prosperity Farms Rd., D-325, Palm Beach Gardens, FL 33410-3487. You may also fax us at (561) 622-4771. Please

include an address and daytime phone number where you can be reached.

We would be pleased to review your case history and notify you if we determine it's appropriate for one of UI's many publishing ventures.



Gayle Breman, LMT, Bryna Whiteherse, UI Educational Services Rep., and Janice Richer, LMT, network at the Florida State Massage Therapy Association's annual convention this past July at Haines City, FL.

Multidisciplinary Approaches to Myofascial Pain Conference

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