

# CONNECTION

INTERNATIONAL

ASSOCIATION of

HEALTHCARE

PRACTITIONERS®



Volume Three

Autumn 1997

## French Experts Demonstrate Their Work at Symposiums

The subtleties of the viscera, lymphatic and fascial systems were revealed by three renowned French clinicians during their July symposiums in Palm Beach.

Osteopaths Jean-Pierre Barral and Paul Chauffour joined physician Bruno Chikly in presenting their therapeutic styles to clinicians and students of their work.

In his demonstrations of Visceral Manipulation (VM), Barral, developer of the modality, displayed his assessment skills by working with six patients.

In one of the more involved cases, Barral



*Jean-Pierre Barral, French osteopath and developer of Visceral Manipulation, demonstrates his techniques at a symposium in Palm Beach, Florida.*

assessed a 50-year-old woman and found his focus drawn to her liver, left kidney, pancreas and spleen. He described her injuries as having a physical rather than emotional source, and occurring suddenly.

The patient then explained that she'd been involved in an auto accident two years before. The air bag struck her in the face and chest, fracturing her jaw and bruising her torso.

She had surgery to repair her jaw, but

experienced headaches so severe she "couldn't add two plus two." The woman had been receiving chiropractic care and, last November, began seeing VM practitioner Dee Ahern, PT.

Using his trademark local listening techniques, Barral determined that the patient's organs were absolutely fixed and described a whiplash effect to the left side of the body. He was focused on the mid-section, the same area of the body that Ahern had addressed along with the hard and soft frame of the thorax.

Barral first worked to release the rib cage.

Next he chose to release restrictions in the spleen and left kidney, which resulted in freeing the 10th rib. He also released the dural tube.

The session concluded with Barral reminding the audience to listen to the tissues of the body to determine what areas to address. "On your first contact with the person," he advised, "just ask the tissues to tell you their story."

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## Instructors Share Ideas at Successful Visceral Manipulation Meeting

The future of the Upledger Institute's Visceral Manipulation curriculum is growing even brighter, thanks to the issues discussed at an enthusiastic gathering of instructors in Palm Beach in July.

VM developer Jean-Pierre Barral, RPT, DO, and program director Frank Lowen, MT, convened with nearly a dozen others to discuss opportunities and share new techniques. Participants included instructors as well as key representatives from The Upledger Institute.

Among the many topics...

- Course representatives were appointed to assist program director Frank Lowen: Dee Ahern, PT, for VMIA, Jay Kain, PhD, PT, ATC, for VMIB and PIVM, and Gail Wetzler, RPT, for VMII. They will each be responsible for making sure the information presented in their classes is consistent and true to the vision of Jean-Pierre Barral. This dedication to quality will help ensure the best possible

learning experience.

- The teaching-assistant program was reintroduced as a tool for alumni to hone their VM skills. Anyone interested in becoming a certified TA is invited to call Theresa Piekarski at (561) 622-4334.
- Sharon Weiselfish-Giammatteo, PhD, PT, was gratefully acknowledged for her contributions as an instructor for the VM curriculum. Though she will not continue in that role, she was wished the best of luck in all her endeavors.
- VM will enjoy increased exposure through UI and IAHP newsletters, with spotlights on instructors, techniques and patient profiles. Alumni are encouraged to assist by submitting articles, case histories or personal experiences with VM to: The Upledger Institute, Inc., 11211 Prosperity Farms Rd., D-325, Palm Beach Gardens, FL 33410-3487; Attn: Sharon Desjarlais, Newsletter Editor.

## New Whiplash Course Begins in 1998

Jean-Pierre Barral, RPT, DO, is continuing to strengthen the practical applications of Visceral Manipulation with the addition of a new course in 1998: Visceral Approach to Trauma and Whiplash.

Experts say whiplash injuries affect over a million Americans each year, with 25-40% of those people displaying chronic symptoms. The new three-day course will focus on the impact to the visceral system, an area often unaddressed by healthcare providers. It will cover three primary areas: the physical laws of trauma, diagnosis and treatment.

Advanced Visceral Manipulation is a prerequisite to this class, which will also feature a new book from Jean-Pierre Barral: *Osteopathic Approach to Trauma; Focus on Whiplash* (English version scheduled for a 1998 release).

Barral and co-teacher Alain Croibier, DO, currently plan to teach Whiplash classes in New Orleans and Palm Beach in the summer of 1998. To register or for more information, please call 1-800-311-9204, ext. 8910.

## Visceral Manipulation Instructor Brings a Keen Appreciation of Anatomy

Each year Jean-Pierre Barral visits America, Dee Ahern, PT, asks him what he'd most like students to understand in Visceral Manipulation. "Undeniably and consistently, he tells me he'd like them to know their anatomy," Ahern says. "From this framework springs forth the creativity of the art, but the foundation is essential."

Ahern, a VM instructor, is well-qualified to bring her understanding of body structure to her students. She honed her own knowledge through years of experience in manual medicine. By the time she began studying with Barral in 1987, her work and education encompassed settings in acute, chronic and geriatric care, private practice, private clinics,

hospitals and outpatient facilities. She also conducted research projects in Denmark and England, and worked with a team of 44 physicians in Colorado to develop standards of peer review.

Yet despite the many routes she's explored, she still comes back to the basics. "I believe it's difficult to get good results from VM without knowing your anatomy," Ahern says.



Dee Ahern, PT

"Because of the viscera's association with the fascial system, it allows us to access other areas of the body. But it requires a clear-cut understanding of body structure to attain that level of proficiency."

While Ahern agrees that many therapists come to the VM courses with a strong background in anatomy, she believes others see the value of building that foundation once they experience the work.

"Visceral Manipulation is another avenue of accessing and moving information through the body based upon the intelligence the tissues give us," Ahern says. "With a strong perspective of structure, there's always something new to discover."

# An Eclectic and Integrative Approach to Treatment

All too often we become “specialized” to the exclusion of doing things we may not consider our favorite way or the easiest route. The following case illustrates how we can get better results if we continually scan the available approaches and techniques, and choose those that seem appropriate at any given time during the therapeutic process.

Various modalities can and should be integrated and used concurrently. In patient care and facilitation, there’s no room for devotion to a single given approach — and there should be no boundaries between disciplines.

The patient is a 43-year-old woman with one child. She had four D & Cs prior to the delivery of her child, and a tubal ligation shortly afterward. Aside from her chief complaint and the usual childhood diseases, there was no other significant medical or surgical history. She did have orthodontia work during preadolescence, to which she related some of her problems.

Her chief complaint, which began at about age 10, included post-prandial abdominal bloating and pain. The bloating was generalized and the pain was localized in the epigastrium and upper right abdominal quadrant.

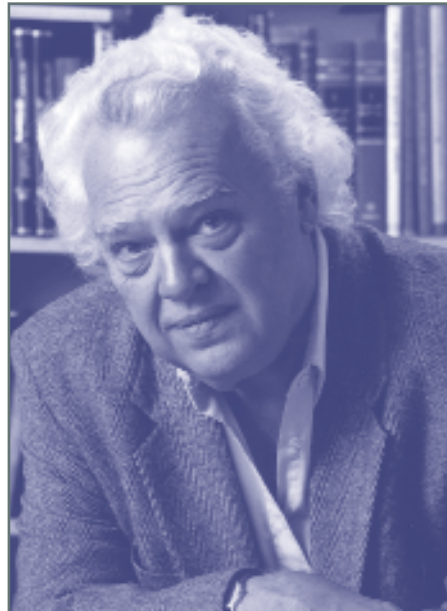
She’d also suffered frequent bouts of constipation that she became aware of in her early teens. During those times she bore significant pain in the ileocecal region, the low back and through the length of the entire large bowel.

More recently, she had whole back and neck pain, as well as difficulty with mentation and focus. She had lost some auditory acuity and had almost constant tinnitus. Episodes of nearly debilitating fatigue had presented with growing frequency.

Previous treatment regimes had produced varying degrees of short-lived relief, but none had offered complete remission of symptoms, even temporarily. Her treatment programs included conventional medicine, chiropractic, therapeutic yoga, colonic irrigation, nutritional therapy, elimination diets, herbal therapy, massage, and the use of a mechanical vibrator.

My evaluation revealed: a rather low-

amplitude craniosacral rhythm; conduction of dural tube motion was partially impaired from the upper thorax through the sacrum with focuses of restriction at T2-3-4, T11-12, L1-2 and L4-5-S1; restriction of both temporal bones; a very tight intracranial membrane system in all directions; hard palate locked in internal rotation; frontal bone compression; occipital cranial base compression with atlanto-condylar compression; multiple tooth dysfunctions; spinal motion restrictions at the atlanto-occipital region, C1, C2, T3, T4, T11, T12, L1, L4, L5, S1 and left sacroiliac; generalized restriction of the thoracic cage; restriction of the respiratory diaphragm and the pelvic



*John E. Upledger, DO, OMM*

diaphragms; internal rotation of the left ilium; marked abdominal tenderness in the areas of the pylorus of the stomach, bile ducts, duodenum, ileocecal region and the entire length of the colon; marked tenderness in the area of the solar plexus and deep to the umbilicus.

In addition, acupuncture pulses revealed weakness in the kidneys; marked hardness/firmness of the small intestine and stomach; the triple warmer pulses seemed absent; and the pericardium was hard and brittle.

Treatment involved a combination of therapies: CranioSacral Therapy coupled with acupuncture to regain energy flow and release the obvious

restrictions, Visceral Manipulation to release abdominal tension patterns from the internal organs, and spinal manipulation combined with myofascial release, costal manipulation and pelvic balancing to correct the peripheral structural problems.

Concurrently, the dural tube was repeatedly mobilized to encourage the defacilitation of hypersensitive spinal cord segments as the input sources were released. Mouth and tooth work were also done. (Dental trauma was found to be a major contributing factor.) And SomatoEmotional Release revealed some issues with the patient’s father involving the lack of self-esteem development when she was a child.

Approximately 20 sessions have been completed thus far. The problems keep dropping away as her body accepts the work and trusts that whatever is needed will be provided.

Presently, almost all symptoms are gone and have been for several months. There is still a little bit of food intolerance, but in general the combination of all of these treatment modalities has helped this patient accomplish body-mind integration, and successfully assist in her self-healing.

A handwritten signature in black ink that reads "John E. Upledger, DO, OMM". The signature is fluid and cursive.

## Dr. Upledger to Speak at 10th Annual Omega Conference

Dr. John Upledger will join some of the healthcare industry’s most notable leaders as a keynote speaker at the 10th annual conference held by the Omega Institute for Holistic Studies.

The 1998 theme — Healing the Whole Self — is designed to help people learn to care for their bodies, minds, hearts and spirits to achieve greater vitality, wisdom, happiness and inner peace.

The conference will be held April 17-19, 1998, at the Marriott Marquis in New York City. For more information, please call The Omega Institute at (914) 266-4444.



# The Political Corner



*Your Efforts Make a Difference*

## New CEU Approvals by Professional State Boards —

### Alabama

Physical Therapists can now earn CEUs for:

- CranioSacral Therapy for Pediatrics

### California

Acupuncturists can now earn CEUs for nearly every course offered by The Upledger Institute or the International Alliance of Healthcare Educators.

### Florida

Physical Therapists can now earn CEUs for:

- CranioSacral Therapy for Pediatrics
- Visceral Listening Techniques

Massage Therapists can now earn CEUs for:

- CranioSacral Therapy for Pediatrics
- The Brain Speaks
- Visceral Listening Techniques
- Lymph Drainage Therapy II
- Bandages, Garments and Other Tools for Compression Therapy

### Georgia

Physical Therapists can now earn CEUs for:

- CranioSacral Therapy I

### Ohio

Physical Therapists can now earn CEUs for:

- CranioSacral Therapy I and II
- Lymph Drainage Therapy I and II
- Visceral Manipulation IA and IB

### Oregon

Doctors of Chiropractic can now earn CEUs for nearly every course offered by The Upledger Institute or the International Alliance of Healthcare Educators.

If you have any questions about other courses approved for CEUs, please call Arlene Churnin at (561) 622-4334.

## Acupuncture Must Be Covered by Insurance

Dear Friends,

Your help is urgently needed! BILL HR 1038, known as the FEDERAL ACUPUNCTURE COVERAGE ACT OF 1997, is before Congress.

Introduced by Congressman Hinchey (NY), this bill will provide Medicare coverage for millions of patients in exchange for qualified acupuncture services. If passed, this bill would also provide coverage under the Federal Employees Health Benefits Program nationwide.

Now we need people from all over the country to make their voices heard. Please write a letter to your Congressmen/ Congresswomen and Senators. Urge them to VOTE IN FAVOR OF BILL HR 1038.

The following letter excerpt is from Sister Jean Michalec, who has been relieved of severe pain through her experience with acupuncture:

"I, too, have experienced rapid and effective relief from severe pain through acupuncture...at my own expense. As a result, the proposed bill encourages me to continue to use acupuncture, as time goes on, rather than less effective but more costly medical treatments. It has worked for me. There is no greater advertisement."

If you choose to write, please keep in mind...

1. Acupuncture is a natural treatment with no health risks.
2. It protects health and cures illnesses.
3. It relieves pain.
4. It has great advantages and effectiveness.
5. It has no side effects.
6. It costs less than traditional medicine.

Thank you for sharing in this vital endeavor.

Gratefully yours,

Sr. Catherine Mary Lee, MM, LAc, LMT

## Advanced CranioSacral Therapy Washington, DC - May 12-16, 1997



Back row (left to right): Hank Meldrum, PT, OMT (instructor); Scott Foster, MT. Middle row: Linda Diane Hanson, PT; Suzanne Bovenizer, MT; Holly Berkley, PT; Lisa Granered, CMT; Tom Nichols, PT. Front row: Susan Wing-Stier, MSt, ND; Myrna Schubtbank, MA, CCC, SLP; Katy O'Gee; Zora Natanblut, PhD, PT (assistant); Diana Young (assistant); Lisa Penta, MT.

## Dear IAHP:

I recently had an experience that might be of interest to other IAHP members.

A friend of mine hit a cat with her car, injuring it rather badly. The cat was not wearing a collar so she brought it home and had a vet come look at it. A couple days later she asked me if I might be of some help.

When I first saw the cat, he was dragging his right leg and only able to walk with great difficulty. He was obviously in a great deal of pain, had not been eating much, and showed signs of listlessness that I took to be depression.

I don't have much knowledge of feline anatomy, so I tried to visualize the cat's structure as best I could. I treated him using a combination of CranioSacral Therapy, Visceral Manipulation and Mechanical Link.

Local listening revealed a fractured right ilium, as well as a possible fracture of the sacrum itself. The femur had been jammed into the hip socket, the right knee was sprained, and there was considerable bruising of the bladder and other organs in the pelvic floor. There was also a large energy cyst in the right hip.

After I released the energy cyst, the compression in the hip socket, the right knee and around the bladder, and checked the other organs to make sure they were not involved, the cat was immediately able to walk on all four feet, and did not appear to be in nearly as much pain.

I spent some time at the end of the treatment dialoguing with the cat via the cranial rhythm, trying to discover if there were any other injuries, and to get an idea of how long it would take for the fractured ilium to heal. I made sure the cat understood that he might have a reaction to my treatment and, if he felt more pain in the next day or so, not to worry.

When I asked the cat via the cranial rhythm if he lived in a house near the accident site, the rhythm stopped. After a series of questions, I determined that he lived in the seventh house on the left of one of the streets

off the road where the accident occurred.

I communicated all this to my friend, adding that I had no idea if it was correct or not. She decided to go knock on several doors, and on the second street she found the cat's owner — in the seventh house on the left! The owners were very surprised when my friend told them how she found them.

I'm sometimes skeptical of the answers I get from dialoguing with the cranial rhythm. It's been most useful to me as a diagnostic tool. I often simply ask the rhythm where the dominant lesion is and begin my treatment there.

There have been times, however, when the answers I get have proven wrong. I believe there are two possible reasons for this. Either I'm not being sufficiently neutral within myself,

in which case the answer I get comes from me, or I'm not dialoguing with the client's Inner Physician but with some other complex within their psyche that has a different agenda and belief system. In this case the answer reflects reality as perceived by this complex.

Sometimes, however, it really works well, as it obviously did in this case. I'm curious if any other practitioners have had similar experiences treating or dialoguing with animals.

Sincerely,  
Tim Hutton, PhD, LMP

*Before using any type of manual therapy on animals, please check with your professional state board to ensure that such care falls within the scope of your healthcare license or certificate.*

## Forming a Multihands Group

by Kersten Tanner, CMT

In the autumn of 1995, four of us in the San Francisco Bay Area got together to do multihands round-robin CranioSacral Therapy sessions. Our vision was to find professional peers to consult with, get continuing experience in multihands work, and receive the kind of work we'd expect at Advanced CST.

We have not been disappointed. In fact, this group has grown in importance for all of us.

That first year we met every other month, working three on one from mid-morning until late evening. Morning meetings and long lunches let us catch up on personal and professional news.

We got to know each other well...our health concerns, personal issues, professional strengths, working styles. Now we meet twice a month, alternately working on each other and clients.

During sessions we exchange leadership and dialoguing roles spontaneously. Drawing



(Left to right) Aria Rose, MA, CMT; Nancy Burke, CMT; Dusa Althea Rammessirsing, CMT, and Kersten Tanner, CMT

on each other's talents, we often prearrange or request certain roles. And when one of us has completed a technique, she simply asks if her hands are needed elsewhere.

The unspoken trust and congruence is inspiring. And our clients' feedback has been very positive. People come mainly from our private practices to hour-plus multihands sessions that cost \$200. We have a one-third return rate and a waiting list.

If it sounds like I'm bragging, you're right. I hope more practitioners will discover the joys of multihands groups like ours. There are so many personal and professional benefits. If I could wrap it up as a present, I would.

# Golden Ratio Woodworks Announces New Table Designed for CranioSacral Therapy

Over the past 16 years, Golden Ratio has become a signature name in the design of fine manual-therapy tables. Now for the first time, the company has introduced a table structurally styled for the particular needs of the CranioSacral Therapist practitioner.



Called the Maxim Light, it allows you to sit comfortably at the head or side of a client without bumping into the usual cables, according to John Fanuzzi, president of Golden Ratio Woodworks.

"By eliminating the structural weaknesses we found in other portables," Fanuzzi says, "we've also created what we believe is the quick-open table on the market." That improvement, the CenterLock™, lends this table lateral stability. Other benefits include 1 leg and knee room, the lightweight flexibility of the ballistic frame and a five-year guarantee.

To find out more about the Maxim Light, which currently retails for \$449, call 1-800-311-9204, ext. 8910.

# Trigger Point Conference Scheduled for 1998

Plans are slated for a national Trigger Point Conference to be held in San Francisco in the fall of 1998.

It's sponsored by the *Journal of Bodywork and Movement Therapies* (JBMT) and The International Alliance of Healthcare Educators (IAHE).

Organized by Judith (Walker) DeLany, LMT, and Leon Chaitow, ND, DO, the conference will present authoritative speakers and panel discussions exploring the use of soft-tissue therapy to treat trigger points.

DeLany is founder and director of the International Academy of NeuroMuscular Therapies. Dr. Chaitow is editor of JBMT and author of more than 60 books, including *Modern Neuromuscular Techniques*.

Look for details in upcoming newsletters, or call 1-800-311-9204, ext. 8910.

## Transitions...

- Visceral Manipulation program director Frank Lowen, MT, married Laurie Levine, OT, MT, in Albuquerque, NM, on July 9, 1997.
- CranioSacral Therapy certified teaching assistant and Diplomate candidate Marcia Kaveney and her husband Dan welcomed Anna Reese Kaveney into the world on March 20, 1997, in Bozeman, MT.
- CranioSacral Therapy I and II instructor Signy Erickson, DC, married Bill Cummins in Sisters, Oregon, on July 18, 1997.
- Sarah Forsyth, OT, a pediatrics specialist in Ontario, Canada, recently lost her battle with breast cancer. If you'd like to contribute to a fund to help support her two young children, please contact the Peel Infant Development Program, 6660 Kennedy Rd., #200, Mississauga, ON,



Welcome, Anna Reese Kaveney!

## Now Certified in Upledger CranioSacral Therapy!

### Diplomate Level:

Kenneth Frey, PT  
Charles Gilliam, LMT  
Alice Quaid, PT

### Techniques Level:

Lori Lossman, CMT  
Lynn Cunningham  
Stuart Titus, Rolfer  
Francine Hammond, LPN, LMT  
Chris Adams, MT

## Presidents' Physician and Pioneer of Trigger Point Therapy Dies at 95

Dr. Janet Travell, a leading proponent of Trigger Point Therapy, died of congestive heart failure on Aug. 1, 1997, at her home in Northampton, Mass.

Though widely credited for her innovative work on trigger points, Dr. Travell is perhaps best known for being John F. Kennedy's physician when he was a senator and president. She later remained at the White House through the Johnson administration.

We salute the immeasurable contributions of Dr. Janet Travell. The field of natural health-care has lost one of its most distinct voices.



# You May Fare Better With Travel Concierge, Inc.

When Catherine Dinon, CMT, called Travel Concierge to book a flight to San Diego for Beyond The Dura '97, she received not one follow-up phone call — but four. Each one was to advise her that air fares had dropped again.

You might not get that level of service from other travel agencies who tend to drop out of sight once a ticket is issued. "Every morning we go through our entire list of tickets to see whether prices have come down," says Paula Falconio, manager of Travel Concierge. When an agent finds a price break, she's usually able to offer the customer a credit toward a future flight on that same airline.

For students attending UI and IAHE seminars, the benefits get even better. "We're a full-service agency, so we get paid by the airlines, not the ticket buyers," reminds Falconio. "Plus, if a class should change dates or locations, we're on top of



the situation to advise students early and help them change travel plans."

Catherine appreciates that sense of security — and the savings. She's already redeemed one airline credit, and hopes to earn another by the

time she gets to San Diego.

Travel Concierge is a full-service agency located in Palm Beach Gardens, Fla. They can be reached at 1-800-881-0776, ext. 8910.

*"Dear Paula,  
Thanks so much for your expert advice, your delightful personality, and your promptness and attention to detail in dealing with my matters of concern."  
Catherine Dinon, CMT  
West Roxbury, MA*

## Travel Industry Cautions:



### *Book Hotel Rooms Early*

The nation's strong economy has led to tighter hotel bookings, according to Paula Falconio, manager of Travel Concierge.

"It's more important than ever for anyone traveling to classes to book their rooms early," Falconio advises. "Hotels have become big business again. In the past, people would register for classes and then call the hotel the night before and there'd be room for them. Now they're having trouble booking even weeks in advance."

Falconio urges anyone who needs a hotel room to call Travel Concierge right away at 1-800-881-0776. "We can help make plans and avoid some of the last-minute hassles," she adds. "And since we're a classic travel agency, the service is free."

## Advanced CranioSacral Therapy Boston, MA - April 21-25, 1997



*Back row (left to right): Michele Petherick, PT; Roy Desjarlais, LMT (instructor); Francene Popiel, LMT; Don Ash, PT (assistant). Middle row: Donna O'Connell, R.N.; Judith Kimball, PhD; Maria Santos, MSC (assistant); Peter Cooper, PT; Susan Cotta, PT; Phyllis Hjorth, LMT. Bottom row: Irene Young, CMT; Nadia Felix, PT; Richard Earle, MT.*

## UI HealthPlex Upcoming Intensive Programs

The Upledger Institute, Inc., HealthPlex Clinical Services has scheduled the following Intensive Programs from November 1997 through April 1998:

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

Nov. 10-21, Dec. 8-19, Jan. 5-16,  
Jan. 19-30, Feb. 9-20, Feb. 23-Mar. 6,  
Mar. 9-13, Mar. 16-27, Apr. 13-24,  
Apr. 27-May 8

### **Pain: A Search for the Source**

Dec. 1-5

### **Therapist Rejuvenation: Replenishment and Renewal**

Nov. 3-7, Feb. 2-6

### **Learning-Disabled Children: Facilitating Success**

Apr. 6-10

# IAHP Workshop Schedule: Nov. 15, 1997 - Nov. 30, 1998

## Upledger CranioSacral Therapy™ I

Albuquerque, NM - Feb. 5-8, 1998  
Allentown, PA - April 23-26, 1998  
Anchorage, AK - Oct. 1-4, 1998  
Appleton, WI - Dec. 11-14, 1997  
Atlanta, GA - Oct. 1-4, 1998  
Austin, TX - May 28-31, 1998  
Baltimore, MD - March 19-22, 1998  
Boston, MA - Dec. 6-9, 1997  
Boston, MA - April 16-19, 1998  
Boston, MA - Aug. 13-16, 1998  
Boulder, CO - Aug. 6-9, 1998  
Bozeman, MT - March 26-29, 1998  
Big Sur, CA - Feb. 8-13, 1998  
Buffalo, NY - Dec. 18-21, 1997  
Burlington, VT - July 9-12, 1998  
Calgary, AB - April 30-May 3, 1998  
Charlotte, NC - Oct. 22-25, 1998  
Charlottesville, VA - Dec. 5-8, 1997  
Charlottesville, VA - June 18-21, 1998  
Chicago, IL - May 7-10, 1998  
Chicago, IL - Oct. 15-18, 1998  
Cincinnati, OH - Jan. 22-25, 1998  
Cleveland, OH - Nov. 5-8, 1998  
Columbus, OH - June 11-14, 1998  
Colorado Springs, CO - Oct. 22-25, 1998  
Dallas/Fort Worth, TX - March 5-8, 1998  
Dallas/Fort Worth, TX - Oct. 15-18, 1998  
Dayton, OH - July 23-26, 1998  
Denver, CO - Feb. 19-22, 1998  
Denville, NJ - July 23-26, 1998  
Detroit, MI - April 30-May 3, 1998  
Des Moines, IA - March 19-22, 1998  
Dunedin, New Zealand - Dec. 4-7, 1997  
Edmonton, AB - Sept. 10-13, 1998  
El Paso, TX - Aug. 20-23, 1998  
Fairbanks, AK - April 23-26, 1998  
Fort Collins, CO - May 8-9 & 15-16, 1998  
Fort Collins, CO - Oct. 2-3 & 9-10, 1998  
Fort Lauderdale, FL - July 16-19, 1998  
Fort Lee, NJ - March 12-15, 1998  
Fort Myers, FL - Oct. 22-25, 1998  
Fredericton, NB - Nov. 29-Dec. 2, 1997  
Fresno, CA - March 12-15, 1998  
Gainesville, FL - April 30-May 3, 1998  
Grant's Pass, OR - March 5-8, 1998  
Hartford, CT - March 5-8, 1998  
Hartford, CT - Sept. 24-27, 1998  
Houston, TX - Dec. 18-21, 1997  
Houston, TX - Nov. 19-22, 1998  
Indianapolis, IN - Oct. 31-Nov. 3, 1998  
Jacksonville, FL - Sept. 17-20, 1998  
Kansas City, KS - Sept. 24-27, 1998  
Lenox, MA - March 6-9, 1998  
London, ON - April 23-26, 1998  
Los Angeles, CA - Feb. 12-15, 1998  
Lansing, MI - Nov. 5-8, 1998  
Louisville, KY - April 2-5, 1998  
Maui, HI - April 16-19, 1998  
Madison, WI - Feb. 26-March 1, 1998  
Memphis, TN - Nov. 5-8, 1998  
Miami, FL - Feb. 12-15, 1998  
Milwaukee, WI - June 18-21, 1998  
Minneapolis, MN - Nov. 20-23, 1997  
Minneapolis, MN - June 25-28, 1998  
Minneapolis, MN - Nov. 19-22, 1998  
Missoula, MT - Nov. 20-23, 1997  
Missoula, MT - Oct. 8-11, 1998  
Nashville, TN - July 30-Aug. 2, 1998  
New Jersey Shore, NJ - Nov. 5-8, 1998  
New Orleans, LA - July 23-26, 1998

New York, NY - Jan. 15-18, 1998  
New York, NY - May 14-17, 1998  
New York, NY - Sept. 10-13, 1998  
Oahu, HI - Sept. 17-20, 1998  
Omaha, NE - Sept. 17-20, 1998  
Orange County, CA - Nov. 12-15, 1998  
Orlando, FL - Dec. 18-21, 1997  
Ottawa, ON - Feb. 26-March 1, 1998  
Palm Beach, FL - Nov. 20-23, 1997  
Palm Beach, FL - April 23-26, 1998  
Palm Beach, FL - Nov. 19-22, 1998  
Pensacola, FL - Oct. 1-4, 1998  
Philadelphia, PA - Jan. 29-Feb. 1, 1998  
Philadelphia, PA - June 4-7, 1998  
Phoenix, AZ - June 11-14, 1998  
Pittsburgh, PA - Aug. 20-23, 1998  
Portland, ME - March 26-29, 1998  
Portland, OR - March 21-24, 1998  
Providence, RI - May 14-17, 1998  
Raleigh, NC - April 16-19, 1998  
Rochester, NY - March 26-29, 1998  
Rochester, NY - Oct. 29-Nov. 1, 1998  
Sacramento, CA - March 5-8, 1998

*Please call for dates and locations  
for the following:*

- *CranioSacral Therapy for Pediatrics™*
- *The Brain Speaks™*
- *Clinical Application of CranioSacral Therapy*
- *Clinical Application of SomatoEmotional Release®*
- *Dolphin Educational Workshops*
- *Spirituality and Healing*
- *Supporting the Compassionate Heart*
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- *Myofascial Release*
- *Strain and Counterstrain*
- *Spinal Integration*
- *Neuromuscular Therapy*

St. Louis, MO - Jan. 29-Feb. 1, 1998  
Salt Lake City, UT - Dec. 5-7, 1997  
Salt Lake City, UT - Jan. 15-18, 1998  
Salt Lake City, UT - July 16-19, 1998  
San Antonio, TX - Jan. 22-25, 1998  
San Diego, CA - July 9-12, 1998  
San Francisco, CA - Jan. 8-11, 1998  
San Francisco, CA - May 7-10, 1998  
San Francisco, CA - Sept. 17-20, 1998  
Santa Barbara, CA - Aug. 20-23, 1998  
Santa Fe, NM - Aug. 27-30, 1998  
Sarasota, FL - Jan. 15-18, 1998  
Sarasota, FL - Aug. 27-30, 1998  
Saskatoon, SK - Dec. 11-14, 1997  
Saskatoon, SK - Nov. 28-Dec. 1, 1998  
Seattle, WA - Jan. 25-28, 1998  
Seattle, WA - Sept. 25-28, 1998  
Sydney, Australia - Nov. 22-25, 1997  
Sydney, Australia - June 25-28, 1998  
Tampa, FL - June 25-28, 1998  
Toledo, OH - May 14-17, 1998

Toronto, ON - Dec. 11-14, 1997  
Toronto, ON - May 21-24, 1998  
Toronto, ON - Sept. 10-13, 1998  
Tucson, AZ - Dec. 13-16, 1997  
Vancouver, BC - Nov. 29-Dec. 2, 1997  
Vancouver, BC - May 21-24, 1998  
Vancouver, BC - Nov. 28-Dec. 1, 1998  
Virginia Beach, VA - April 2-5, 1998  
Washington, DC - Jan. 29-Feb. 1, 1998  
Washington, DC - Aug. 6-9, 1998  
Wichita, KS - Jan. 8-11, 1998  
Winnipeg, MB - Oct. 29-Nov. 1, 1998

## Upledger CranioSacral Therapy™ II

Anchorage, AK - Oct. 1-4, 1998  
Atlanta, GA - March 12-15, 1998  
Austin, TX - May 28-31, 1998  
Boston, MA - April 16-19, 1998  
Bozeman, MT - March 26-29, 1998  
Buffalo, NY - Dec. 18-21, 1997  
Burlington, VT - July 9-12, 1998  
Chicago, IL - May 7-10, 1998  
Columbus, OH - Oct. 22-25, 1998  
Dallas/Fort Worth, TX - July 30- Aug. 2, 1998  
Denver, CO - Feb. 19-22, 1998  
Des Moines, IA - March 19-22, 1998  
Edmonton, AB - Feb. 5-8, 1998  
Fort Lauderdale, FL - July 16-19, 1998  
Fort Lee, NJ - Aug. 13-16, 1998  
Fort Myers, FL - Jan. 8-11, 1998  
Grant's Pass, OR - Sept. 17-20, 1998  
Hartford, CT - Sept. 24-27, 1998  
Lansing, MI - Nov. 5-8, 1998  
Milwaukee, WI - Oct. 8-11, 1998  
Minneapolis, MN - Nov. 20-23, 1997  
Minneapolis, MN - Nov. 19-22, 1998  
Nashville, TN - Nov. 19-22, 1998  
New York, NY - May 14-17, 1998  
Palm Beach, FL - Nov. 20-23, 1997  
Palm Beach, FL - Nov. 19-22, 1998  
Pensacola, FL - May 28-31, 1998  
Philadelphia, PA - June 4-7, 1998  
Portland, ME - June 18-21, 1998  
Portland, OR - March 26-29, 1998  
Providence, RI - Nov. 12-15, 1998  
Rochester, NY - Oct. 29-Nov. 1, 1998  
Sacramento, CA - Sept. 10-13, 1998  
Salt Lake City, UT - July 16-19, 1998  
San Diego, CA - July 9-12, 1998  
San Francisco, CA - Jan. 8-11, 1998  
San Francisco, CA - May 7-10, 1998  
Seattle, WA - Sept. 25-28, 1998  
Sydney, Australia - Nov. 27-30, 1997  
Tampa, FL - June 25-28, 1998  
Toledo, OH - Nov. 20-23, 1997  
Toronto, ON - Dec. 11-14, 1997  
Toronto, ON - May 21-24, 1998  
Vancouver, BC - May 21-24, 1998  
Virginia Beach, VA - April 2-5, 1998  
Washington, DC - Aug. 6-9, 1998  
Wichita, KS - May 14-17, 1998  
Winnipeg, MB - Oct. 29-Nov. 1, 1998

## SomatoEmotional Release® I

Boston, MA - Aug. 13-16, 1998  
Chicago, IL - Oct. 15-18, 1998  
Houston, TX - Dec. 18-21, 1997  
Madison, WI - Feb. 26-March 1, 1998  
Minneapolis, MN - June 25-28, 1998  
New Jersey Shore, NJ - April 16-19, 1998



New York, NY - May 14-17, 1998  
Palm Beach, FL - Nov. 20-23, 1997  
Palm Beach, FL - Nov. 19-22, 1998  
Philadelphia, PA - Nov. 15-18, 1997  
Salt Lake City, UT - Jan. 15-18, 1998  
San Diego, CA - July 9-12, 1998  
San Francisco, CA - Jan. 8-11, 1998  
Sarasota, FL - Aug. 27-30, 1998  
Seattle, WA - Jan. 22-25, 1998  
Toronto, ON - Sept. 10-13, 1998  
Vancouver, BC - Nov. 29-Dec. 2, 1997

### **SomatoEmotional Release® II**

Boston, MA - Dec. 6-9, 1997  
Boulder, CO - Jan. 22-25, 1998  
Chicago, IL - May 7-10, 1998  
Dayton, OH - Dec. 11-14, 1997  
Hartford, CT - Sept. 24-27, 1998  
Minneapolis, MN - Nov. 19-22, 1998  
New York, NY - Sept. 10-13, 1998  
Palm Beach, FL - April 23-26, 1998  
Philadelphia, PA - June 4-7, 1998  
Salt Lake City, UT - July 16-19, 1998  
San Francisco, CA - May 7-10, 1998  
Vancouver, BC - Nov. 28-Dec. 1, 1998

### **Therapeutic Imagery & Dialogue™ I**

Palm Beach, FL - Feb. 13-15, 1998  
San Francisco, CA - March 6-8, 1998

### **Clinical Application of Advanced CranioSacral Therapy**

Palm Beach Gardens, FL - Dec. 1-5, 1997

### **Trauma Release Therapy™ I**

Toronto, ON - Dec. 11-14, 1997

### **Advanced CranioSacral Therapy**

Hartford, CT - Dec. 5-9, 1997  
Palm Beach, FL - Dec. 1-5, 1997  
Toronto, ON - Nov. 27-Dec. 1, 1997

### **Advanced CranioSacral Therapy II**

Palm Beach, FL - Dec. 15-19, 1997

### **ShareCare™**

Cape May Court House, NJ - Dec. 7, 1997  
Dunedin, New Zealand - Dec. 3, 1997  
Oahu, HI - March 14, 1998

### **Visceral Manipulation™ IA**

Albuquerque, NM - Nov. 12-15, 1998  
Boston, MA - Aug. 13-16, 1998  
Chicago, IL - Oct. 15-18, 1998  
Columbus, OH - April 3-6, 1998  
Dallas/Fort Worth, TX - March 5-8, 1998  
Denver, CO - July 16-19, 1998  
Detroit, MI - Dec. 11-14, 1997  
Hartford, CT - March 5-8, 1998  
Madison, WI - June 25-28, 1998  
Minneapolis, MN - Nov. 15-18, 1997  
New York, NY - Sept. 10-13, 1998  
Orlando, FL - Oct. 8-11, 1998  
Palm Beach, FL - April 23-26, 1998  
Philadelphia, PA - Dec. 5-8, 1997  
Phoenix, AZ - June 11-14, 1998

San Francisco, CA - Sept. 17-20, 1998  
Santa Barbara, CA - Aug. 20-23, 1998  
Seattle, WA - Jan. 22-25, 1998  
Toronto, ON - Feb. 6-9, 1998  
Vancouver, BC - Nov. 28-Dec. 1, 1998  
Washington, DC - Jan. 29-Feb. 1, 1998

### **Visceral Manipulation™ IB**

Albuquerque, NM - March 26-29, 1998  
Cincinnati, OH - Aug. 13-16, 1998  
Hartford, CT - June 11-14, 1998  
Phoenix, AZ - Dec. 5-8, 1997  
San Francisco, CA - Jan. 8-11, 1998  
Toronto, ON - May 21-24, 1998

### **Practical Integration of Visceral Manipulation™**

Albuquerque, NM - Sept. 18-20, 1998  
Hartford, CT - Feb. 13-15, 1998  
Hartford, CT - Aug. 28-30, 1998  
San Francisco, CA - Jan. 9-11, 1998

### **Visceral Listening Techniques**

Hartford, CT - July 10-12, 1998  
San Francisco, CA - March 6-8, 1998  
Seattle, WA - Sept. 26-28, 1998  
Toronto, ON - Oct. 17-19, 1998

### **Visceral Manipulation™ II**

Albuquerque, NM - June 25-28, 1998  
Hartford, CT - Sept. 24-27, 1998  
San Francisco, CA - July 16-19, 1998  
Toronto, ON - Sept. 10-13, 1998

### **Advanced Visceral Manipulation™**

Hartford, CT - Feb. 19-22, 1998  
San Francisco, CA - May 7-10, 1998

### **Lymph Drainage Therapy™ I**

Austin, TX - Oct. 8-11, 1998  
Boston, MA - April 16-19, 1998  
Big Sur, CA - April 5-8, 1998  
Dayton, OH - July 23-26, 1998  
Denver, CO - Feb. 19-22, 1998  
Hartford, CT - June 11-14, 1998  
Minneapolis, MN - June 25-28, 1998  
Nashville, TN - July 16-19, 1998  
Orlando, FL - Jan. 22-25, 1998  
Phoenix, AZ - Nov. 20-23, 1997  
Toronto, ON - Sept. 10-13, 1998  
Vancouver, BC - May 21-24, 1998

### **Lymph Drainage Therapy™ II**

Austin, TX - Nov. 12-15, 1998  
Columbus, OH - Oct. 22-25, 1998  
Palm Beach, FL - April 30-May 3, 1998  
Philadelphia, PA - Dec. 5-8, 1997  
San Francisco, CA - Aug. 29-Sept. 1, 1998

### **Lymph Drainage Therapy™ III**

Hartford, CT - June 11-14, 1998  
Palm Beach, FL - Feb. 12-15, 1998

### **Bandages, Garments and Other Tools for Compression Therapy**

Palm Beach, FL - Dec. 11-14, 1997

### **Fascial Mobilization I**

Tucson, AZ - Dec. 13-15, 1997

### **Mechanical Link™ I**

Los Angeles, CA - Feb. 12-15, 1998  
New York, NY - Oct. 9-12, 1998  
Palm Beach, FL - July 30-Aug. 2, 1998  
San Diego, CA - Oct. 15-18, 1998  
Toronto, ON - Feb. 6-9, 1998

### **Mechanical Link™ II**

New Orleans, LA - July 23-26, 1998

### **Mechanical Link™ III**

Boston, MA - Feb. 19-22, 1998

### **Process Acupressure™ IA**

Baltimore, MD - May 7-10, 1998  
Santa Cruz, CA - Feb. 5-8, 1998

### **Process Acupressure™ IB**

Breckenridge, CO - Oct. 15-18, 1998

### **Process Acupressure™ II**

Philadelphia, PA - April 30-May 3, 1998  
Santa Cruz, CA - Nov. 12-15, 1998

### **Subtle Energy as a Therapeutic Instrument™**

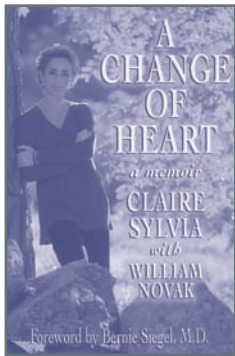
Boston, MA - Feb. 21-23, 1998  
Phoenix, AZ - Oct. 23-25, 1998  
San Francisco, CA - Feb. 27-March 1, 1998  
Toronto, ON - Oct. 17-19, 1998

### **Zero Balancing® Core Program – Segments I and II**

Alexandria, VA - Oct. 22-25, 1998  
Atlanta, GA - April 2-5, 1998  
Austin, TX - Jan. 8-11, 1998  
Boulder, CO - May 9-12, 1998  
Cambridge, MA - Jan. 29-Feb. 1, 1998  
Cambridge, MA - June 4-7, 1998  
Cambridge, MA - Oct. 22-25, 1998  
Chicago, IL - May 7-10, 1998  
Cincinnati, OH - Oct. 18-21, 1998  
Columbia, MD - Dec. 11-14, 1997  
Columbia, MD - May 2-5, 1998  
Des Moines, IA - Nov. 20-23, 1997  
Detroit, MI - July 9-12, 1998  
Hatfield, MA - Feb. 14, 15, 28 & March 1, 1998  
Kansas City, MO - March 5-8, 1998  
Los Angeles, CA - Feb. 26-March 1, 1998  
Madison, WI - Dec. 4-7, 1997  
Montreal, Canada - May 7-10, 1998  
New York, NY - April 17-20, 1998  
New York, NY - Sept. 24-27, 1998  
Rehoboth Beach, DE - April 30-May 3, 1998  
Salt Lake City, UT - June 18-21, 1998  
Santa Cruz, CA - Jan. 22-25, 1998  
Tucson, AZ - April 16-19, 1998  
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## Trauma Release Therapy

by Karl Nishimura, DDS, MS

Demonstrates the TRTI Protocol and Self TRT Protocol. \$40.00 (video)

## ADD: The Natural Approach

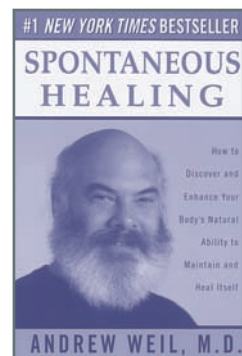
by Howard Peiper

A reference for use with children exhibiting symptoms of ADD and hyperactivity. \$4.95 (pocket guide) \$9.95 (audiocassette)

## At Home in the Universe

by Stuart Kauffman

Captures the search for universal laws of self-organization and complexity. Recommended by Visceral Manipulation instructor Dee Abern, PT. \$16.95 (softcover)



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by Andrew Weil, MD

Discover and enhance your body's natural ability to maintain and heal itself.

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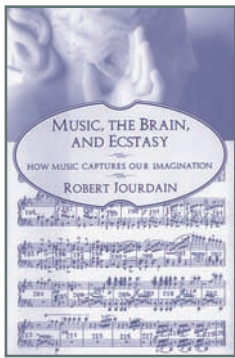
by Leon Chaitow, ND, DO, with comments from Judith (Walker) DeLany, MT

Provides common language to make evaluations of soft-tissue problems, and gives up-to-date information on related techniques. \$42.00 (softcover)

## Anatomy Atlas of the Human Body, 4th Edition

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## Keep Up With Current Events: New Research Articles Available

**“New Concepts in Alternative Therapies: Treatment of TMJ Disorders Leads to Trauma Release Therapy (TRT)”** by Karl Nishimura, DDS, MS, *Alternative Therapies in Clinical Practice*, March/April 1997

Explore the history of Trauma Release Therapy in relation to TMJ disorders. To accommodate long-lasting change, Dr. Nishimura claims one of two methods must be used: (1) Posterior temporal exercises to restore functional muscular balances, or (2) Therapy to remove the traumatic experiences that originally led to the problem. This new paradigm in TMJ thinking represents the backdrop against which Dr. Nishimura developed Trauma Release Therapy. (#9703) Copying charge: 60¢ + s&h

## “Post-Traumatic Stress Disorder”

by Alice Quaid, PT, *PT, PT & OT Today*, January 20, 1997

For Vietnam veterans and others who suffer from Post-Traumatic Stress Disorder, a body-mind approach is often key to restoring function and a sense of well-being. Alice Quaid, PT, a clinician at UI HealthPlex Clinical Services, was a therapist in the clinic’s Vietnam veterans pilot PTSD program. In this article she recounts the effects of the program, and how CranioSacral Therapy and SomatoEmotional Release® provided relief for many symptoms associated with PTSD. (#9701A) Copying charge: 60¢ + s&h

## “Healing Mind and Body via the Spirit”

by Lee Nugan, MA, *PT & OT Today*, March 31, 1997

It’s not uncommon for spiritual issues to arise for patients during physical or occupational therapy. Indeed, the spiritual aspects of injuries or health problem are often impossible to separate from physical or emotional aspects. Lee Nugan, MA, staff psychotherapist at UI HealthPlex Clinical Services and instructor of the Spirituality and Healing workshop, discusses how forgiving oneself and others can profoundly affect recovery. (#9703A) Copying charge: 60¢ + s&h

**“To Onar, With Love”** by Russell A. Bourne, Jr., PhD, *Massage Therapy Journal*, Spring, 1996

Born prematurely in Moscow in 1991, Onar Bargior suffered severe cerebral circulation impairment, intracranial hemorrhage and encephalopathy. At age 1 he was diagnosed

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with infantile cerebral paralysis, spastic diplegia and hypertension-hydrocephalic syndrome. And in March, 1992, he was registered as an invalid who could neither stand nor sit without assistance. Through an unusual set of circumstances, Onar traveled to UI HealthPlex Clinical Services in Palm Beach Gardens, Fla., where he underwent a two-week intensive therapy program. Find out how this multidisciplinary approach, which included CranioSacral Therapy, physical therapy, Visceral Manipulation, acupuncture, massage therapy, play therapy, family counseling and education, gave Onar’s family a fresh perspective on healthcare — and a new sense of hope. (#9604A) Copying charge: 80¢ + s&h



## “Dolphin-Assisted Therapy Opens New Vistas in CranioSacral Therapy”

by Russell A. Bourne, Jr., PhD, and Ray Mercurio, LMT, *Massage & Bodywork*, Winter 1997

A pilot program sponsored by The Upledger Foundation began as an investigative study to determine whether dolphins can contribute to the therapeutic effects of CranioSacral Therapy. Twenty-two clients spent two half-days at a dolphin facility receiving CST dockside and in the water with the dolphins. The fascinating results may lend new insight into the future of human-dolphin relations. (#9701B) Copying charge: 60¢ + s&h

## “The Vocabulary of Touch”

Interview with Fritz Smith, MD, *Massage & Bodywork*, Fall 1996

“The more we learn about the movement of energy, the more choices we have when we interact with others.” Thus begins an intriguing, in-depth interview with Dr. Fritz Smith, developer of Zero Balancing. He goes on to describe the special characteristics of energy movement in terms of touch, and how therapists can use this “vocabulary of touch” to reflect on the ways we relate to others. (#9610A) Copying charge: 70¢ + s&h



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Focus: NMTI-3

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Focus: CSI, CSII

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Focus: SCS (Positional Release Therapy)

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Focus: NMTI-5

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Focus: CSI

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Center for Help and Health  
Greg Miller, DO  
(419) 578-2133 or (419) 882-3967  
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Nancy Porambo, CNMT  
(717) 325-9477  
Focus: NMTI-5

## **King of Prussia, PA**

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Focus: CSI, CSII

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Focus: CSI, CSII

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Focus: CSI, CSII

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Judith Sullivan Felton, MT  
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Focus: CSI

## **Buckley, WA**

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Focus: CSI, CSII

## **Middleton, WI**

Hanna Franke, CNMT • (608) 238-6794  
Focus: NMTI-5

## **Milwaukee, WI**

Chuck Eigen, MS Ed Psy  
(414) 962-7701  
Focus: CSI, CSII, SERI, SERII, SCS

## French Experts Demonstrate Their Work at Symposia

*Continued from Page 1*

Bruno Chikly's symposium on Lymph Drainage Therapy (LDT), a method he developed, began with the history of lymphatic studies. He discussed the traditions of lymphatic drainage from the published writings of Canadian osteopath Frederic Millard in 1922, and European Emil Vodder in 1936.

Dr. Chikly's first demonstration was on an 88-year-old woman whose vision had been compromised by a clogged vein in her eye. His assessment found almost no lymphatic circulation in the area around the eye. By using precise techniques for the lymphatics, he said there was a chance to help release the venous flow as well.

Gently working directly on the liquid of the eyes, he encouraged the lymphatic flow to the parotids, the area of the neck where the most lymph nodes are located, and the axillary nodes.

He described how the practitioner can palpate the lymphatic flow in much the same way one assesses the craniosacral rhythm. "Just help the flow and let the body do the rest," he said.

At the conclusion of the session, the patient reported more clarity in her vision. Dr. Chikly said there could even be additional improvement as the lymphatic system continued to drain.

He then introduced Renée Romero, RN, BSN, MS, LMT, director of the Lymphedema Institute of America, Inc., in Miami, and his teaching partner in a new workshop, Bandages, Garments and Other Tools for Compression Therapy, scheduled to debut in December.

After Dr. Chikly performed lymphatic mapping to assess the lymphatic circulation, Romero demonstrated the compression therapy technique on a lymphedema patient. A number of studies have shown that lymphatic drainage and compression therapy are effective in reducing lymphedema.

Dr. Chikly also demonstrated how LDT

can be applied to non-malignant breast lumps. Working with two subjects, he encouraged the lymphatic flow to decrease pain and the volume of the lumps.

From the lymphatic system to the interconnective fascial system, Paul Chauffour demonstrated the tenets of Mechanical Link, a modality he has developed over the past 20 years. In Mechanical Link, each body system is analyzed systematically to uncover lesions, an osteopathic term for a dysfunction or stress in the structure.

The dominant lesion in each system is tested against those of the other systems to determine the primary lesion. Once the dominant lesion is released, the remaining lesions will often release on their own. Those more resistant are then manually released systematically.

Chauffour's first patient was a 1-year-old girl who suffered from the effects of birth trauma. Working quickly so as not to induce additional stress, Chauffour assessed her balance and then her spine. He found a spot of maximum resistance — a lesion — at T12. Next, he looked at the functional unity of her body and found a lesion at the 11th left rib.

As he continued his assessment, Chauffour found lesions at the 8th costal cartilage on the right and the right tibia. He then evaluated the visceral and cranial systems, which he assesses last in infants.

"Look at everything — organization, energy, emotion — and act on the specific points determined by the examination," Chauffour explained. "What you are doing is putting all the systems into balance."

By comparing the lesions to one another and testing for the greatest amount of tension, Chauffour determined the tibia to be the dominant lesion. He used a recoil technique —

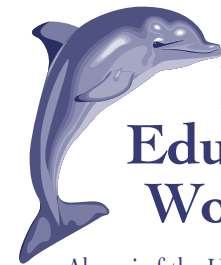


*"Look at everything — organization, energy, emotion — and act on the specific points determined by the examination. What you are doing is putting all the systems into balance."*  
— Paul Chauffour, DO

manually going through the motion barrier followed by a quick release — to abate the lesion. He then re-examined all the previous lesions.

When all the tensions had dissipated, the session was completed and he determined the patient displayed the potential to continue her progress.

"Our role is to supply the information and restart the system," Chauffour said. Quoting osteopathy founder Andrew T. Still, DO, he added, "We find it, unleash it and let Nature do its work."



## *New!* Dolphin Educational Workshops

Alumni of the Upledger CranioSacral Therapy curriculum are invited to explore a new realm in healing.

Join a small-group adventure to Key West, where you'll travel to the cusp of the Atlantic Ocean and Caribbean Sea to seek out dolphins in the wild. After being inspired by tales of earth's natural healers, you'll have the opportunity to perfect your CST techniques by performing and receiving multihands sessions with other practitioners.

This one-of-a-kind workshop is currently open to those who have attended SERII and above. For more information, please call 1-800-311-9204, ext. 8910.

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**The Spirit of Self-Regulation.** An experiential training program for health and mental health professionals with James S. Gordon, MD. November 8-14, 1997. Sponsored by: The Center for Mind-Body Medicine, James S. Gordon, MD, Director. Coolfont Conference Center, Berkeley Springs, WV (two hours from Washington, DC). Contact: Carol Goldberg, MA, LGSW, 5225 Connecticut Ave., Suite 414, Washington, DC 20015, 202-966-7338. Website: cmbm@idsonline.com.



# Alumni Surveys: Help Us Help You

Your input is vital to us. With your feedback, we can tailor our course offerings to meet your needs. Please play a part in this cooperative process.

## Visceral Manipulation Certification

Due to alumni demand, we're exploring the benefits of creating a certification program for Visceral Manipulation.

As we've seen in our ongoing CST certification process, the results of such a unifying measure go a long way to protect the integrity of the therapy. And it helps ensure patients of the quality care they're receiving.

Please let us know what you think by completing the survey below. In addition, feel free to give us your thoughts on how a two-day VM Review Class might help strengthen your studies.

### Visceral Manipulation Certification

1. How could you or your practice benefit from a VM certification?

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2. What certification levels and requirements would you recommend?

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3. Are you interested in helping us create a VM certification program?

- Yes, I'm interested in helping you create certification exams.  
 No thank you, but please keep me posted on your progress.

### Visceral Manipulation Review Class

1. Would you be interested in attending a two-day VM Review Class conducted by certified teaching assistants?

- Yes       No  
 Possibly, depending on the level.

2. After what level do you feel a review class would be most helpful?

- Visceral Manipulation IA  
 Visceral Manipulation IB  
 Visceral Listening Techniques  
 Visceral Manipulation II  
 Practical Integration of Visceral Manipulation  
 Advanced Visceral Manipulation  
 Advanced Visceral Manipulation II

3. In which cities would you most like to attend a VM review class?

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### Practice-Building Course for Bodyworkers

1. As a therapist, would you like to receive more training on how to build your practice?

- Yes       No

2. What areas do you need most help with?

- Marketing  
 Billing and Accounting  
 Scheduling  
 Other

3. In which cities would you most like to attend a practice-building class?

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4. Would a home-study seminar best suit you? On...

- Video       Yes       No  
CD-ROM       Yes       No  
Book       Yes       No  
Full-Day Seminar       Yes       No  
Half-Day Seminar       Yes       No

## Advanced CranioSacral Therapy Salt Spring Island, BC - May 19-23, 1997



*Left row (top to bottom): Steven Hall, MD; Carol Brophy, RMT; Fred Guenzler, NTS/ZT. Second row: Bracha Shaber, PT; Shelley Frankel, RMT; Brenda Wilkinson, RMT; Jennifer Heyer, RMT. Third row: Brenda Pulvermacher, BSc; Sandra Glovak, OT; Iris Wolf, PT, LMT; Joanne Gates, MT (assistant). Fourth row: Janice Richer, LMT (assistant); Hank Meldrum, PT, OMT (instructor).*

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Do you need a roommate for an upcoming class? Would you like to put together a car pool? Trade helpful tips with other therapists through our Website Message Centers.

## Advanced CranioSacral Therapy Cork County, Ireland - April 7-11, 1997



*Seated (left to right): Karen Downie, Kinesiology; Barney Flannery, DO; Sean O'Geary, BD. Middle row: Mary Kennedy O'Brien, DO (assistant); Patrick Power, DO; Nuala O'Rourke; Patricia Anderson; Joanna Crill Dawson, PT; Geraldine Doyle; Kay Reynolds. Back row: John Page, DO (assistant, president of UI-UK); Hank Meldrum, PT, OMT (instructor); David Cook.*

## Advanced CranioSacral Therapy Boulder, CO - June 9-13, 1997



*Back row (left to right): Benn Lewis, CMT, HHP (assistant); Kathryn Beattie, PTA, LMT; Tim Hutton, PhD, LMP; Paul Hendrickson, PT. Front row: Elaine Stapleton, MPT; Chas Perry, PhD (instructor); Linda Fisher, RMT; Shelley Dean, MT; Paula Fiedler, OT; Karen Berger, DC; Kathleen Mari Young, Cert. Rolfer; John Lewis, DO.*



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