

Second Multidisciplinary Conference Set for 2000

Dr. Leon Chaitow, editor of the *Journal of Bodywork and Movement Therapies*, has announced its next conference on multidisciplinary healthcare approaches will be held in Washington, DC, on Oct. 13-15, 2000.

According to Dr. Chaitow and conference co-developer Judith (Walker) DeLany, LMT, the format will likely resemble that of the successful inaugural conference held in Berkeley in late 1998. A "connective gathering" will kick off the event, giving attendees the opportunity to mingle with the experts and observe their hands-on skills. Following days will focus on presentations and panel discussions highlighting techniques of interest to manual therapists specializing in complementary care.

Call 1-800-311-9204, ext. 8916, or see www.iahe.com to find out more about the conference.

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UpDate

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Beyond the Dura '99 Research Conference a Glittering Success

It only happens every two years. But when it does, it shines.

The latest Beyond the Dura research conference was once again spectacular. Hundreds of therapists from all parts of the world gathered in South Florida from April 28 to May 2 to celebrate the promise of CranioSacral Therapy and other modes of complementary care.

The colorful Mardi Gras-themed event, sponsored by The Upledger Foundation, featured dozens of guest speakers and panels exploring new trends and techniques in body-mind medicine. Presenters ranged from author

and scientist Valerie Hunt — who announced that her keynote address will likely be her last public presentation — to the Honorable Berkley Bedell, a former Congressman who credits alternative medicine with helping him overcome Lyme disease and prostate cancer.

Their voices echoed many others committed to investigating and promoting the efficacy of natural healthcare. "Thank you to everyone who helped make this conference happen," said New Zealand's Sue Mirkin, PT. "I feel that I'm leaving it well and truly connected to something much bigger than when I arrived."

BTD '99 Spotlight Speakers

Dr. John Upledger opened the conference with the latest information gleaned from his breakthrough CranioSacral Therapy seminar, *The Brain Speaks*. He also presented a cautionary report on the potential abuse of therapeutic magnets, and new evidence of a tissue bridge connecting the dural tube to the musculature [discovered by a research team at the University of Maryland].



Dr. John Upledger welcomed guests from around the world to the 6th biannual BTD research conference in Jupiter Beach, Fla.

"Thank you, Dr. Upledger, for showing us the source — what is real beyond the surface. It's a reminder of the body's ability to care for itself magnificently."
— J.H., Santa Rosa, Calif.

Dr. Valerie Hunt, author of several books, including *Infinite Mind: The Science of Human Vibrations*, discussed plans to start a state-of-the-art research laboratory.



Acclaimed author and scientist Valerie Hunt, PhD, treated BTD attendees to a keynote address, hands-on workshop and book-signing sessions.

Among other tasks, scientists there will work to discover the specific energetic patterns or "signatures" of particular diseases to better help eradicate them. Dr. Hunt also shared her theory that each healthcare practitioner has an energetic signature that could be interpreted to determine that person's therapeutic strengths and weaknesses.

"I have known of Dr. Hunt's work for eight years — but never considered that I could learn from her in person. Thank you! The event was memorable, inspiring and more than I could have hoped for."
— G.M., Allentown, Pa.

Continued on page 13

The Visceral Manipulation Report

Jean-Pierre Barral to Present at Two Summer Symposiums

✓ July 18, 1999, in Jupiter Beach, Fla.

✓ July 25, 1999, in Santa Fe, N. Mex.

Enjoy a rare opportunity to observe Visceral Manipulation developer Jean-Pierre Barral as he applies his skills to special cases in two summer symposiums. The full-day events will feature demonstration patients

and may include audience volunteers.

Would you like to suggest a demo patient? Please forward your written request to The Upledger Institute, Attn: Symposium, at 11211 Prosperity Farms Road, D-325, Palm Beach Gardens, FL 33410-3487. You may also fax us at 561-622-4771.

Include the date of the symposium, the treatment history of the patient, and the name



Jean-Pierre Barral, RPT, DO

of the person who will be conducting follow-up therapy. You'll be notified if your case is accepted.

Practitioners Reap the Rewards of Repeating a VM Class

The Upledger Institute's Visceral Manipulation program was carefully designed to anchor new concepts with continual hands-on practice. "Yet no amount of application can replace the simple act of reviewing those concepts to fully understand the material," says curriculum director Frank Lowen, MT. "We hear that time and again from practitioners who repeat VM classes."

For that reason, The Upledger Institute has announced it has removed the limit on the number of repeaters who can attend a VM course. And to better support those alumni who choose to deepen their understanding of such challenging concepts, UI is offering a series of discounts.

- Visceral Manipulation IA Repeat Tuition is \$100 U.S. — you save up to \$395.
- Visceral Manipulation IB Repeat Tuition is \$300 U.S. — you save up to \$295.
- Practical Integration of Visceral Manipulation Repeat Tuition is \$375 U.S. — you save up to \$375.
- Advanced Visceral Manipulation Repeat Tuition is \$375 U.S. — you save up to \$375.

These discounts apply to most 1999 Visceral Manipulation classes.

For a complete listing of VM courses, see the Course Calendar on page 10. To register or for more information, call Educational Services at 1-800-233-5880, ext. 8916.

Pre-Publication Sale!

Osteopathic Approach to Trauma Book and Video Set

Place your deposit on the long-awaited new text and video by Jean-Pierre Barral, RPT, DO, and Alaine Croibier, DO — and save 25% off the publication price.

Offer available for a limited time only. Requires a deposit of \$30 for the book and \$100 for the videos.

Please call 1-800-233-5880, ext. 8916, for details.

Visceral Manipulation IA 1999 Classes

United States

California

Orange County - Nov. 4-7
San Francisco - Sept. 23-26

Colorado

Boulder - Aug. 5-8

Georgia

Atlanta - Dec. 16-19

Illinois

Chicago - Oct. 28-31

Massachusetts

Boston - Aug. 19-22

New Mexico

Albuquerque - Nov. 4-7

Oregon

Grants Pass - July 8-11
Portland - Dec. 2-5

Canada

Alberta

Edmonton - Sept. 9-12

Ontario

Toronto - Dec. 9-12

British Columbia

Vancouver - Nov. 27-30

Australia

Sydney - Sept. 4-7

Visceral Manipulation IB 1999 Classes

New Mexico

Albuquerque — Aug. 26-29

Washington

Seattle — Sept. 16-19

Australia

Sydney — Sept. 9-12

See the Course Calendar on page 10 for other Visceral Manipulation class dates and locations.

Face & Body '99: The Industry Event That Elevates Beauty to a Science

by Melinda Taschetta-Millane
Editor, *Skin Inc.*® Magazine and *Face & Body '99*
Program Coordinator

Learn how to effectively and profitably merge many disciplines into a beautifully successful business plan at *Face & Body '99*. The conference will showcase the hottest trends in products, equipment, techniques and services from experts in skin care, massage therapy, makeup artistry, bodywork, aromatherapy, reflexology, hair removal and holistic health. It's being held at the San Jose Convention Center in San Jose, Calif., on July 25-26, 1999.

Pure Education

Salon, spa and wellness center professionals know the best way to broaden their market and improve their bottom line is to offer an expanded menu of face and body services that

increase retail sales. This year's educational program will show you how.

Two full days of intense, diverse, exclusive education will showcase modalities that

can help you build a better business. They include 26 general sessions sponsored by *Skin Inc.*® magazine, 42 supplier-sponsored classes, and 12 pre-show and evening workshops.

This special program will be highlighted by the panel discussion "If I Only Knew Then." Sponsored by the Esthetic Manufacturers and Distributors Alliance (EMDA), it will feature advice from the hard-learned experiences of the panel members — industry experts who are all current or former salon owners. The two-hour panel is scheduled for Sunday, July 25, followed by breakout discussion groups.

Supplier-sponsored classes will feature 42 in-depth presentations offered by well-known industry leaders. You'll learn about impressive new treatments, procedures and products. Twelve other pre-show and evening workshops will help you broaden services and gain the hands-on skills to expand your retail area into a major profit center. (There is an additional fee to attend the pre-show and evening workshops.)

**Face & Body '99
Conference**

**July 25-26
San Jose, Calif.**

Plan Your Agenda Today

When attending any trade show, it pays to be prepared. Be sure to experience everything *Face & Body '99* has to offer. Call today to request a copy of the preliminary *Face & Body '99* Show Program: 1-888-763-FACE (3223). Then thumb through the flier and get a feel for the exciting presentations in store for you.

For detailed coverage on the conference, please see Skin Inc.® magazine's June issue, the Face & Body Program Resource Guide, or visit our web-site at www.faceandbody.com.

Bruno Chikly to Present Lymph Drainage Therapy Techniques at Face & Body '99

Bruno Chikly, the French physician who pioneered an original approach of lymphatic drainage called Lymph Drainage Therapy, will present his techniques at *Face & Body '99* in San Jose, Calif., on July 26, 1999. The one-hour morning discussion will focus on Lymph Drainage Therapy's pre- and post-surgical applications.

To register or for more information, please call Face & Body '99 at 1-888-763-FACE (1-888-763-3223).

Face & Body

Sneak Preview of Face & Body '99 General Session Topics

- Anti-Aging Ingredients and Procedures
- Trends and Predictions for the Future of Hair Removal
- Ayurveda and the 21st Century Spa
- Massage Modalities
- Credentials for Reflexology
- All-Natural Skin Care and Aromatherapy
- The Changing Face of Business
- Converting to Day Spa
- Surviving Litigation
- Wellness and Esthetics in the Next Millennium
- Makeup Procedures
- Ingredient Review
- And Many More



CranioSacral Therapy: When and Where to Use It

by John E. Upledger, DO, OMM

The past 20 years have brought widespread recognition of CranioSacral Therapy as an efficacious modality in many different circumstances. This understanding occurred first in the public sphere, then spread through the healthcare professions with little regard for interdisciplinary boundaries.

The driving force behind this heightened recognition is twofold. First, it's based on the beneficial results experienced by CranioSacral Therapy recipients. Second, most practitioners thoroughly enjoy doing the work. They appreciate being part of a process that helps move their patients along individual pathways to body-mind-spirit integration — and better health.

Yet along with the recognition have come many questions about the use of CranioSacral Therapy. To understand my responses, you must first appreciate that CranioSacral Therapy and its therapeutic offshoots — SomatoEmotional Release, Therapeutic Imagery & Dialogue, Energy Cyst Release, and Direction of Energy Technique — facilitate the body's natural ability to heal itself. So these therapies assist in any situation in which it's helpful to mobilize the body's self-corrective abilities.

In the Doctor's Office

Unfortunately, relying on the body's corrective capabilities is opposed to the conventional approach to health in this century. Western medicine focuses on blaming a disease agent or a "cause" for a health problem. This cause is then called the etiology of the problem.

The self-healing mechanisms integral to every living system are largely disregarded. At best they're minimally honored by the popular "fix it" approach. Drugs and surgery are routinely used in invasive, often toxic and detrimental ways. They do not offer the body's wonderfully ingenious natural processes the opportunity to function optimally, if at all.

Competent CranioSacral Therapists search for obstacles and circumstances that compromise these inherent self-corrective processes. The practitioners then focus on removing the obstacles and modifying the circumstances to allow the body to do its work. The practitioner simply supports the body so it can continue to correct health-destructive problems.

Given that CranioSacral Therapy facilitates each individual's healing abilities, it seems reasonable that the practitioner would be a welcome addition to the conventional Western approach. Indeed, I'm quite comfortable saying CranioSacral Therapy is efficacious for all patients being treated by conventional practitioners.

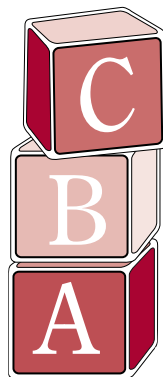
CST in the Nursery

"I am thoroughly convinced that one of the best things we can do for our children is to have them begin life with smoothly functioning craniosacral systems, a removal of physical restrictions so their body tissues aren't burdened by destructive or traumatic memories, and very clean energy fields. This can all be accomplished in a very short time within the first few days of life."

— John E. Upledger, DO, OMM

Conditions That May Be Avoided or Improved by Treating Babies Within 72 Hours of Birth:

- Colic
- Vomiting
- Hearing Problems
- Motor Problems
- Seizures
- Strabismus
- Pylorospasm
- Cerebral Palsy
- Erb's Palsy
- Klumpke's Palsy
- Torticollis
- Chronic Otitis
- Dyslexia
- Aphasia
- Hyperkinetic Behavior
- Spasticity
- Down's Syndrome
- Autism
- Hydrocephalus
- Abnormal Fears
- Failure-to-Thrive Syndrome
- And Many Others



With Those Who Are Well

It's also easy to see how effective CranioSacral Therapy is in preventive medicine.

Your body is constantly being asked to ward off invasions by bacteria and viruses. It's constantly being asked to neutralize toxic substances to which it is exposed. It's constantly being asked to adapt to changing and often adverse environmental conditions.

Consider the demands placed upon your body by a routine flight from New York to San Francisco. You sit in an artificial environment for hours. The electrical and magnetic fields rapidly change around you. The barometric pressures alter abruptly, only hinted at by the popping in your ears. You're exposed to recycled air, fluctuating oxygen concentrations, varying levels of humidity, and the germs liberated by the coughs and sneezes of fellow passengers.

CranioSacral Therapy in many ways enhances your abilities to adapt to these changing conditions. It certainly strengthens the effectiveness of your immune system against such a communal pool of germs.

But it does so much more than help prevent illnesses. It helps keep your nervous system working properly, and it helps prevent the chronic deterioration we often attribute to the inevitable effects of aging. How? By enhancing the movement of body fluids.

Fluids are responsible for transporting essential nutrients to every cell in your body. They flush, cleanse and rinse cellular membranes, as well as compartments within and between cells. These same body fluids remove the waste products of cellular metabolism. And they bring immune system cells and antibodies to sites being threatened by bacteria and viruses.

The bottom line is, fluid motion creates health. Fortunately, CranioSacral Therapy enhances this in subtle, natural and noninvasive ways. Receiving a session every few months when you're feeling fine will help you resist the negative effects of life's adversities, whether they're environmental, bacterial, viral or emotional.

Who wouldn't benefit from the enhancement of his own self-corrective processes?

This has got to be good for you.

Dear Dr. Upledger

Thank you very much for your letter and most interesting information about CranioSacral Therapy. I am impressed by your outstanding work in the scientific field, as well as with your patients.

Concerning CST, I don't have, of course, any experience, but I can tell you that I have observed in spinal operations without any doubt rhythmical spinal cord movements with a 4-10 cycle-per-minute rhythm.

This rhythm is corresponding to [waves] of cerebrospinal fluid, visible very well with the subarachnoid space being opened. All these movements have

quite another frequency than those of the pulse-beat (heart) and the respiration! This is all, I can tell you, based on our own experiences in about 20,000 neurosurgical operations (11,000 cranial, 9,000 spinal ones).

Indeed, I am fascinated by your work and I wish you a very happy future!

Most sincerely,

Charles Probst
 Doctor of Medicine
 University Professor
 Chief of Neurosurgery
 Aarau Clinic
 Aarau, Switzerland

"All these movements have quite another frequency than those of the pulse-beat (heart) and the respiration! This is all, I can tell you, based on our own experiences in about 20,000 neurosurgical operations (11,000 cranial, 9,000 spinal ones)."



5th Edition IAHP Directory Now Available

The 5th edition of the IAHP Directory is now available from The Upledger Institute. The new directory — which presents the names and contact numbers of more than 40,000 healthcare practitioners — is distributed to hospitals, schools, clinics, libraries and individuals to help consumers locate practitioners of complementary care.

Each listing includes all coursework completed and certifications earned through classes supported by the International Alliance of Healthcare Educators® (IAHE). The IAHE aims to educate practitioners worldwide in the latest innovations in complementary healthcare, establish a foundation for learning that is consistent and uncompromising in its high ideals, and equip practitioners to meet today's complex healthcare challenges. Active members are listed on the website at www.iahp.com.

To order your new IAHP Directory, please call Educational Services at 1-800-233-5880, ext. 8916. The cost is \$7.00 plus \$3.00 shipping and handling for orders sent to locations within the continental U.S. For other locations, please ask for shipping prices.



Order Yours Today.
Call 1-800-233-5880, ext. 8916.



1999 HealthPlex Clinical Services Intensive Therapy Programs

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

Two-Week Programs: June 21-July 2,
 July 12-23, Aug. 16-27, Sept. 20-Oct. 1,
 Oct. 4-15, Nov. 8-19, Nov. 29-Dec. 3

One-Week Program: Nov. 29-Dec. 3

Recheck Programs: Sept. 13-17

New Program: Shared Healing

Call for dates and details.

**Autism: Initiating
 Developmental Gains**

One-Week Program: July 26-30

**Therapist Rejuvenation:
 Replenishment and Renewal**

One-Week Program: Aug. 2-6, Nov. 1-5

**Learning-Disabled Children:
 Facilitating Success**

One-Week Program: Aug. 9-13

For more information on Intensive Therapy Programs, please call 561-622-4706.

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International Alliance of Healthcare Educators* (IAHE)

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Advanced I CranioSacral Therapy



San Diego, Calif. — July 6-10, 1998

Back row (l-r): Susan Pinto, MA, CFP (preceptor); Jean Rashkind, CTAT; Contance Mayer Perretta, LMT, RMT; Mindy Stampler-James, LMT, CST; Diane Moriarty, PT; Chas Perry, PhD, CST-D (instructor). Middle row (l-r): Raya Jackel, Esthetician; Julianne Martiny, DC; Dottie Post, HHP (preceptor); Celeste Varas de Valdes, CMT (preceptor); Lynne Jacobsen, LMT, CST; Christopher Scanlon, MS, PT. Front row (l-r): Devon Wortz, CMT; Behice Kutay, RMT.



Lucerne Valley, Calif. — Feb. 9-13, 1999

Standing (l-r): Donna Busse, RRT, LMT; Susan Allgeier, RRT; Nancy Emery, FNP; Claire Hadley-Davis, MT; Hank Meldrum, PT, OMT (instructor); Jo Ann Nealis, NCTMB. Front row (l-r): Andrea Wadsworth, MT; Robert Bates, DC; Johanna Atman, MT; Marie Waisberg, BA (preceptor); Cynthia Velez, CMT (preceptor). Kneeling (l-r): Nancy Lawton-Shirley, OTR; José Luis Perez Battle, DO.

Feldenkrais Method® for CranioSacral Therapists: Bringing New Techniques Into Practice

by Ann Harman, DO

Welcome to the Feldenkrais Method for CranioSacral Therapists, a new course designed to help you become a better therapist through improved self-awareness.

Developed by Moshe Feldenkrais, a renowned physicist and judo master, the Feldenkrais Method uses verbally guided exercises to improve your kinesthetic senses and imagination. The result is a stronger integration of body and mind that enables you to move in more efficient, pain-free ways while expanding your awareness and consciousness.

In this new course, you'll learn to apply the Feldenkrais Method to work with your own craniosacral system. The goal is to help you improve your body mechanics to

be more comfortable performing the work. Yet the tools can also help you empower your clients to take a more active role in their own healing.

Find out more in Feldenkrais Method for CranioSacral Therapists. The first course is scheduled April 27-30, 2000, in Palm Beach, Fla. Please call Educational Services at 1-800-233-5880, ext. 8916, for more details.

The Feldenkrais Method for CranioSacral Therapists is taught by course developer Ann Harman, DO. Dr. Harman is board certified in Osteopathic Manipulative Medicine, an advanced CranioSacral Therapy practitioner, an Upledger Institute teaching assistant, a member of the International Alliance of Healthcare Educators®, and a Guild Certified Feldenkrais Practitioner®.

European Expert Brings Energy Medicine Techniques to the U.S.

Three-Day Course Teaches How to Use Subtle Energy as a Therapeutic Instrument

Norway's Inya L'Orange, a physical therapist who helped pioneer Europe's natural-childbirth movement in the 1970s, will teach two upcoming classes in the U.S. Subtle Energy as a Therapeutic Instrument I (SETI) is scheduled for Oct. 16-18 in Palm Beach, Fla., and Oct. 22-24, 1999, in Portland, Oreg.

The goal of SETI, according to Inya, is not only to teach practitioners how to tap into the human energy field. "We also teach them very specific techniques that

allow them to put that energy to use as a therapeutic agent." The therapists then learn to read the information the body sends out to better correct energy blockages or "shadows" that are impeding health.

Course topics include subtle energies in the brain and spinal cord, balancing magnetic and gravity fields, the four layers of etheric and psychic streams, etheric lymph massage to dissolve memory blocks, prahna energy, the art of grounding, and how to blend energy work with modalities such as CranioSacral Therapy. CranioSacral Therapy II is the course prerequisite.

To register for a SETI class, please call 1-800-233-5880, ext. 8916.



Here's a sample of a brief Feldenkrais Method movement sequence that can help release tension from the jaw.

Start by lying quietly on your back. Support your knees with a pillow or bolster if you wish. Sense your contact with the floor.

1. Slowly look up and down, scanning your visual field. Notice the tendency of your eyes to move erratically. See if you can allow that movement to become smoother. Close your eyes and rest.
2. Slowly open and close your mouth. Do not strain. Sense the quality of the movement. Notice if there are "glitches" or difficulties with jerking motions. Again, see if you can allow the movement to become smooth.
3. Continue steps 1 and 2 by looking down as you open your mouth, then looking up as you close your mouth. Allow both movements to become smooth and easy.
4. Look up as you open your mouth, then look down as you close your mouth. This may be a more difficult movement. Be patient with yourself.
5. Repeat step 3. Are the movements easier now?
6. Repeat step 2. Has the quality of the movement changed?

You may be surprised at the changes you experience after such a deceptively simple exercise. Yet make no mistake about it, this innovative technique is but one of hundreds of exercises that subtly reprogram your brain to bring you to a greater level of function and awareness.

The Political Corner

Your efforts make a difference...



The American CranioSacral Therapy Association Welcomes Community Activists for CST

The American CranioSacral Therapy Association (ACSTA) is inviting therapists to stand up for CranioSacral Therapy in their communities.



American CranioSacral
Therapy Association, Inc.

The ACSTA was founded in 1994 to protect the rights of all qualified therapists to perform CranioSacral Therapy as originally designed by Dr. John Upledger. Today it acts as the voice of healthcare specialists

committed to the efficacy of this gentle manual therapy.

ACSTA members are currently compiling a roster of individuals in various states who are interested in providing case histories to legislative bodies as the need arises. Please help support this crucial cause. Call Educational Services at 1-800-233-5880, ext. 8916.

Earn Continuing Education Credits

The Upledger Institute offers classes that satisfy CEU requirements for many different professions. Before attending a workshop, simply verify CEU acceptance with your professional state board.

Latest CEU Approvals by Professional State/Province Boards

This is only a partial list of all classes approved for CEUs. For a complete list, see our website at www.upledger.com.

Canada

Ontario

Massage Therapists can now earn CEUs for Supporting The Compassionate Heart: Grounding and Healthy Boundaries, Lymph Drainage Therapy II and III, and Bandages, Garments & Other Tools for Compression Therapy.

United States

Alaska

Physical Therapists can now earn CEUs for CranioSacral Therapy I and II.

Delaware

Doctors of Chiropractic can now earn CEUs for Advanced Mechanical Link.

Massage Therapists can now earn CEUs for Advanced Mechanical Link.

Florida

Physical Therapists can now earn CEUs for Advanced Mechanical Link.

Hawaii

Doctors of Chiropractic can now earn CEUs for CranioSacral Therapy I and II.

Illinois

Doctors of Chiropractic can now earn CEUs for CranioSacral Therapy I and II, and Visceral Manipulation IA.

Physical Therapists can now earn CEUs for CranioSacral Therapy I and II, and Visceral Manipulation IA.

Maryland

Occupational Therapists can now earn CEUs for CranioSacral Therapy I and II, SomatoEmotional Release I and II, Visceral Manipulation IA and Lymph Drainage Therapy I.

Physical Therapists can now earn CEUs for CranioSacral Therapy I and II, SomatoEmotional Release I and II, Visceral Manipulation IA, Lymph Drainage Therapy I and Advanced Mechanical Link I.

Minnesota

Physical Therapists can now earn CEUs for CranioSacral Therapy I and II, Mechanical Link I, and the Clinical Symposium: Organ Transplant Focus.

Missouri

Chiropractic Examiners can now earn CEUs for CranioSacral Therapy I and II.

New Mexico

Physical Therapists can now earn CEUs for CranioSacral Therapy I and II, Visceral Manipulation IA and IB, and Mechanical Link I.

Occupational Therapists can now earn CEUs for CranioSacral Therapy I and II, CranioSacral Therapy for Pediatrics, Visceral Manipulation IA and IB, Advanced Visceral Manipulation I and II, Practical Integration of Visceral Manipulation, Visceral Approach to Trauma and Whiplash, Clinical Symposiums with Jean-Pierre Barral, and Mechanical Link I.

Oklahoma

Occupational Therapists can now earn CEUs for Advanced Mechanical Link.

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

Oregon

Chiropractic Examiners can now earn CEUs for Advanced Mechanical Link.

South Carolina

Chiropractic Examiners can now earn CEUs for Advanced Mechanical Link.

Texas

Physical Therapists can now earn CEUs for CranioSacral Therapy I and II, SomatoEmotional Release I, Visceral Manipulation IA, Advanced Mechanical Link, Lymph Drainage Therapy I and II.

Vermont

Chiropractic Examiners can now earn CEUs for CranioSacral Therapy I and II, CranioSacral Therapy for Pediatrics, Therapeutic Imagery & Dialogue, The Brain Speaks, ShareCare and Visceral Approach to Trauma and Whiplash.

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



Study Groups

Share Your Experiences and Sharpen Your Techniques 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 UI-approved study group, please call 1-800-233-5880, ext. 8916. All study groups shown here were approved as of March 15, 1999. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than August 1, 1999.

ARIZONA

Cave Creek
Nan Woodward, PT -
602-488-5934
Focus: CSI-SERI

Scottsdale
Cynthia Velez, CMT -
602-591-3200
Focus: CSI

Tempe
Keira Ufalusi-West, LMT -
602-762-5382
Focus: CSI

Tucson
Candice Strack, OTR/L:
520-546-9242
Focus: CSI-SERII

CALIFORNIA

Berkeley
Michael Wagner, CMT -
415-457-6392
Focus: VMIA, VMIB-VMII

El Cerrito
Nancy Burke, CMT -
510-526-0115
Focus: CSI-SERI

Hayward
David Harnage - 510-582-2507
Focus: CST

Marina del Rey
Teresa Gaffin, MSt -
310-915-3054
Focus: CSI-ADV

Mill Valley
Aria Rose, MA, CMT -
415-381-8314
Focus: CSI-ADV

San Diego
Ellen Gayle Sovinee, HHP -
619-693-3677
Focus: CSI-CSII

San Francisco Bay Area
Michael Wagner, CMT -
415-457-6392
Focus: VMIA, VMIB-VMII

San Luis Obispo
Celeste M. Varas de Valdes, CMT -
805-995-2443
Focus: CSI-SERI

Santa Cruz
Michael Wagner, CMT -
415-457-6392
Focus: VMIA, VMIB-VMII

Ventura
Tricia Fortina, MT, BSW, CST -
805-933-1023
Focus: CSI-ADVII

DISTRICT OF COLUMBIA

Washington
Ronald Murray, PT - 202-237-7000
Focus: CSI-SERII

FLORIDA

Aventura
Harvey Grossbard, OMD, AP -
305-937-2281
Focus: CSI-ADV

Jacksonville
David Dolan, LMT, NMT -
904-448-9499
Focus: CSI-ADV, TBS, CSP

Palm Beach Gardens
Cloé Couturier, LMT, CO
The Upledger Institute HealthPlex
Clinical Services - 561-622-4706
Focus: CSI-ADV

Sarasota
Jacqueline Riker, LMT -
941-922-8874
Focus: SER-ADVII

Tampa
Dottie Marvel, MT (ASCP), LMT -
813-839-7864
Focus: CSI-CSII

HAWAII

Honolulu
Glenn Thering, LMT -
808-951-4278
Focus: CSI-SERI

ILLINOIS

Chicago
Rosan Hepko, MSN -
847-733-9900
Focus: CSI-SERI

Chicago
Nancy Westphal, LMT -
312-266-1680
Focus: SERII

Woodstock
Dodie Corcoran, CMT -
815-337-5704
Focus: CST

INDIANA

Indianapolis
Carol Fienhage, OTR/L -
765-287-1843
Focus: CSI-SERII

IOWA

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Michael Morgan, LMT, & Karen
Schele, RN - 515-472-0939
Focus: CST

MARYLAND

Baltimore
Tom Nichols, PT - 410-840-0760
Focus: CSI

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Fall River
Susan Cotta, PT - 508-677-0626
Focus: CST

Great Barrington
Randi Haskins, PT - 413-644-9474
Focus: CSI-SERII

Hanover
Dorinda Galbraith, PT -
781-982-2654
Focus: CSI-ADV, VMIA-AVMII

Northampton
Avadhan Larson, LAc, LMT -
413-582-0123
Focus: CSI-ADV

MICHIGAN

Shepherd
Charles Ulmer, CMT -
517-828-4776
Focus: CSI-SERI

MISSOURI

Columbia
Sherry Borcherding, MA, OTR -
573-449-1570
Focus: CST

St. Louis
Susan Costa, CMT - 314-832-0279
Focus: CSI

St. Louis
Constance Perretta, LMT, RMT -
314-984-8265
Focus: CSI-CSII

MONTANA

Billings
Dana Karbassi, PT -
406-259-6532
Focus: CST

NEBRASKA

Omaha
Tricia Fortina, MT, BSW, CST -
805-933-1023
Focus: CSI-ADVII

NEW JERSEY

Cape May Court House
Linda Foster, NCTMB -
609-465-4723
Focus: CSI-ADV

Madison
Linda Heisler-Clancy, LMT -
973-822-2444
Focus: CSI-CSII

Morris County
Peg Dougherty, MA, CMT -
973-822-3110
Focus: CSI-CSII

Continued on page 16

Focus Guide

- ADV = Advanced I CranioSacral Therapy
- ADVII = Advanced II CranioSacral Therapy
- AVM = Advanced Visceral Manipulation
- AVMII = Advanced Visceral Manipulation II
- CSI = CranioSacral Therapy I
- CSII = CranioSacral Therapy II
- CSP = CranioSacral Therapy for Pediatrics
- CST = CranioSacral Therapy
- SERI = SomatoEmotional Release I
- SERII = SomatoEmotional Release II
- TBS = The Brain Speaks
- VM = Visceral Manipulation
- VMIA = Visceral Manipulation IA
- VMIB = Visceral Manipulation IB
- VMII = Visceral Manipulation II

Course Calendar: August 1, 1999 - August 1, 2000

Many courses require prerequisites. Call today for information or to register: 1-800-233-5880, ext. 8916.

CranioSacral Therapy I

- AK: Anchorage — Oct. 7-10, 1999
 AZ: Phoenix — June 15-18, 2000
 Tucson — Dec. 9-12, 1999
 CA: Big Sur — Feb. 20-25, 2000
 Fresno — Feb. 24-27, 2000
 Los Angeles — Feb. 10-13, 2000
 Orange County — Nov. 4-7, 1999
 Sacramento — Mar. 16-19, 2000
 San Diego — July 27-30, 2000
 San Francisco — Sept. 23-26, 1999
 San Francisco — Jan. 13-16, 2000
 San Francisco — May 11-14, 2000
 Santa Barbara — Apr. 6-9, 2000
 CO: Boulder — Aug. 5-8, 1999
 Colorado Springs — Oct. 21-24, 1999
 Denver — Feb. 17-20, 2000
 Fort Collins — Nov. 12-13, 19-20, 1999
 CT: Hartford — Sept. 23-26, 1999
 Hartford — Mar. 23-26, 2000
 DC: Washington — Aug. 12-15, 1999
 Washington — Jan. 27-30, 2000
 FL: Fort Lauderdale — July 13-16, 2000
 Fort Myers — Oct. 28-31, 1999
 Gainesville — Apr. 13-16, 2000
 Jacksonville — Sept. 9-12, 1999
 Miami — Feb. 10-13, 2000
 Orlando — Dec. 16-19, 1999
 Palm Beach — Nov. 18-21, 1999
 Palm Beach — Apr. 27-30, 2000
 Sarasota — Jan. 27-30, 2000
 Tallahassee — Oct. 21-24, 1999
 Tampa — June 15-18, 2000
 GA: Atlanta — Oct. 14-17, 1999
 HI: Maui — Sept. 16-19, 1999
 Oahu — Mar. 9-12, 2000
 IA: Des Moines — Mar. 30-Apr. 2, 2000
 IL: Chicago — Oct. 28-31, 1999
 Chicago — May 18-21, 2000
 IN: Indianapolis — Nov. 4-7, 1999
 KS: Kansas City — July 13-16, 2000
 Wichita — Jan. 13-16, 2000
 KY: Louisville — Apr. 13-16, 2000
 LA: New Orleans — Mar. 16-19, 2000
 MA: Boston — Aug. 19-22, 1999
 Boston — Dec. 2-5, 1999
 Boston — Apr. 13-16, 2000
 MD: Baltimore — Mar. 9-12, 2000
 ME: Portland — Mar. 23-26, 2000
 MI: Detroit — Apr. 6-9, 2000
 Grand Rapids — Aug. 12-15, 1999
 Lansing — Nov. 4-7, 1999
 Lansing — June 22-25, 2000
 MN: Minneapolis — Nov. 18-21, 1999
 Minneapolis — June 8-11, 2000
 MO: St. Louis — Jan. 27-30, 2000
 MT: Bozeman — Mar. 16-19, 2000
 Missoula — Nov. 18-21, 1999
 NC: Charlotte — Nov. 11-14, 1999
 Raleigh — July 6-9, 2000
 Wilmington — Mar. 2-5, 2000
 NE: Omaha — Sept. 30-Oct. 3, 1999
 NJ: Denville — July 6-9, 2000
 Fort Lee — Mar. 9-12, 2000
 New Jersey Shore — Oct. 14-17, 1999
 NM: Albuquerque — Feb. 24-27, 2000
 Santa Fe — Sept. 30-Oct. 3, 1999
 NY: Buffalo — Mar. 2-5, 2000
 Ithaca — Dec. 9-12, 1999
 New York — Sept. 16-19, 1999
 New York — Jan. 20-23, 2000
 New York — May 4-7, 2000
 Rochester — Oct. 21-24, 1999
 Utica — Apr. 27-30, 2000
 OH: Cincinnati — Feb. 3-6, 2000
 Cleveland — Nov. 11-14, 1999
 Dayton — July 20-23, 2000
 Toledo — May 11-14, 2000
 OK: Tulsa — Apr. 27-30, 2000
 OR: Bend — Nov. 4-7, 1999
 Grants Pass — Mar. 9-12, 2000
 Portland — Mar. 30-Apr. 2, 2000
 PA: Allentown — Apr. 6-9, 2000
 Philadelphia — Jan. 27-30, 2000
 Philadelphia — June 1-4, 2000
 Pittsburgh — Aug. 19-22, 1999
 State College — June 10-13, 2000
 RI: Providence — May 4-7, 2000
 SC: Myrtle Beach — May 4-7, 2000
 TN: Memphis — Nov. 6-9, 1999
 Nashville — July 13-16, 2000
 TX: Austin — Sept. 9-12, 1999
 Corpus Christie — Sept. 30-Oct. 3, 1999
 Dallas/Fort Worth — Oct. 21-24, 1999
 Dallas/Fort Worth — May 18-21, 2000
 El Paso — Aug. 26-29, 1999
 Houston — Dec. 2-5, 1999
 Houston — June 1-4, 2000
 San Antonio — Feb. 3-6, 2000
 UT: Salt Lake City — Jan. 20-23, 2000
 Salt Lake City — July 6-9, 2000
 VA: Charlottesville — Dec. 16-19, 1999
 Virginia Beach — Apr. 8-11, 2000
 VT: Burlington — July 27-30, 2000
 WA: Seattle — Sept. 16-19, 1999
 Seattle — Feb. 10-13, 2000
 WI: Appleton — Dec. 16-19, 1999
 Madison — Feb. 17-20, 2000
 Milwaukee — July 27-30, 2000
 Australia: Sydney — Nov. 13-16, 1999
 Sydney — June 24-27, 2000
 Canada: Calgary — Feb. 24-27, 2000
 Edmonton — Sept. 9-12, 1999
 Ottawa — Apr. 6-9, 2000
 Saskatoon — Apr. 27-30, 2000
 Toronto — Sept. 16-19, 1999
 Toronto — Dec. 9-12, 1999
 Toronto — Mar. 2-5, 2000
 Toronto — May 25-28, 2000
 Vancouver — Nov. 27-30, 1999
 Vancouver — May 25-28, 2000
 Winnipeg — Oct. 28-31, 1999
 New Zealand: Auckland — Nov. 25-28, 1999
 San Francisco — Jan. 13-16, 2000
 San Francisco — May 11-14, 2000
 CO: Denver — Feb. 17-20, 2000
 CT: Hartford — Sept. 23-26, 1999
 DC: Washington — Jan. 27-30, 2000
 FL: Fort Lauderdale — July 13-16, 2000
 Palm Beach — Nov. 18-21, 1999
 Sarasota — July 6-9, 2000
 IL: Chicago — May 18-21, 2000
 KS: Kansas City — July 13-16, 2000
 KY: Louisville — Oct. 21-24, 1999
 MA: Boston — Aug. 19-22, 1999
 Boston — Apr. 13-16, 2000
 MD: Baltimore — Aug. 5-8, 1999
 ME: Portland — Aug. 19-22, 1999
 MI: Detroit — Oct. 28-31, 1999
 Lansing — June 22-25, 2000
 MN: Minneapolis — Nov. 18-21, 1999
 MT: Missoula — Nov. 18-21, 1999
 NC: Wilmington — Sept. 9-12, 1999
 NJ: Fort Lee — Mar. 9-12, 2000
 NY: New York — Sept. 16-19, 1999
 New York — Jan. 20-23, 2000
 New York — July 14-17, 2000
 OH: Cleveland — Nov. 11-14, 1999
 Dayton — July 20-23, 2000
 OR: Portland — Dec. 2-5, 1999
 PA: Philadelphia — June 1-4, 2000
 Pittsburgh — Feb. 3-6, 2000
 TX: Dallas/Fort Worth — Oct. 21-24, 1999
 Houston — June 1-4, 2000
 UT: Salt Lake City — Jan. 20-23, 2000
 VA: Charlottesville — June 8-11, 2000
 WA: Seattle — Sept. 16-19, 1999
 WI: Madison — Oct. 28-31, 1999
 Milwaukee — July 27-30, 2000
 Australia: Sydney — Nov. 18-21, 1999
 Sydney — June 29-July 2, 2000
 Canada: Ottawa — Sept. 30-Oct. 3, 1999
 Toronto — Dec. 9-12, 1999
 Toronto — May 25-28, 2000
 Vancouver — May 25-28, 2000
 Netherland Antilles: Curaçao — Nov. 11-14, 1999
 PA: Philadelphia — Jan. 27-30, 2000
 TX: Houston — Dec. 2-5, 1999
 WA: Seattle — Feb. 10-13, 2000
 Canada: Toronto — Sept. 16-19, 1999
 New Zealand: Dunedin — Nov. 13-16, 1999

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Clinical Application of CST and SomatoEmotional Release

FL: Palm Beach Gardens — Dec. 6-10, 1999

CranioSacral Therapy for Pediatrics™

FL: Palm Beach — Dec. 2-5, 1999
 MA: Boston — June 29-July 2, 2000
 MN: Minneapolis — Feb. 10-13, 2000
 UT: Salt Lake City — July 6-9, 2000
 Canada: Toronto — Oct. 21-23, 1999
 Toronto — Mar. 2-5, 2000

SomatoEmotional Release II

CA: Big Sur — Oct. 31-Nov. 5, 1999
 San Francisco — May 11-14, 2000
 DC: Washington — Aug. 12-15, 1999
 FL: Palm Beach — Apr. 27-30, 2000
 MI: Detroit — Oct. 28-31, 1999

The Brain Speaks™

CA: San Francisco — Sept. 23-26, 1999

Advanced CranioSacral Therapy

CA: Big Sur — Aug. 2-6, 1999
 FL: Palm Beach — Dec. 6-10, 1999
 MA: Boston — Nov. 8-12, 1999
 MN: Minneapolis — Aug. 30-Sept. 3, 1999
 OR: Portland — Oct. 25-29, 1999

Clinical Application of Advanced CranioSacral Therapy

FL: Palm Beach Gardens — Sept. 13-17, 1999

Advanced II CranioSacral Therapy

FL: Palm Beach — Aug. 23-27, 1999

Advanced III CranioSacral Therapy

Call for dates and locations.

Therapeutic Imagery & Dialogue™ I

FL: Palm Beach — Oct. 15-17, 1999

Integrative Therapies in Animal Health

OR: Grants Pass — Oct. 2-5, 1999

ShareCare™

FL: Palm Beach Gardens — Aug. 7, 1999
 Palm Beach Gardens — Nov. 6, 1999
 Palm Beach Gardens — Feb. 12, 2000
 Palm Beach Gardens — May 13, 2000
 MN: Minneapolis — Nov. 6, 1999

Visceral Manipulation IA

CA: Orange County — Nov. 4-7, 1999
 San Francisco — Sept. 23-26, 1999
 CO: Boulder — Aug. 5-8, 1999
 CT: Hartford — Mar. 23-26, 2000

Visceral Manipulation IA (continued)

FL: Miami — Feb. 10-13, 2000
 GA: Atlanta — Dec. 16-19, 1999
 IL: Chicago — Oct. 28-31, 1999
 MA: Boston — Aug. 19-22, 1999
 NM: Albuquerque — Nov. 4-7, 1999
 NY: New York — May 4-7, 2000
 OH: Dayton — July 20-23, 2000
 OR: Portland — Dec. 2-5, 1999
 WA: Seattle — Feb. 10-13, 2000
 Australia: Sydney — Sept. 4-7, 1999
 Canada: Edmonton — Sept. 9-12, 1999
 Edmonton — Mar. 23-26, 2000
 Toronto — Dec. 9-12, 1999
 Vancouver — Nov. 27-30, 1999

Visceral Listening Techniques

CA: San Francisco — Feb. 3-6, 2000
 MA: Boston — Oct. 21-23, 1999
 NY: New York — May 5-7, 2000
 WA: Seattle — Sept. 18-20, 1999

Visceral Manipulation IB

CA: San Francisco — Jan. 13-16, 2000
 MA: Boston — Apr. 13-16, 2000
 NM: Albuquerque — Aug. 26-29, 1999
 Albuquerque — June 29-July 2, 2000
 NY: New York — Jan. 20-23, 2000
 WA: Seattle — Sept. 16-19, 1999
 Australia: Sydney — Sept. 9-12, 1999

Visceral Manipulation II

CA: San Francisco — May 11-14, 2000
 NM: Albuquerque — Dec. 11-14, 1999

Practical Integration of Visceral Manipulation

NM: Albuquerque — Aug. 6-8, 1999
 Albuquerque — Feb. 25-27, 2000
 Canada: Toronto — Sept. 17-19, 1999

Advanced Visceral Manipulation

CA: San Francisco — Sept. 23-26, 1999
 NM: Albuquerque — Dec. 17-20, 1999

Visceral Approach to Trauma and Whiplash

CA: Palm Springs — July 20-22, 2000
 NY: New York — July 15-17, 2000

Advanced Visceral Manipulation II

FL: Palm Beach — July 27-29, 2000

Clinical Symposium With Jean-Pierre Barral, RPT, DO

CA: Palm Springs — July 23, 2000
 FL: Palm Beach — July 30, 2000

Mechanical Link™ I

CA: Los Angeles — Feb. 10-13, 2000
 San Francisco — Feb. 3-6, 2000
 DC: Washington — Jan. 27-30, 2000
 MA: Boston — Oct. 21-24, 1999
 MN: Minneapolis — Feb. 10-13, 2000
 NY: New York — July 14-17, 2000

Mechanical Link II

CA: Palm Springs — July 20-23, 2000
 NY: New York — Oct. 16-19, 1999

Mechanical Link III

CA: San Francisco — Feb. 3-6, 2000

Advanced Mechanical Link

Call for dates and locations.

Esthetic Lymph Drainage Therapy™

OH: Cincinnati — Sept. 21-23, 1999

Lymph Drainage Therapy I

AZ: Phoenix — June 15-18, 2000
 CA: San Diego — July 27-30, 2000
 San Francisco — Jan. 13-16, 2000
 CO: Colorado Springs — Apr. 6-9, 2000
 Denver — Feb. 17-20, 2000
 FL: Palm Beach — Dec. 2-5, 1999
 Sarasota — Jan. 27-30, 2000
 Tampa — June 15-18, 2000

GA: Atlanta — Dec. 16-19, 1999
 HI: Oahu — Mar. 9-12, 2000
 IL: Chicago — Oct. 28-31, 1999
 MA: Boston — June 29-July 2, 2000
 MI: Lansing — Nov. 4-7, 1999
 MN: Minneapolis — June 8-11, 2000
 NY: New York — May 4-7, 2000
 OH: Cincinnati — Feb. 3-6, 2000
 Dayton — July 20-23, 2000

OR: Grants Pass — Oct. 7-10, 1999
 Portland — Mar. 30-Apr. 2, 2000
 PA: Philadelphia — June 1-4, 2000
 TN: Nashville — July 13-16, 2000
 TX: Austin — Aug. 26-29, 1999
 Dallas/Fort Worth — May 18-21, 2000

UT: Salt Lake City — July 6-9, 2000
 WA: Seattle — Feb. 10-13, 2000
 Canada: Edmonton — Mar. 23-26, 2000
 Toronto — Sept. 16-19, 1999
 Toronto — Mar. 2-5, 2000
 Vancouver — Aug. 14-17, 1999
 Vancouver — May 25-28, 2000

CA: San Francisco — Nov. 11-14, 1999
 CO: Boulder — Aug. 5-8, 1999
 GA: Atlanta — Dec. 16-19, 1999
 MA: Boston — Oct. 21-24, 1999
 Boston — Apr. 13-16, 2000
 MI: Lansing — June 22-25, 2000

Lymph Drainage Therapy III
 CA: San Francisco — May 11-14, 2000
 FL: Palm Beach — Dec. 2-5, 1999

Lymphatic Breast Care™
 OH: Columbus — Apr. 8-10, 2000

Heart-Centered Therapy
 PA: Pittsburgh — Aug. 28-30, 1999

NMT for the Posterior Spinal Muscles
 CT: Westport — Sept. 17-19, 1999
 DC: Washington — Mar. 10-12, 2000
 FL: Miami — Mar. 10-12, 2000
 Orlando — Aug. 15-17, 1999
 St. Petersburg — Feb. 25-27, 2000

IL: Chicago — Aug. 27-29, 1999
 LA: Baton Rouge — Sept. 17-19, 1999
 ME: Waldoboro — Aug. 6-8, 1999
 MN: Minneapolis — Sept. 24-26, 1999
 PA: Quakertown — Sept. 17-19, 1999
 WA: Seattle — Aug. 6-8, 1999
 WI: Neenah — Sept. 10-12, 1999

NMT for the Upper Extremity
 CT: Westport — Dec. 3-5, 1999
 FL: Miami — May 19-21, 2000
 Orlando — Oct. 10-12, 1999
 IL: Chicago — Nov. 5-7, 1999
 LA: Baton Rouge — Dec. 10-12, 1999
 ME: Waldoboro — Nov. 5-7, 1999
 MN: Minneapolis — Nov. 12-14, 1999
 PA: Erie — Aug. 6-8, 1999
 Quakertown — Nov. 12-14, 1999
 WA: Seattle — Oct. 22-24, 1999
 WI: Neenah — Nov. 19-21, 1999

NMT for the Lower Extremity
 FL: Orlando — Dec. 5-7, 1999
 MA: Worcester — Aug. 20-22, 1999
 ME: Waldoboro — Feb. 11-13, 2000
 MN: Minneapolis — Feb. 18-20, 2000
 PA: Erie — Oct. 1-3, 1999
 Quakertown — Mar. 3-5, 2000

NMT for the Cranium and Anterior Spinal Muscles
 DC: Washington — Oct. 15-17, 1999
 FL: Melbourne — Sept. 24-26, 1999
 Orlando — Feb. 6-8, 2000
 St. Petersburg — Aug. 20-22, 1999
 MA: Worcester — Oct. 22-24, 1999
 ME: Waldoboro — May 19-21, 2000
 MN: Minneapolis — Apr. 7-9, 2000
 PA: Erie — Dec. 3-5, 1999

Feldenkrais Method® for CranioSacral Therapists
 FL: Palm Beach — Apr. 27-30, 2000

Zero Balancing®, Core Program — Segments One and Two
 AZ: Tucson — Oct. 14-17, 1999
 Tucson — Nov. 11-14, 1999
 CT: Mansfield — Sept. 30-Oct. 3, 1999
 FL: Jacksonville — Jan. 20-23, 2000
 GA: Atlanta — Sept. 30-Oct. 3, 1999
 IA: Iowa City — Nov. 18-21, 1999
 ID: Twin Falls — Sept. 9-12, 1999
 IL: Chicago — Sept. 23-26, 1999
 LA: New Orleans — Nov. 18-21, 1999
 MA: Cambridge — Nov. 4-7, 1999
 MD: Annapolis — Nov. 4-7, 1999
 Baltimore — Sept. 16-19, 1999
 Columbia — Oct. 20-23, 1999
 Columbia — May 4-7, 2000

ME: Blue Hill — Sept. 22-26, 1999
 MN: Minneapolis — Oct. 14-17, 1999
 MS: Waveland — Aug. 21-22, 28-29, 1999
 NC: Wilmington — Oct. 14-17, 1999
 NY: New York — Sept. 30-Oct. 3, 1999
 New York — Jan. 20-23, 2000
 NV: Reno — Sept. 30-Oct. 3, 1999
 OR: Portland — Sept. 16-19, 1999
 PA: Dalton — Sept. 30-Oct. 3, 1999
 TX: Austin — Jan. 13-16, 2000
 Austin — July 20-23, 2000
 VA: Charlottesville — Oct. 7-10, 1999

(Advanced) Zero Balancing And Women's Cycles
 IL: Chicago — Sept. 10-12, 1999

Forms and Fulcrums
 IL: Chicago — Nov. 6-7, 1999
 NE: Omaha — Oct. 23-24, 1999

Art of Zero Balancing

MD: Baltimore — Oct. 14-17, 1999

Beyond Edge

Mexico: Guadalajara — Mar. 18-25, 2000

Master Zero Balancing

Call for dates and locations.

Alchemy of Touch

AZ: Tucson — Dec. 2-5, 1999
 IL: Chicago — Oct. 8-11, 1999
 MA: Boston — Oct. 28-31, 1999

Geometry of Healing

TX: Austin — Apr. 13-16, 2000

Process Acupressure™ 1: Essence

FL: Coral Gables — Sept. 23-26, 1999
 GA: Gainesville — Mar. 16-19, 2000
 MD: Baltimore — Oct. 14-17, 1999
 MI: Lake Leelanau — Aug. 26-29, 1999
 Canada: Ottawa — Nov. 4-7, 1999
 Toronto — Oct. 21-24, 1999

Advanced Process Acupressure™ 1: Progressed Process

IL: Chicago — Oct. 28-31, 1999
 MI: Ann Arbor — Oct. 21-24, 1999
 Petoskey — Sept. 23-26, 1999
 PA: Philadelphia — Oct. 21-24, 1999

Process Acupressure 2: Parts of the Whole

CA: Santa Cruz — Nov. 11-14, 1999
 Canada: Ottawa — Sept. 16-19, 1999

Process Acupressure 3: The Hologram

CA: Borrego Springs — Dec. 5-11, 1999
 Canada: Ottawa — May 2-7, 2000

Process Acupressure 4: Transpersonal Integration

VT: Burlington — Aug. 4-11, 1999

Energy Integration I

FL: Palm Beach — Oct. 7-10, 1999
 PA: Philadelphia — Jan. 27-30, 2000

Aston® Therapeutics I

IL: Chicago — Oct. 30-Nov. 2, 1999
 NM: Albuquerque — Aug. 12-15, 1999
 TX: Dallas — Sept. 9-12, 1999
 WA: Seattle — Sept. 23-26, 1999

Supporting the Compassionate Heart - Core Building

AZ: Phoenix — Sept. 24-26, 1999

Subtle Energy as a Therapeutic Instrument

FL: Palm Beach — Oct. 16-18, 1999
 OR: Portland — Oct. 22-24, 1999

CranioSacral Dissection

Call for dates and locations.

Dolphin Educational Workshop

Call for dates and locations.

This schedule is current at the time of printing and is subject to change.



Mardi Gras Dinner Dance and Costume Party a Visual Feast



Above - And one of the Best Costume awards goes to...the Mardi Gras King and Queen, Nic Nicodemus, PhD, ND, RMT, and his wife Wilma Wagner.

Right - Author Claire Sylvia and her partner, Jerry Mulcahy [not pictured], swept the audience away with their Latin dancing.



The Royal Maters: Alice Quaid, PT, Susan Steiner, OTR/L, and Leah Matalon, CMA, CAT.

Conference Rich With Practical Information

Numerous experts stimulated BT'D '99 audience members with new perspectives in the field of complementary care...

- Alice Quaid, PT, CST-D — All About Kids
- Bruno Chikly, MD (France) — Body Rhythm Changes in Different States of Consciousness
- Ann Harman, DO — Feldenkrais Method® for CranioSacral Therapists: Learning to Sit Comfortably
- Mary Lou Galantino, PhD, PT — Nutritional Concerns in Wellness
- Suzanne Scurlock-Durana, CST-D — The Role of Mind-Body-Spirit Awareness in the Healing Process
- John Arndt — Gleaning Light: Vibrational Effects of the Therapeutic Impulse
- Russell A. Bourne, Jr., PhD — Consciousness, Self and Communication
- Rev. Dr. Leo James Hoar — Spiritual Energy Brings About Holistic Healing
- Alaya Chikly, CMT — Heart-Centered Therapy and Emotional/Spiritual Viruses: Assume Only Love
- John Hamwee — Zero Balancing®: Touching the Energy of Bone
- Ramona Sierra, MSW, LCSW — Equine Experience: Use of CST & SER With Semi-Wild Mustangs and Thoroughbreds
- Avadhan Larson, LAc, LMT, CST-D — Integration of Acupuncture Concepts Into CranioSacral Therapy
- Barry Kaplan, MD — Dancing Around Death
- Roy Desjarlais, LMT, CST-D — Conscious Presence as a Healing Modality
- Panel topics included Dolphin Therapy, Unique Clinical Cases, and Current Issues and Trends Involving CranioSacral Therapy and Alternative Healthcare



The Honorable Berkley Bedell joined John Matthew Upledger and others to discuss the political climate of healthcare today.

BT'D Conference Caps Off First International CranioSacral Therapy Awareness Month

Beyond the Dura '99 capped off a month of activities celebrating April as the first international CranioSacral Therapy Month. Practitioners who had received promotional kits from The Upledger Institute — containing press releases, activity planners and more — used the tools to help consumers in their local communities understand the value of this gentle, effective modality.

BTD '99 Spotlight Speakers

Continued from front cover

The Honorable Berkley Bedell reported on his formation of a new foundation that will investigate the efficacy of alternative therapies currently practiced in other cultures. He and his research team will study methods used throughout Europe to treat degenerative diseases such as cancer. Then they plan to bring those treatments back to the U.S. for rigorous testing, making the results available to a public Bedell believes has been deprived of promising alternative techniques for far too long. "I used to be in the fishing tackle business," he said, "and I can tell you, if Germany was making better tackle than we were, we'd be over there studying it in a week and we'd be making it here a week later. Why wouldn't we show the same concern for healthcare?"

"Delightful and invigorating knowing there is notice and credibility given to our work outside of our field." — L.R., Joliet, Ill.

Claire Sylvia, author of *A Change of Heart*, spoke about her unusual experiences after receiving a double lung and heart transplant. Immediately after the surgery she began having odd cravings that, as she later discovered, fell more in line with the tastes of her 18-year-old organ donor than her own. Ms. Sylvia went on to share the spiritual, emotional and physical shifts she went through after living with a life-threatening illness.

"So fascinating. A beautiful woman, loving heart, very open, receptive and observant. I loved her presentation." — D.P., Philadelphia, Pa.

Beyond the Dura 2001: A Mind Odyssey

Make plans now to join us for a mind-expanding Beyond the Dura 2001, April 25-April 29, 2001. Call Educational Services at 1-800-233-5880, ext. 8916, or visit our website — www.upledger.com — to find out more.

BTD '99 Videotapes Now Available

For information on presentation topics and prices, please call Educational Services at 1-800-233-5880, ext. 8916.



UI president Dr. John Upledger, Upledger Foundation board member John Wilkinson, and UI CEO John Matthew Upledger.



Dr. John Upledger recognized UI's international affiliates at BTD '99 when he presented UI Spain's José Luis Perez Battle, DO, with his CranioSacral Therapy I instructor certification.



UI-certified instructors Suzanne Scurlock-Durana, CST-D, Roy Desjarlais, LMT, CST-D, and John Worcester, LMT, CST.

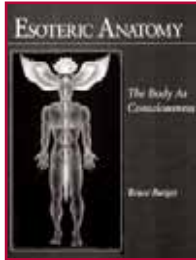


John Hoernemann and Karen Senffner, PT, Director of the Zero Balancing Association.



Beyond the Dura was followed by our semiannual Teachers' Meeting for UI CranioSacral Therapy instructors and apprentices. Back row (standing): Don Ash, PT; Hank Meldrum, PT, OMT; Mable Sharp, MS, PT, CM; Chas Perry, PhD, CST-D; John Worcester, LMT, CST; Roy Desjarlais, LMT, CST-D. Back row (seated): John Upledger, DO, OMM; Sanno Visser, DO; John Page, DO; Signy Erickson, DC, CST-D; Luc Van Eupen, DO; Michael Morgan, LMT; Phillip Henderson, BS, CMT; Russell Bourne, Jr., PhD. Center row: Lynne Ganz, OTR/L; Rebecca Hunt, OTR; Jim Green, BS, LMT; Nina Chernick, BA, RMT; Susan Steiner, OTR/L; Judy Blix, PT; Marianne Schauerl; Marianne Fruhmman; Susan Cotta, PT; Lisa Upledger, DC; Inya L'Orange, PT, Gadi Nelinger, PT. Front row: Matthias Moesle; Diego Maggio, DO; Melinda Roland, PT, LAC, OMD; Avadhan Larson, LAC, LMT; Suzanne Scurlock-Durana, CST-D; Susan Pinto, MA, CFP; Martine Rini, PT; Fred Stahlman, PT.

Books and Other Helpful Products



Esoteric Anatomy
by Bruce Burger
The author and founder of Northern California's Heartwood Institute synthesizes more than two decades of work as a practitioner and teacher of spiritual heal-

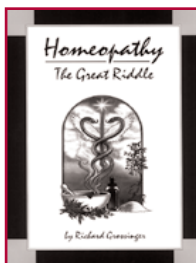
ing and body-centered emotional clearing in this illustrated, hands-on guide to the practice of Somatic Psychology and Polarity Therapy. (softcover) \$22.50

Trigger Point Flip Charts

by Janet G. Travell, MD & David G. Simons, MD
Volumes 1 and 2 of Myofascial Pain and Dysfunction — The Trigger Point Manual — have been hailed as the definitive references on myofascial pain and locating trigger points. Now all the upper and lower extremity pain patterns and their corresponding trigger points are clearly illustrated on convenient flip charts, ideal for patient education. (12" x 15") \$59.00

Trigger Point Wall Charts

by Janet G. Travell, MD & David G. Simons, MD
More than 80 illustrations are reproduced from Myofascial Pain and Dysfunction: The Trigger Point Manual. These charts are ideal for both visual reference during examinations and to help educate patients undergoing treatment. The two charts feature illustrations organized by upper and lower extremity for easy reference. (33" x 39" laminated) \$59.00



Homeopathy: The Great Riddle
by Richard Grossinger
A thorough explanation of homeopathy for the general reader, covering the history, philosophy, politics, controversies, principles and scientific

theory of this system of medicine. (softcover) \$14.95

Music of Light Auric Sounds

by Valerie V. Hunt, PhD
Pure auric-field frequencies — identified by renowned researcher Dr. Valerie Hunt — are

harmonically blended with classic and contemporary music to help replenish the human energy field. (Set of 5 audiotapes; 300 min. total) \$145.00

Chakra Meditations Audiotapes

by Tom McDonough, MDiv
Two meditations to open and balance the human energy field via the chakra system, soften and free fascial restrictions, and connect with those things that bring meaning and purpose to life. (2 audiotapes; 40 min. total) \$14.95



Health and Personal Mastery Audiotapes

by Tom McDonough, MDiv
Develop the tools necessary to clarify what you need in your life on a regular basis to be

at your best. Two audiotapes and study guide introduce you to FaithWork's Health and Personal Mastery program, including three meditations. (2 audiotapes; 60 min. total) \$29.95

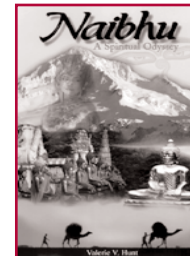
Mind Mastery Meditations

by Valerie V. Hunt, PhD
Mind Mastery Meditations will empower you to live your life with greater ease and success. You'll learn to relax; balance and activate your energy systems; open your emotions; uncover present and past lifetimes; hasten healing with specific tools; discover and enhance your own spirituality; learn to communicate thought and increase creativity; and finally, sense the biocosmic confluence. (softcover) \$14.95

Musculoskeletal Disorders: Healing Methods From Chinese Medicine, Orthopedic Medicine, and Osteopathy

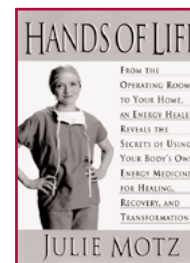
by Alon Marcus, DOM, Lac, DAAPM
Musculoskeletal complaints are among the most common, challenging a wide range of medical specialists. Acupuncturist and orthopedic practitioner Alon Marcus shows how a complementary approach to the diagnosis and treatment of these disorders can incorporate acupuncture, manual therapy, injections,

exercise and medications, both Eastern and Western. It also highlights how the Chinese medical model can be reconciled with Western orthopedic methods. (hardcover) \$85.00



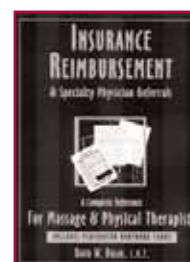
Naibhu: A Spiritual Odyssey
by Valerie V. Hunt, PhD
A lost child...an isolated adolescent...a tormented adult...an enlightened sage. Naibhu's tale unfolds as a personal evolution against a

background of bustling camel caravans and towering Himalayas. The lessons of Naibhu's evolutionary struggles are universal, often bringing impactful personal enlightenment to those who contemplate them. (hardcover) \$17.95



Hands of Life
by Julie Motz
This remarkable book chronicles Julie Motz's uncommon mission to bring alternative methods of healing to the country's most prestigious hospitals.

Invited by a young heart surgeon, she began working with patients undergoing radical lifesaving procedures. As she sensed the traumas and unresolved emotions that contributed to their suffering, she helped them release fear and anger to begin healing both body and soul. *Recommended by Dr. John Upledger.* (hardcover) \$24.95

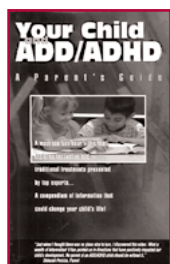


Insurance Reimbursement & Specialty Physician Referrals

by David Dolan, LMT
Finally, a book that relates all bodywork techniques and styles

to specific national CPT codes. It features an unprecedented method to prove objectively that your therapeutic approach makes scientific and measurable restorative changes. It teaches you how to document and validate CranioSacral Therapy, Polarity Therapy, Zero Balancing, Visceral Manipulation and other bodywork as restorative and corrective. And it gives you applicable, ready-to-use,

perforated forms, such as example HCFA forms with corresponding treatment notes, with space for your letterhead. (softcover) \$62.00



Your Child and ADD/ADHD Video

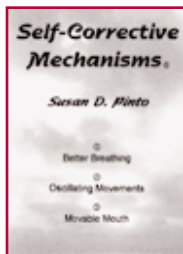
by Patty Sayih
More than 15 million people in the United States suffer from Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD).

Join a variety of specialists on a fascinating journey through many of the treatments and therapies available today. Although no method works for everybody, this video explores various methods that have proven effective for many children. (58 min.) \$29.95

Massage Therapists Guide to Pathology

by Ruth Werner, LMP, and Ben Benjamin, PhD

Ruth Werner and Dr. Ben Benjamin have crafted an essential tool to help bodywork practitioners of all kinds make the right decisions about whether their clients are good candidates for massage. This book provides an extensive database of up-to-date information on a wide variety of diseases and conditions, and discusses how massage may or may not fit into the healing process. (hardcover) \$37.00

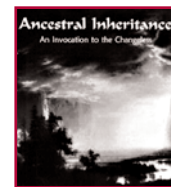


Self-Corrective Mechanisms Audiotapes

by Susan Pinto, MA, CFP
Learn motions that create new balance in your body as overloaded muscles get relief and

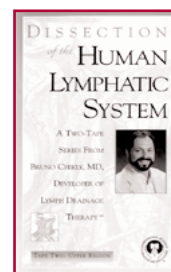
neglected muscles are encouraged to work more. Innovative movements break tension and change postural patterns. Then, as your nervous system registers an increased sense of

well-being, it begins to self-correct. This particular series has been found to help improve back and neck pain, headaches and TMJ dysfunction. (3 audiotapes; 90 min. total) \$35.00



Ancestral Inheritance CD

by Stan Gerome
A rhythmic drum beat set at 50 beats per minute is complemented by chanting to bring the therapist and client into a more relaxed, receptive state for treatment. (1 CD; 56 min.) \$16.00



Dissection of the Human Lymphatic System Video Set

by Bruno Chikly, MD (France)
Dr. Bruno Chikly removes the barrier to seeing the lymphatic system. By injecting dye

into a fresh cadaver, he traces the flow of lymph throughout the body. So you get a precise view of this elusive system — from its vastness to the exact locations of major lymph nodes and vessels. (2 videotapes; 94 min. total) \$90.00

CranioSacral Therapy Awareness Month Golf and T-Shirts

Celebrate the power of a gentle touch. These crisp white shirts sport the grey and red logo highlighting every April as CST Awareness Month. Available in adult medium, large and extra large. Golf shirt: \$20.00 T-shirt: \$12.00

SomatoEmotional Release and Beyond (New German Edition)

by John E. Upledger, DO, OMM
Recommended reading for all practitioners of CranioSacral Therapy, this book provides a detailed description of the development and current uses of SomatoEmotional Release, Energy Cyst Release and Therapeutic Imagery & Dialogue. (German edition, hardcover) \$100.00

Advanced I CranioSacral Therapy



Salt Lake City, Utah — Feb. 1-5, 1999

Top row (l-r): Carol Owen, MT; Stephanie Dodge Shelton, LMT/IMI; Susan Schober, MT; Peg Bledsoe, OT (preceptor). Middle row (l-r): Lee Derham, LMT; Kevin Schoenberger, PT; Cindy Kirk, RN, MT; Sandra Fry, LMT; Sheri Kriege; Laurie Miller, RN. Bottom row (l-r): Shik-Tong Chan, PT, AC; Patti Harrison, LMT (preceptor); Hank Meldrum, PT, OMT (instructor).

To place an order or for information on other products, please call:
1-800-233-5880, ext. 8916.



Continued from page 9

Red Bank
Cindy Bloom, CMT - 732-747-9290
Focus: CST

Summit
Holly Berkley - 908-665-2731
Focus: CSI-ADV

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

NEW MEXICO

Corrales
Maggie Mathisen, LMT -
505-898-7853
Focus: CST

NEW YORK

Hudson & New York City
Phyllis Hjorth, LMT - 518-822-0556
or 212-265-1020
Focus: CSI-CSII

New York City
Barbara Chang, CMT -
212-242-1432
Focus: SERI-ADVII, VMIA-VMII

New York City
Kenneth I. Frey, PT - 212-245-1700
Focus: CSI-ADV, VMIA-VMII

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Anne Hammel, CAT - 212-254-3442
Focus: CSI-SER

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Charlotte
Kristina Pearson, MA, LMT, RMT -
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John Green, LMT - 704-647-0060
Focus: CST

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Joan Farrenkopf, CST - 910-343-8080
Focus: CST

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Richard Earle, MT - 330-929-8801
Focus: CST

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Focus: CSI-ADV

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Judith Sanford, LMT - 541-858-4459
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Portland
Carol A. Gray, LMT, Doula -
503-236-2999
Focus: CSI-ADV

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Penny Reiss Rhodes, CMT &
Gene Miller, AHP - 610-398-0803
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Zora Natanblut, PhD, PT -
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Juanell Lemon, LMT -
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Focus: CST

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Focus: CST

VERMONT

Rutland
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MA, LMT - 802-775-0354
Focus: CSI-SERI

South Royalton
Priscilla Downey, PT - 802-763-2604
or 802-763-9900
Focus: CSI-ADV

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& Sue Bovenizer - 804-984-0764
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Karla Mueller, MsT - 414-273-7980
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416-365-1016
Focus: CST

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David Tomlinson, RMT -
416-485-0904
Focus: CSI-SERII

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Annabel Mackenzie -
604-261-9588
Focus: VM

Vancouver, BC
Brenda Pulvermacher, BSc, CSP -
604-922-7242
Focus: CSI

NEW ZEALAND

Dunedin, Otago
Nellie Ralston - (03) 473-0095
Focus: CST

Advanced I CranioSacral Therapy



Palm Beach, Fla. — Sept. 7-11, 1998

Back row (l-r): Paul Cornelissens, PT (preceptor); Donna Suares, LMT (preceptor); Liza Katz, PT; Deborah Mykytiuk-Tonks, RMT, LMT; Roy Desjarlais, LMT, CST-D (instructor); Sandra Parkinson, Massotherapy; Laura Thomas, RN, BSc; Lynn Knight, PT; Phil Robison, Zen Shiatsu. Front row (l-r): Pamela Deimund, LMT; Barbara Martin, LMT; Andrea Itzkowitz, LMT; Carol Ball, OTR; Carol Short, LMT (preceptor).

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.

Advanced I CranioSacral Therapy



Toronto, Ont. — Nov. 9-13, 1998

Back row (l-r): Kathy Tendick, OTR/L, CMT; Joyce Forchuk, RMT; Susan Ramsay, LPN; Virginia Rush, MT; Chas Perry, PhD, CST-D (instructor). Front row (l-r): Kim Juroe, AP, OMD, CST (preceptor); Rosann McCarville, PT; Janet Ferguson, RDMT; Andra Dhein, MA, CMT; Gerri Aiudi, RMT; Brenda Rosenberg, PT; Martez Diskey, RMT; Kim Keifrider, PT, LMT (preceptor).

Milestones

Congratulations and Well Wishes..

- The following therapists have been named Certified Instructors for UI CranioSacral Therapy I classes: Susan Cotta, PT; Michael Morgan, LMT; Don Ash, PT; and José Luis Perez Batlle, DO.

- To Toni Raneri, UI Director of Operations and Clint Lee, on their marriage, May 1, 1999.

- To David Halfon, LMT, and his wife Jennifer, whose new son Gage Riley Halfon was born on May 18, 1999.



Condolences..

- To Suzanne Scurlock-Durana, CST-D, whose father, Bill Scurlock, passed away recently.

- To Nancy Brown, HealthPlex Clinic Office Manager, whose husband Donnie Brown lost his battle with pulmonary hypertension.

❖ Congratulations ❖

New Certified VM Teaching Assistants

- Barbara LeVan, PT

New Certified CST Teaching Assistants

- Ellie Brown-Gee, BS
- Marshall Calvert, MA, RHt
- Mindy Stampler-James, LMT, CST
- Carolyn Liarakos, CMT
- Julianne Martiny, DC
- Elaine Stapleton, MT
- Gary Stiles, LMT
- Jason Winnett, LMT

Now Certified in CranioSacral Therapy..

Techniques Level:

- Nikki Campbell, CST
- Nina Chernick, BA, RMT, CST
- Tricia Fortina, MT, BSW, CST
- Teresa Gaffin, MsT, CST
- Fred Guenzler, NTS/ZT, CST
- Anne Hammel, CAT, CST
- Elise Hewitt, DC, CST

- Andrea Itzkowitz, LMT, CST
- Craig Malecker, RMT, CST
- Mable Sharp, MS, PT, CM, CST
- Mindy Stampler-James, LMT, CST
- Laurie Shaver, OTR, CMT, CST
- Lynn D. Simpson, OTR, CST
- David Tomlinson, RMT, CST
- Marie Waisberg, BA, CST
- Anna Wiedeler, PT, MS, CST

Diplomate Level:

- Ellen Adler, OTR/L, CST-D
- Judith Bradley, PT, BSc, MA, CST-D
- Chas Perry, PhD, CST-D
- Fred Stahlman, PT, CST-D

Laurie Shaver,
OTR, CMT, CST,
now certified
in CranioSacral
Therapy
Techniques Level.



New! CranioSacral System Dissection Seminars

The Upledger Institute is capping off a highly successful pilot program at The University of Texas Medical Branch in Galveston, Texas, by instituting new CranioSacral Dissection classes.

The two-and-a-half day format will enable

"This class was one of the most important things I've done to deepen my understanding of CranioSacral Therapy."

— Roy Desjarlais
LMT, CST-D

you to dissect unpreserved cadavers in the same way Dr. John Upledger did at Michigan State University in the '70s to demonstrate the movement of cranial sutures.

As a participant, you'll observe hemi-cuts of unpreserved craniums

while exploring cranial/brain structures, including the sinus and ventricular systems. You'll also have the opportunity to directly palpate the craniosacral membranes while cranial-bone techniques are applied.

Space is highly limited so call right away for details: 1-800-233-5880, ext. 8916.

Questions Put to Rest for Upledger Institute Germany

In response to recent questions, please note that Upledger Institute Germany has no affiliation with the Church of Scientology. UI Germany functions solely as an affiliate of The Upledger Institute. Its goal is to educate therapists in Germany and surrounding areas of the value of CranioSacral Therapy and other gentle complementary modalities.

Upledger Institute and HealthPlex Clinical Services Launch New Endorsement Program for Clinics

In response to ongoing requests, The Upledger Institute and HealthPlex Clinical Services have announced the establishment of a new program that gives approved clinics the right to promote their CranioSacral services under the Upledger flagship name.

"For years, we've been reaching out in support of complementary care," says Dr. Russell Bourne, chief of staff of UI's HealthPlex Clinical Services. "For the tens of thousands of therapists who have trained through us, our new program allows them to better distinguish their services."

In addition to authorizing approved clinics to be identified as facilities endorsed by UI for the practice of CranioSacral Therapy, the program offers a wealth of other marketing and business benefits. [See "12 Ways UI Endorsement Program Benefits Approved Clinics" below.]

Approved clinics and their principals must satisfy a number of requirements to help ensure the quality of the therapy provided.

To receive an application, call Educational Services at 1-800-233-5880, ext. 8216.

12 Ways UI Endorsement Program Benefits Approved Clinics

- 1 Permission to use the UI logo along with the tag line "An Upledger Institute, Inc.® Endorsed Clinic" on UI-approved promotional materials.
- 2 Listing on the UI website as an official UI-endorsed clinic.
- 3 Management support through UI HealthPlex that includes the use of current procedural manuals and collateral materials.
- 4 Eligibility to act as a distributor and sponsor of UI products and seminars.
- 5 Priority status for qualified staff therapists for teaching assistant positions at UI workshops.
- 6 Eligibility to serve as a UI CranioSacral Therapy Certification examination site for Techniques- and Diplomate-level testing.
- 7 A 15% discount on applicable UI products for staff therapists.
- 8 Consideration of eligible therapists to participate as staff in select research and treatment programs sponsored by UI HealthPlex or The Upledger Foundation.
- 9 Opportunities to host and/or sponsor one- or two-week UI HealthPlex Intensive Programs such as Brain & Spinal Cord Dysfunction, Learning-Disabled Children, Therapist Rejuvenation, Autism and others.
- 10 Identification as an approved site for follow-up care for patients who have undergone Intensive Programs.
- 11 Registration as an approved precepting site for Diplomate-level certification applicants.
- 12 Designation as a UI-endorsed clinic in the International Association of Healthcare Practitioners Directory.

UpDate Classifieds

For sale in the fall: Alternative medical center for 3 practitioners + 3 rentals and a lovely historic home. Downtown Sarasota, Fla. Please see www.b-well.org.

Your body craves clean water. Multi-Pure Water Filter Systems are legally tested and certified to reduce the widest range of potential health-hazard contaminants for longest time. Healthier, more convenient and less expensive than bottled water. Stainless steel. Home or office. Great prices! 25-yr. warranty. For information, call 510-835-2846 or 1-800-729-1107.

New Video! Deep Tissue & Neuromuscular Therapy, The Extremities. Artistic and beautiful. Shows 47 techniques, muscles rendered from clay with trigger point referrals + 23 page booklet. A great value at \$49.95. See clips on the web at www.deeptissue.com, or call (888) 300-8489.

I heard it through the magnetvine! Ease discomfort by using patented magnetic products from Japan. Please call for info or questions: (702) 218-4397.

San Diego Feldenkrais® Professional Training Program sponsored by the Reese Movement Institute. Enrolling through Nov. '99, 160 days of training. Call 1-800-500-9087.

Pre- and Perinatal Massage Therapy. Textbooks, home study & certification workshops by nationally recognized maternity specialist and author, Carol Osborne-Sheets. 1-800-586-8322 or cos9@aol.com.

Exceptional Nutritional Supplements. Easy! Affordable! Highest quality available anywhere. Check the research. Guaranteed! Leave a message: 770-841-9983.

Set up and increase your practice with the Medical Massage Office Manual for billing insurance. Newly published 2nd edition is loaded with new information. Now includes diskette with forms. Call: west of Mississippi - 888-322-5520; east - 561-392-2111.

Increase your success and reduce your stress! We offer innovative, practical, proven support to increase success with our books, workshops and coaching services. Call SMA for free catalog: 800-786-4774, or visit www.sohnen-moe.com.

Birth doula and bodyworker needs your stories. If you've used CST/SER to help women prepare for childbirth or cope with labor, Carol Gray would like to hear from you. Please e-mail your anecdotes to: carolag@e-z.net, or phone 503-236-2999.

For Sale: Successful Massage Therapy Practice. Well-established 13-year practice. Prime location on 57th Street in Manhattan. Beautiful office on 21st floor. Incredible physician-referral network. Must be trained in Neuromuscular Therapy, active assisted stretching and maternal massage. Serious inquiries only: Isadora Guggenheim, (212) 307-5051.

Study group facilitation and tutoring for CSI, CSII and SER. Reasonable rates. San Francisco Bay area. Call Nancy at 510-526-0115.

Résumés Requested

Here at The Upledger Institute, we're always on the lookout for high-quality administrative personnel. If you're interested in a professional position with one of the fastest-growing companies in the natural healthcare industry, fax your résumé to The Upledger Institute at 561-622-4771. All résumés will be kept on file for future consideration.

Classified Ad Rates and Deadline

The UI UpDate reaches more than 40,000 therapists interested in the field of complementary healthcare. The cost to run a classified ad is \$5.00 per 30 characters, which includes punctuation marks and spaces. The deadline to submit a classified ad for the next newsletter is August 1, 1999.

Please call the UpDate Editor at 561-622-4334, or fax your request to 561-622-4771.

The UI UpDate is published by The Upledger Institute. We welcome your contributions. The Upledger Institute reserves the right to accept or reject materials; edit materials for space and clarification; and assumes no responsibility for errors, omissions, corrections or modifications in publications. Manuscripts and photographs are non-returnable. Address all correspondence and submissions to: Editor, UI UpDate, 11211 Prosperity Farms Rd., D-325, Palm Beach Gardens, FL 33410-3487.

Zero Balancing® Association Celebrates New Era of Service at International Conference

Members of the Zero Balancing Association rang in a renewed commitment to service at their international Zero Balancing Conference in Baltimore, Md., on May 8-9, 1999. ZB instructors at the two-day national event — titled *The Future of the Body* — unanimously endorsed the association's long-standing mission to promote health and healing in the world through the integration of energy and structure using touch.

More than 150 people gathered to hear presentations from speakers such as Zero Balancing founder Dr. Fritz Smith, Process Acupressure developer Dr. Aminah Raheem, and Jerry Toporovsky, founder of The

Baltimore School of Massage, which hosted the conference. A dozen break-out workshops highlighted topics ranging from Zero Balancing and Hatha Yoga to ZB Principles and the Art of Nondoing.

The conference followed a recent boost to the Zero Balancing Association after seven certified practitioners treated 75 people from Oprah Winfrey's staff to ZB sessions at their Chicago studio. Association members now plan to promote their mission through fundraising and a national book tour for the newly published *Zero Balancing: Touching the Energy of Bone*, by John Hamwee.



Dr. Fritz Smith, founder of the Zero Balancing Association, enjoys a surprise birthday salute this past May at the international ZBA conference in Maryland.

International Satellites & Affiliates: See www.upledger.com for details.

- **Australia**
South Australia
Ph./Fax: 61 88 357 0720

New South Wales
Ph.: 61 2 9664 2768/Fax: 61 2 9710 5814

Queensland
Ph./Fax: 61 7 4638 2404
- **Austria**
Ph./Fax: 43 316 760961
- **Belgium**
Ph.32 14304598/Fax: 32 14302397
- **Brazil**
Ph./Fax: 55 21 431 3211
- **Germany**
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- **Israel**
Ph.: 972 3 6053384/Fax: 972 3 6423830
- **Italy**
Ph.: 390 40 3728917/Fax: 390 40 3724056
- **Japan**
Ph./Fax: 81 3 5248 0174
- **Netherlands (UIE Main Office)**
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- **New Zealand**
Auckland
Ph.: 64 9 4837862/Fax: 64 9 4837861
- Dunedin
Ph.: 64 3 477 9752/Fax: 64 3 477 9780
- **Portugal**
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