

Upledger Institute to Launch Dolphin-Assisted Therapy

The Upledger Institute (UI) has announced plans to launch a new dolphin-assisted therapy program this summer at The Dolphin Experience, situated on a 9+ acre lagoon called Sanctuary Bay on Grand Bahama Island. The intensive-therapy format will focus on the use of CranioSacral



Dolphin-assisted therapy brings patients together with the healing potential of dolphins.

Therapy in the presence of dolphins. The sessions will be conducted in shallow water where the dolphins will be free to make physical contact with patients and therapists.

The new outpatient program builds on findings of a 1996 pilot project conducted by The Upledger Foundation at the Dolphin Research Center in the Florida Keys. That early program produced highly favorable outcomes in a diverse patient population.

"The results were so compelling, we were convinced of the efficacy of working in the healing presence of dolphins," says John Matthew Upledger, UI Chief Executive Officer. Dr. John Upledger, his father and developer of CranioSacral Therapy, has often written of the dolphin's near-mystical healing ability, which

translates into scientific terms of ultrasound, biomagnetic energy, vibration and interspecies communication. "Having seen how dolphin interaction can enhance the therapeutic effects of CranioSacral Therapy, our goal now is to offer it to as many patients as possible."

The new Bahama programs will run approximately \$4,500 per patient. Each participant will be helped by multiple therapists, including visiting therapists and externs — and, of course, dolphins.

To learn more about dolphin-assisted therapy or to become an extern or visiting therapist in the program, please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0204. You're also welcome to e-mail iahe@iahe.com, or visit www.iahe.com.

The Upledger Institute's International Satellites & Affiliates

Please see www.upledger.com for details.

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Spring 2004

Win a BMW 325Ci Convertible!



Here's your opportunity to own your own 2004 BMW convertible.

The Upledger Foundation has launched its 3rd annual raffle to benefit its nonprofit charities, including financial assistance for patient care and innovative community-outreach programs.

Tickets are available for a donation of \$20 each, or \$100 for 6.

Only 5,000 tax-deductible tickets will be sold. The winner will be drawn and announced on Saturday, April 24, at The Upledger Foundation Nancy Schaffer Memorial Golf Classic. You need not be present to win.

To purchase a ticket, call 1-800-233-5880. Ask for priority code N0204. You're also welcome to visit www.upledger.com, or see the facilitator at any Upledger Institute or International Alliance of Healthcare Educators workshop before the drawing on April 24, 2004.

See page 2 to learn more about the 3rd Annual Golf Classic and other events commemorating CranioSacral Therapy Awareness Month in April.

Total price including taxes not to exceed \$45,000. In the event that not enough tickets are sold, the winner will receive a cash payment of 50% of all tickets sold.

Upledger Institute Introduces CranioSacral Therapy at Russian Conference

The Upledger Institute (UI) crossed a new language barrier when it introduced CranioSacral Therapy at the second annual Russian International Pediatric Congress held in Moscow on October 15-17, 2003. Highlighting "Modern Technology in Pediatrics and Children's Surgery," the conference was sponsored by the Moscow Research Institute of Pediatrics and Children's Surgery. Several thousand of Russia's leading pediatric professionals attended.

While UI maintains satellite offices around the world, this trip marked its first foray into the Russian medical community. "We found their practitioners to be very well educated and extremely open to new ideas and modalities," said Dawn Leismeister, UI Director of International Development. "Due to the scarcity of funding in Russia, any proven modality that has vast applications yet does not require expensive equipment or pharmaceuticals is very welcomed there."

Leismeister attended the conference along with pediatric cardiologist Andrew Fryer, MD, an outspoken proponent of CranioSacral Therapy (CST) and its use in conventional medicine. After 16 years of allopathic medical training, he understood well the type of skepticism they might have faced from the Russian medical community.

"There is almost nothing in the education and training of the allopathic physician that helps one understand CranioSacral Therapy," Dr. Fryer said. He first witnessed its effects through his wife, a physical therapist certified in CST. "I couldn't refute the reproducible results I was seeing in her patients or those I sent her as test subjects." Since taking his first Upledger class in 1999, he has fully integrated CST into his pediatric cardiology practice.

At the Russian conference, Dr. Fryer gave an



UI representative Dawn Leismeister and Dr. Andrew Fryer in front of the Red Square. Dr. Fryer presented CranioSacral Therapy at an international pediatric congress in Moscow.

hour-long presentation with the assistance of a simultaneous translator. "It looked like a room at the United Nations," Leismeister said. "The interpreter spoke from a booth and everyone in the audience wore headphones." Dr. Fryer shared case histories in which he successfully used CST to deal with a wide range of problems, including acute shock, migraines and congenital heart defects. He said he had even

See Russian Physicians on page 5.

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The Visceral Manipulation Report

Learn From the Source

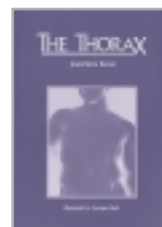
Books and Videos by VM Developer Jean-Pierre Barral, DO



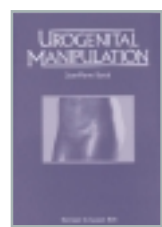
Visceral Manipulation (co-authored with Pierre Mercier) Explores the central premise of Visceral Manipulation, detailing the relationship of organ structure and function and how it can affect health and well-being. (hardcover) \$50.00 + s&h



Visceral Manipulation II Expands on the concepts and techniques presented in Visceral Manipulation. Provides additional perspectives on the pathology of visceral disorders, diagnosis, indications for treatment and therapeutic techniques. (hardcover) \$48.00 + s&h



The Thorax Focuses on the thoracic cage and its contents. Gives a brief overview of the origins of the thoracic restrictions followed by detailed illustrations of the applied anatomy. (hardcover) \$44.00 + s&h



Urogenital Manipulation Focuses on the pelvis, particularly of women. Topics include the relationship of the pelvis and spine; how the concepts of mobility, motility and listening apply to the spine; the bladder and incontinence; and the uterus and cervix. (hardcover) \$48.00 + s&h



Manual Thermal Diagnosis Reviews the scientific understanding of body heat and the clinical significance of changes in surface temperature. Proceeds point-by-point to

provide tools to transform a therapist's hands into sensitive diagnostic instruments. (hardcover) \$35.00 + s&h



Trauma: An Osteopathic Approach (co-authored with Alain Crobier, DO) Offers a penetrating view of some of the common sequelae of trauma, including techniques to evaluate the

dural tube, cranial sutures, craniofacial membranous junction, mediastinum and spleen. (hardcover) \$60.00 + s&h



Visceral Manipulation: The Video Volume 1 presents demonstrations of VM techniques for the chest, liver, gallbladder, spleen and pancreas. Volume 2 focuses on techniques for the stomach, duodenum, small intestine, colon, kidneys, bladder, and uterus. Includes a personal interview with Jean-Pierre Barral. (2 videos, 2 hrs., 40 min. total) \$125 + s&h

To order call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0204. You're also welcome to e-mail iahe@iahe.com, or visit www.iahe.com.

Upledger Foundation to Host CranioSacral Therapy Awareness Month Events in April

The Upledger Foundation (UF) is celebrating CranioSacral Therapy Awareness Month with a Pirates of the Caribbean Casino Night and a Memorial Golf Classic in South Florida on April 23 and 24. Both events, which coincide with CranioSacral Therapy classes, will take place in Jupiter Beach, Florida.

The Casino on Friday, April 23, will kick off the weekend to raise awareness for UF nonprofit charities, including patient financial assistance and community-outreach programs. Players will gamble with fun dollars to win prizes in a casino decked in Caribbean style.

The Upledger Foundation Nancy Schaffer Memorial Golf Classic on Saturday, April 24, will feature sports legends and local celebrities teeing off to raise funds for UF therapeutic and research programs. The golf classic is open to the public, and all interested golfers are invited to participate.

Tickets are \$225 per player. The fee includes entrance to all tournament events, including the Saturday evening awards ceremony.

To register for either of these special events, call Educational Services: 1-800-311-9204. Ask for priority code N0204.

Join Florida's CranioSacral Therapy Legislative Day

Are you a Florida therapist inspired to demonstrate the power of a healing touch? Join us at The Upledger Institute's 3rd annual CranioSacral Therapy Legislative Day at the state capitol in Tallahassee. Legislators, staff members and special visitors will receive free CranioSacral Therapy mini-sessions on Wednesday, March 17.

To take part in this important event, please call Barb Richmond, UI Community Relations Director, at 1-800-311-9204, ext. 1315.

Multidisciplinary Approaches Conference to Examine Low Back and Pelvic Pain Management

The National Institutes of Health estimates that more than 48 million people suffer from chronic pain, with the low back cited as one of the most affected areas. A new Multidisciplinary Approaches to Low Back and Pelvic Pain conference will deliver an in-depth examination of therapeutic advances that are improving patient outcomes in this area. The conference is set for June 11-13, 2004, at the Safety Harbor Resort and Spa in Florida's Tampa Bay area.

Six internationally recognized manual therapists will share their viewpoints and practical solutions to low back and pelvic pain. Each one is a leader in pain management who brings a unique perspective to the conference.

The conference is sponsored by the Journal of Bodywork and Movement Therapies and the International Alliance of Healthcare Educators. Deadline for early registration discount: March 11. To register or for more details call 1-800-311-9204. Ask for priority code N0204. You can also register online at www.iahe.com. Highlight "About IAHE" and click "Events & Press."



Leon Chaitow, ND, DO, will present "Osteopathic Positional Release Approaches to the Care of Low Back Problems." A researcher, author and lecturer with more than 35 years of experience, Chaitow will explore the practical application, methodology and theoretical models of two main Positional Release Technique (PRT) approaches: Strain-Counterstrain and Functional Technique. He will also discuss ways to combine PRT with other manual therapies, such as high-velocity manipulation, muscle energy techniques, myofascial techniques, neuromuscular therapy and massage therapy.



Judith DeLany, LMT, will discuss "Trigger Point Influences in Lower Back and Pelvic Pain." DeLany is founder and director of the International Academy of NeuroMuscular Therapies, an educational group that sets standards for healthcare training in neuromuscular therapy. She will share her expansive knowledge of trigger point connections to lumbar and pelvic pain. In addition, she will explore trigger point locations and referral patterns, and how to release them.



Judith Aston, MFA, MT, will speak on "Significant Implications of Aston-Patterning for the Low Back and Pelvis." A bodywork pioneer since 1963, Aston developed a unique biomechanical model that has shaped techniques in assessment, movement, bodywork, ergonomics, fitness and teaching. Using her Aston-Mechanics paradigm of posture, she will present ways to relate body dimension to alignment and function. She will also cover body positions that can increase or decrease support for the pelvis in gait.



Jan Dommerholt, PT, MPS, FAAPM, will present "Back to Basics: An Integrated Approach to Chronic Low Back and Pelvic Pain." A Dutch-trained physical therapist who has traveled the world lecturing on myofascial pain syndrome, fibromyalgia and biomechanical trauma, Dommerholt brings new insights into the role of the multifidus muscles in stabilization. He will present modern therapeutic options such as intramuscular trigger point stimulation, along with a successful approach to integrating the pain sciences into clinical practice strategies.



John Downes, DC, will discuss "Hyperpronation and Reciprocal Limb Syndrome as Precipitators of Low Back and Pelvic Pain." Dr. Downes is dean of the College of Chiropractic and former director of Sports Chiropractic at Life University. He will present various methods of analysis and management paradigms that relate how the structure and function of the lower limbs directly impacts the lumbopelvic region. He will also demonstrate a practical application of orthotics, and discuss the implications of these devices to the entire postural framework.



Carolyn McMakin, MA, DC, CICE, will present "Microcurrent, Manual and Nutritional Treatment of Neuropathic and Myofascial Pain in the Pelvis and Low Back." Clinical director of the Fibromyalgia and Myofascial Pain Clinic of Portland, Oregon, Dr. McMakin has developed a frequency-specific microcurrent technique that helps address neuropathic pain and myofascial trigger points. The method uses a subsensory physiologic current and frequencies found to be effective in reducing inflammation and scar tissue. She will discuss ways to combine the technique with manual therapies to address discogenic pain, facet-generated pain, nerve pain, and myofascial trigger points in the low back and pelvis.

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Mechanical Link As a Global Therapeutic Protocol

by Diane Beaudoin, PT, DO

Mrs. Moore* is a 40-year-old woman who was referred to me for physical therapy for low back and right shoulder pain. The back pain had started two weeks prior to the consultation and there was no history of injury. The pain was located over her left sacroiliac joint and down her left leg. The shoulder problem started eight weeks prior to her visit and seemed to coincide with an episode of bronchitis. The pain was located at the acromioclavicular joint.



Diane Beaudoin
PT, DO

Upon examination, Mrs. Moore showed a decreased range of motion of the thoracolumbar spine in all directions, as well as limitation in flexion and abduction of the right shoulder joint. Functionally she had significant difficulty sitting, standing or walking secondary to increased pain when bearing weight over the left side. Getting in and out of the car was

also a big issue for this patient.

I addressed Mrs. Moore using Mechanical Link as a global protocol. In Mechanical Link, the practitioner evaluates the whole body as eight functional units. They are the occipito-vertebro-pelvic axis, anterior and posterior chest, upper and lower extremities, lines of force, viscera and organs, vascular system, derma and cranium. Using a technique called the Inhibitory Balance, the practitioner then locates the dominant lesions of each functional unit. The goal is to discover which lesion is most dominant, affecting all other lesions. Once this "primary lesion" is eliminated, the body is able to readjust itself and adapt to newly regulated systems.

Back Pain Eases and ROM Is Restored

During Mrs. Moore's first visit, the primary lesion was located and released from the left pubovesical ligament. The dominant lesions released were the neural tube (mid and low

thoracic level) and left occiput in compaction lesion. After the session Mrs. Moore was able to sit and stand comfortably without any pain. Her weight was equally distributed.

On the second visit four weeks later, Mrs. Moore reported no more back pain. Yet she was still having pain and limitation in her right shoulder. Again, a global therapeutic session was performed. The primary lesion released was the intraosseous lesion of the foramen magnum. The dominant lesion released was the broncho-pericardic membrane.

After the session Mrs. Moore reported that her right shoulder felt much better. There was full ROM. Her postural alignment also improved, and there was a significant decrease of the axial compression. At this point Mrs. Moore remembered having been in a motor-vehicle accident 10 years earlier, which had not been mentioned in her initial evaluation.

"After the session Mrs. Moore was able to sit and stand comfortably without any pain. Her weight was equally distributed."

New Injury Leads to New Releases

Three days before her next appointment, Mrs. Moore fell off her bicycle and hit her left knee. She complained of sharp pain in the posterolateral aspect of her left knee that prevented her from squatting as well as going down stairs. Until that injury she had been free of pain in her low back and leg, and had resumed normal activities.

Upon examination of her left leg, I found the range of motion limited in flexion in both the knee and the hip by about 25-30%. Resisted knee flexion was painful, and Mrs. Moore had difficulty bearing weight on her left leg secondary to the pain. Using the Mechanical Link global approach, the primary lesion was discovered and released from the inferior left femoral artery. The dominant lesions released were the left inferior tibiofibular diastasis lesion and left occiput.

After the session there was significant improvement of the ROM of the left knee and hip, both actively and passively. Mrs. Moore was able to squat down without any pain. She was subsequently able to go on vacation and function in a normal manner with very little discomfort.

I saw Mrs. Moore for a few more visits to take care of some residual pain in her left knee and right shoulder, and to complete the therapeutic process. She was discharged free of pain and without any functional limitations.

*Name changed to protect confidentiality.

Diane Beaudoin, PT, DO, holds a Bachelor of Science degree in physical therapy from Laval University, Quebec (Canada), and a diploma in osteopathic manual practice from the Quebec College of Osteopathy, Montreal (Canada). In addition to practicing Mechanical Link since 1996 in Skowhegan, Maine, Beaudoin has been a Mechanical Link teaching assistant since 1999.

Learn more about the Mechanical Link workshops offered through The International Alliance of Healthcare Educators. For details, dates and locations, please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0204. You're also welcome to e-mail iahe@iahe.com, or visit www.iahe.com.

Russian Physicians *continued from front cover*

used CST to eliminate the need for gastro-esophageal reflux surgery.

"There is no such thing as a miracle which violates natural law," Dr. Fryer told the audience. "There are only occurrences which violate our limited knowledge of natural law."

According to Leismeister, the feedback to Dr. Fryer's presentation was impressive. "In a summary statement to the audience, one Russian doctor told attendees that CranioSacral Therapy can make a significant difference in the healthcare of their patients. He suggested they all learn this work. Afterwards many doctors stopped by the UI booth to ask questions and receive hands-on demonstrations."

The landmark presentation came about after conversations between Leismeister and Dr. Ismail Osmanov, Deputy Director of the Ministry of Healthcare of the Russian Federation. After reading about CST, he became "very excited

New Lymph Drainage Therapy Techniques Certification Awarded

The Upledger Institute has awarded its first certifications in Lymph Drainage Therapy Techniques. Lymph Drainage Therapy (LDT) is a light-touch modality that uses gentle manual maneuvers to aid in the recirculation of body fluids. The LDT Technique Certification is designed as a separate yet complementary program to LDT's Lymphedema/CDP Certification (LLCC).

The Technique Certification testing process involves:

1. A 50-question objective written exam offered the final morning of the Advanced Lymph Drainage Therapy (LDA1) workshop.
2. Hands-on testing of practical skills scheduled with an approved examiner a minimum of 4 months after taking an LDA1 workshop. Material covered may include any or all of the techniques taught from Lymph Drainage Therapy I through the advanced level.
3. A 35-question objective written test (completed independently) based on Dr. Chikly's two-tape video series Dissection of the Human Lymphatic System. (Those who have already taken this test for LLCC certification are not required to take it again.)
4. Submission of nine case studies with mapping and photos (if applicable).
5. Three hours of experience presenting LDT to an organized group (can be in combinations) or an article on LDT published in a third-party publication.

Prerequisite: Advanced LDT

Tuition: \$250

Recertification is required every three years, and may be earned by attending or serving as a teaching assistant in any Lymph Drainage Therapy II or higher-level class.

For details call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0204. You're also welcome to e-mail iahe@iahe.com, or visit www.iahe.com.

See page 11 for a roster of therapists newly certified in Lymph Drainage Therapy Techniques.

Advanced I CranioSacral Therapy

Sedona, AZ — Sept. 15-19, 2003



Back row (l-r):
Roy Desjarlais, LMT, CST-D (instructor);
Carol McLellan, CMT (preceptor); Clarice Dillon, RN, LMT; John Jackson, LMP, CST (preceptor);
Laura Whipple, Jeffrey Overstreet, PTA, LMT, CFT;
Laurie Anne King, Jean Reid, RNC, LMT. **Front row (l-r):**
MaryAnn Luke, OTR;
Eric Moya, LMT (preceptor);
Lana Gokey, LMT;
Maria Redinger, LMT;
Nancy Silkroski, MA, PT; Gail Nevin, PT.

part of the hospital stay," he said, "so this equals a substantial cost savings over time." Dr. Shkolnikova expressed interest in implementing CST in her hospital and studying its effects.

"The trip was tremendously successful," Leismeister concluded. "It's hard to imagine the Communist suppression that was prevalent just 15 years ago in this country. Many people we met had lived most of their lives under Communist rule when a heavy, somber energy filled the air. Moscow is now a progressive, budding city against a beautiful architectural backdrop. Optimism, entrepreneurialism and growth are evident everywhere.

"As I said in broken Russian at the Congress, 'It is our hope that CranioSacral Therapy will find its place in Russia.' With such a warm, enthusiastic response, I'm sure it will."

For more information visit www.upledger.com.

The Complementary Disciplines of HANDLE® and CranioSacral Therapy

by Judith Bluestone, Neurodevelopmental/Educational Therapist

CranioSacral Therapists often facilitate wonderful releases of tension and energy in their clients' systems. That's the beauty of CranioSacral Therapy (CST). It can provide immediate problem relief and an opening to process new experiences. Yet what happens when a release does not last, or when a structural opening is not matched by neural reorganization and a readiness to learn?

That's where HANDLE can help. HANDLE stands for the Holistic Approach to Neurodevelopmental and Learning Efficiency. It's a non-drug evaluation and treatment alternative for individuals of all ages with a wide range of neurodevelopmental disorders.

Just as no two fingerprints are alike, no two people have the same arrangement of pathways that carry messages to and from the brain. Each of us acquires slightly different neurodevelopmental patterns. Many people who have difficulty learning, performing tasks or interacting socially have neurodevelopmental differences that interfere with processing. Trauma may further complicate matters.

The HANDLE approach, developed during more than 30 years of work with neurobehavioral differences, treats problems like these at their roots rather than providing short-term solutions or compensatory techniques. HANDLE helps you understand the source of a condition and assists each client to achieve a functional outcome.

The Common Bond of HANDLE and CranioSacral Therapy

Like CranioSacral Therapists, HANDLE practitioners look beyond superficial labels (such as ADHD) to discern bodily systems that need strengthening or protection. Then, employing Gentle Enhancement™ exercises, they strengthen weak systems through simple yet specific activities implemented at home using virtually no equipment.

Relying on neuroplasticity — the brain's ability to continue reorganizing itself by forming new neural connections — HANDLE addresses the root causes of disordered behaviors.

It then offers effective methods that promote efficient neurological functioning and learning.

HANDLE begins with a systems view of the body and mind that requires an understanding of various system functions and how irregularities in one affects others. Human behaviors are viewed as expressions of the functioning of various parts of the body, especially the brain and nervous systems.



Judith Bluestone,
Neurodevelopmental/
Educational Therapist

HANDLE utilizes a holistic perspective, assessing numerous interdependent body-mind influences within each individual as they respond to a vast array of elements within their environment. Acknowledging the possible causal roles of chemicals, allergens, nutritional deficits and toxins, HANDLE also considers environmental influences such as sound and light, as well as lifestyle factors such as video-game playing.

Bringing Complementary Therapies Together for Greater Patient Care

HANDLE and CST complement one another in many ways. One certified HANDLE screener who has a successful CST practice says she finds the greatest benefits with those who present with ADHD or anxiety disorder, or with very rambunctious children.

She spends 10-15 minutes at the beginning of her sessions doing some basic HANDLE activities to calm her clients and gain easier access into their systems. For some she might simply suggest two or three HANDLE activities to do at home. The result? These clients progress faster and more easily than others.

"I have integrated HANDLE as part of my repertoire of treatments," she says. "Not every client needs HANDLE, but many benefit from its use. I have even found that several HANDLE activities can help newborns struggling with nursing difficulties to organize more quickly."

Another certified HANDLE practitioner explains that with CST she can help clients virtually dissolve the physical/visceral components of a problem. In most instances the CST releases the emotional component as well since it, too, involves somatic factors. Yet

in many cases — like that of a young man with tics whose problems were resolved on the massage table — when the systems again experience stress, the tics can reappear.

Help With Even the Most Puzzling Cases

HANDLE views Tourette syndrome, for instance, primarily as a problem stemming from the immature differentiation of response among the various cranial nerves, particularly the trigeminal nerve. When the differentiation issue is identified and treated through simple HANDLE activities that clients are taught to perform in their own homes, schools or workplaces, the client achieves a greater level of healing and performance: a happy life!

The vestibular system is another area so vital to human functionality that responds very well to the complementary effects of HANDLE and CST. Some clients whose vestibular systems resist the integrating effects of HANDLE activities need the tactile education of guiding hands in tune with cranial rhythms to feel what their bodies can do. Once temporal mobility occurs and allows increased vestibular system function, other processes are ready for the gentle training provided by HANDLE activities.

Simply put, HANDLE practitioners can enhance weak systems and predict how their interaction may reduce symptomatic behaviors. They can create function from dysfunction. For this challenging task, HANDLE has the tools to complement CranioSacral Therapy.

Judith Bluestone has been a consultant in neurodevelopment and learning throughout the U.S. and Israel since 1967. Creator of the HANDLE approach, she founded the HANDLE Institute in Seattle, Wash., in 1994. She was also a presenter at Beyond the Dura '03.

Learn how HANDLE can provide you with simple, effective techniques you can immediately incorporate into practice. With enough interest, UI will coordinate a HANDLE workshop for CranioSacral Therapists. Please e-mail iahe@iahe.com or call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0204.

Qigong T'Chings Workshop: A Pathway to Self-Healthcare, Self-Healing and Peace of Mind

Learn how to recharge your energy naturally to remain in the flow of your life. Qigong (pronounced "chi gung") is an essential part of traditional Chinese medicine. Qi means energy, vital breath and life force. Gong means repetition, skill and achievement. Qigong is a self-healing art that blends meditation, visualization and gentle movements to balance and relax the body and mind, and facilitate the flow of Qi.

Millions of people around the world practice Qigong to experience higher levels of energy and enjoy optimal health. Regular Qigong practice has been shown to help improve stamina, strengthen the immune system, and improve your ability to respond to stress, bringing about self-recovery, wellness and inner peace.

Discover Your Qi to Enhance Your Health and Healing Potential

Breath is the key to life and living. Using the breath as you bring the body into a deep state of relaxation can help you realize full health potential by resisting illness and promoting self-healing.

Qigong can also bring you to a conscious union with nature. The human body and natural world around it exist as an interrelated and inseparable unity. Imbalances in this unity can cause illness, discomfort and disease. Qigong helps you relax your body, calm your mind and follow your true nature.

Qigong is also helpful with chronic pains and conditions such as sleeping disorders, chronic fatigue, eating disorders, digestive disorders, breathing challenges such as allergies and asthma, obsessive-compulsive disorders, substance addictions, joint and muscle pain, tension, fibromyalgia, repetitive strain injuries, high blood pressure, cardiovascular problems and stroke. Qigong can even help with emotional imbalances such as anxiety, fear, anger, frustration and feelings of isolation.

In this two-day workshop, instructor Marie-Clotilde (Cloé) Couturier blends the principles and teachings of CranioSacral Therapy, one of the most advanced Western systems of healthcare, with Daoist Medical Qigong, one of the most ancient Eastern systems of healthcare.

Qigong T'Chings I Highlights

- Discover the treasure and power of ancient Qigong practices.
- Learn the Five-Elements Model and its relationship to your tissue matrix.
- Find out how to nourish yourself with the purest nutrition available.
- Experience a deep state of tranquillity and inner peace, a "Qi-state" conducive to self-healing and healthcare.
- Gain the guidance and tools to learn how to center yourself amid difficult life challenges.
- Increase your awareness, imagination and consciousness power.
- Open the main energy gates in your body matrix.
- Learn how to free, empower and heal yourself and help others.
- Bring greater clarity to your life process.

2-Day Workshop

Recommended Preparation: Review "Achieve Wellness – Five-Element Medical Qigong" CD/cassette available at www.wishus.org/product.asp or WISH at 732-563-4884.

Tuition: \$225 U.S. (\$200 U.S. 30-Day Early Registration)

Instructor Cloé Couturier is a French-certified osteopath, licensed massage therapist and a staff therapist at UI HealthPlex Clinical Services. Having trained under some of the world's leading Qigong masters in the U.S., she has been promoting the benefits of combining Medical Qigong with CranioSacral Therapy at healthcare conferences since 1997.

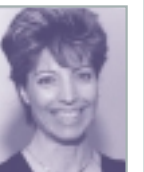
To register for Qigong T'Chings call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0204. You're also welcome to e-mail iahe@iahe.com or visit www.iahe.com.

Dear Cloé,

I wanted to tell you how much I have benefited from Qigong. I have not had this much energy in a long time. My intuition is enhanced by the meditations and my patients are also benefiting. The diaphragmatic breathing has been great for those with chronic pain and fibromyalgia syndrome.

"Twenty-two of my twenty-three patients with chronic pain who have tried Qigong in my clinic have loved it. Many are practicing it at home now. I was so impressed with the reception that I am following up with four weekly sessions to enhance the group learning.

*Thank you so much,
Saundra Newton, PT*



Cloé Couturier,
CO, LMT

Got E-Mail?

Help us keep you informed. You'll stay updated, save a tree, and enjoy special promotions and information.

Please call Educational Services toll-free at 1-800-311-9204 and let us know your e-mail address.

Earn Continuing Education Credits for Classes in Complementary Care

The International Alliance of Healthcare Educators offers classes that satisfy continuing education requirements for many different professions. Before attending a workshop, simply verify CEU acceptance with your professional state board. To see a complete listing of courses that qualify for CEUs, visit www.iahe.com or call 1-800-311-9204. Ask for priority code N0204.

New and Renewed CEUs

USA: Chiropractic Physicians in most states can now earn CEUs for CranioSacral Therapy I.

USA: The Upledger Institute is also approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. CranioSacral Therapy I is offered for 2.4 CEUs (introductory level, professional area), and CranioSacral Therapy II and CranioSacral Therapy for Pediatrics are offered for 2.4 CEUs each (intermediate level, professional area). ASHA CE Provider approval does not imply endorsement of course content, specific products, or clinical procedures. If you



are a member of ASHA and are interested in receiving CEUs for participating in this program, you must contact our CEU coordinator at least 30 days before class begins for consideration. Call 1-800-311-9204, ext. 1376.

USA: Approved as a Category A Provider (#025785-00) by the National Certification Board for Therapeutic Massage & Bodyworkers for all CranioSacral Therapy, Visceral Manipulation, Lymph Drainage Therapy and Mechanical Link workshops.

USA: American Medical Massage Association (AMMA) offers CEUs for Mechanical Link I, II & III, Visceral Manipulation IA & IB, and Lymph Drainage Therapy I, II & III.

Alaska: Physical Therapists can earn CEUs for CranioSacral Therapy I.

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

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

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

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

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

Earn CEUs continued on page 13.

Milestones

Congratulations and Well Wishes

- Sheryl McGavin, OTR/L, CST-D, has been certified to teach CranioSacral Therapy II.
- Nina Chernick, RMT, CST-D, has been certified to teach CranioSacral Therapy for Pediatrics.

Heartfelt Condolences

- Several UI employees recently experienced the unexpected deaths of loved ones. Our hearts and prayers go out to Leslie Ockunzzi and Tara Tuozzo, who both lost their mothers, and Dore Szoboszlaj, whose father-in-law recently passed away.

Registry of Schools Supports Educational Excellence

The Upledger Institute (UI) has enacted a new Registry of Schools program designed to equip teaching facilities with resources to increase their outreach capabilities.

Schools are invited to partner with UI at no cost to help promote the recognition and integration of complementary therapies.

Registry of Schools members benefit from:

- UI course tuition discounts for their students
- Teacher grants
- Student gift packages
- Listing on www.upledger.com
- Promotional-affiliate opportunities
- Access to speaking engagements
- Book and product resale discounts

Visit upledger@upledger.com for an application (click on Registry of Schools), or call 1-800-311-9204 and ask for Leslie Ockunzzi. You're also welcome to e-mail upledger@upledger.com. If you're currently a student, contact your school administration and ask about this special opportunity.

New Certified CranioSacral Therapy Teaching Assistants

- Karen Axelrod, NCTMB, CST
- Brenda Pulvermacher, BSc, RST, CST
- John Rollinson, DEu, CST

Now Certified in CranioSacral Therapy

Diplomate Level:

- Lida Bervoets, CST-D
- Marijke Dammingh, CST-D
- Axel Deunk, CST-D
- David Halfon, LMT, CST-D
- Ananda Hunsche, CST-D
- John Jackson, LMP, CST-D
- Kim R. Keifrider, MPT, LMT, CST-D
- Carla Kerkhoffs, PT, CST-D
- Wim Kwakman, CST-D
- Sheryl Markley, PT, NCTMB, CST-D
- Ank Oud-Brugman, CST-D
- Gerrie Ouwendijk, CST-D
- Chantal Perret, MT, CST-D
- Hans de Rooij, CST-D
- Constance Seelen-Monchen, PT, DAC, CST-D
- Okke Tadema, PT, CST-D
- Hans van Laarhoven, CST-D
- Maria Weyer, CST-D
- Imma Wolfs, CST-D
- Katherine Parker Brown, MT, CST
- Anita Elsey, GCFP, CST
- Shannon Forgette, PT, CST
- Karie Garfoot, PT, CST
- Gerilyn Gruzwaliski, NCTMB, CST
- Shelley Hitz, LMT, CST
- Donna Kientzel, LMT, CST
- Geraldine Kilkelly, LMT, APP, CST
- Kelsey Klausmeyer, MT, CST
- Granville F. Langly-Smith, LDS, RCS, CST
- Thomas Livigni, OT, CST
- Pam McCormack, NCTMB, LLCC, CST
- Danielle McCulloch, CST
- Charlene Papazian, LMT, CST
- Colleen Pascoe, OTR, CST
- Sharon F. Price, CMT, CST
- Kyoko Saeki, LMT, CST
- Jacqueline Scott, CST
- Marilyn Suhajda, LMT, CST
- Lynne Tupper, MPH, OTR, CST
- Tim Wightman, MT, CST
- Sarah Woodard, CST

Techniques Level:

- Jill Breingan Ar, CST

Now Certified in Lymph Drainage Therapy

Techniques Level:

- Beverly Cook, LMP, LLCC, LTC
- Lisa Davis, COTA, CST, LTC
- Margo Lalman, CMT, LLCC, LTC
- Francoise Turotte, CMT, LLCC, LTC

Now Certified in Lymph Drainage Therapy Lymphedema/CDP Certification, Level I

- Robert Austin, Jr., LMT, LLCC
- Susanne Callan-Harris, PT, LLCC
- Diane Caron, LMT, LLCC
- Leslie Cooper, CMT, LLCC
- Sally Currie, OT, LLCC
- Patricia DeMoss, RN, LLCC
- Jeffery Duensing, NCTMB, LLCC
- Lyndal M. Garbarino, OTR/L, LLCC
- Heather L. Horst, CMT, LLCC
- Sandra Hyde, RMT, LLCC
- Eva Johannesen, PT, LLCC
- Laura Lewellen, LMT, NCTMB, LLCC
- Carol Lubecki, PTA, LLCC
- Patt MacDonald-Christie, LMT, LLCC
- Paula Martinez, PTA, LLCC
- Jackie Mierzwiak, RN, MT, LLCC
- Linda Monzo, NCMT, LLCC
- Renuka Nadarajan, PT, LLCC
- Loran Nicastro, NCTMB, CNMT, LLCC
- Rhonda Nissley, LLCC
- Paula Noyes, OT, LLCC
- Jaelene Racicot, MT, LLCC
- Barbara Reitz, LMT, LLCC
- Ana Soto, MD, LLCC
- Jamie Staley, PT, LLCC
- Karen Stork, RN, CMT, LLCC
- Olga Torres, RN, LLCC
- Margarita Vileno Sosa, OTR/CHT, LLCC
- Julie A. Whitehill, MEd, OTR/L, LLCC

Mark Your Calendar for These Upcoming Speaking Engagements

Florida Chiropractic Association Spring Convention & Expo 2004

- St. Augustine, FL – April 16-18, 2004
- Tad Wanveer, LMT, CST-D: The Use of CranioSacral Therapy for Scoliosis

AMTA Washington Convention Wenatchee, WA – April 22-25, 2004

- Tim Hutton, PhD, LMP, CST-D: Intro to CranioSacral Therapy

AMTA Alabama Chapter Spring Meeting Mobile, AL – April 30-May 2, 2004

- Roy Desjarlais, LMT, CST-D: Overview of CranioSacral Therapy

AMTA Mid-Atlantic Conference 2004 Ocean City, MD – May 6-8, 2004

- Mariann Sisco, PT, CST: Overview of CranioSacral Therapy and Intro to Visceral Manipulation
- Mya Breman, MSW, LMT, CST-D: Overview of Lymph Drainage Therapy

International Symposium on the Science of Touch

- Montreal, Canada – May 12-15, 2004
- John E. Upledger, DO, OMM: Post-Traumatic Stress Disorder in Vietnam Veterans
- Also: Compassionate Touch With Children
- Don Ash, PT, CST-D: CranioSacral Therapy
- David Dolan, LMT: BioAquatic Exploration, Ocean Therapy

Visit www.iahe.com for the most current schedule of speaking engagements.

FSMTA 2004 Annual Convention Orlando, FL – June 24-27, 2004

- John E. Upledger, DO, OMM, and Lisa Upledger, DC: The Doctors Upledger — A Symposium
- Sheryl McGavin, OTR/L, CST-D: CranioSacral Therapy
- Mya Breman, MSW, LMT, CST-D: Lymph Drainage Therapy
- Alaya Chikly, CMT: Heart Centered Therapy – Mastering Dialoguing Skills
- Dee Ahern, RPT: Visceral Manipulation

Florida Chiropractic Association National Convention & Expo 2004 Orlando, FL – Aug. 27-29, 2004

- Lisa Upledger, DC: The Use of CranioSacral Therapy for Migraines

American Occupational Therapists Association 2004 Convention Milwaukee, WI – Oct. 21-23, 2004

- Susan G. Steiner, OTR/L, CST-D: The Use of CranioSacral Therapy to Facilitate the Achievement of Occupational Therapy Goals

Florida Chiropractic Association Winter Convention & Expo 2004 Ft. Lauderdale, FL – Dec. 3-5, 2004

- Rebecca Flowers Giles, OTR, SCP, CST-D: The Use of CranioSacral Therapy for Learning Disabilities

Basic Acupressure: A New Evolution of Ancient Healing Techniques

by Aminah Raheem, PhD, and Susan Grant, CMT, CST

When ancient Chinese sages mapped the pathways of energy through the human body, they deposited a living gift into the stream of human understanding that has born fruit for thousands of years. Through the centuries, the understanding and application of these pathways — now known as meridians — are credited with saving millions of lives from countless illnesses. It has also brought humans closer to their potential as whole, balanced individuals.

We know about those ancient sages only through Chinese legend. Their names and records were lost long ago. Yet the brilliance of their discoveries endures to this day through Oriental medicine. Applied through acupressure, acupuncture and herbal remedies throughout the Far East, Oriental medicine is a broad holistic approach that has been steadily practiced for over 3,000 years.

In the early 20th century a rudimentary understanding of Oriental medicine migrated to the West. By the end of the century it had spread throughout Europe and the U.S. It is now one of the most highly respected methods of alternative medicine today.

Basic Acupressure Blends Oriental Medicine With Modern Bodywork

Meridians run up and down the body in a 24-hour cycle, feeding fresh energy to all parts of it, especially the organs they serve. Oriental medicine teaches us that when energy is flowing freely through all the meridians, then the body must be healthy and cannot hold disease.

This smooth flow of vital energy — chi — has a predetermined direction in each meridian in a healthy person. Yet if only one meridian becomes obstructed or weak, then it affects its neighboring meridian, which affects the next until the whole energetic system is disrupted. Thus, the meridians together with their organs implement or obstruct the balance within all other systems of the body.

Basic Acupressure [developed by Aminah Raheem, PhD] is based on principles of Oriental medicine augmented by contemporary bodywork. It has its roots in a Japanese acupressure system called Jin Shin Jyutsu, an ancient art of harmonizing body, mind and spirit through gentle touch.

In Jin Shin Jyutsu, the practitioner holds two points at the same time until a release of energy or tension is felt. In Basic Acupressure, students learn to address a range of symptoms and stresses by applying acupressure (finger pressure on acupoints) along energy pathways using a special method of “interface touch.”

Interface touch [which originated with the Zero Balancing® modality developed by Fritz Smith, MD] essentially allows the practitioner to contact both the structure and the energy of the body simultaneously. It helps acupressure relieve energetic tension and balance the body's systems more effectively. The therapist neither puts energy in nor takes it out. Instead, the client's energy system does the work of rebalancing.



Aminah Raheem, PhD

“I used to marvel that anyone could ever have discovered the existence of meridians and their importance to health. After all, they're invisible to most eyes, and have no physical structure you can touch. Then I began working with Basic Acupressure and realized there was a time in human evolution in which we were so intimately connected to our energetic selves that we could naturally feel, follow and react to changes in our energy pathways. To me, the marvel then became that we had ever lost that ability, and I discovered firsthand how easy it is to regain this conscious awareness.”

— Susan Grant, CMT, CST

Basic Acupressure I: Clinical Applications

Basic Acupressure primarily uses 36 master points. Most are located in the “extraordinary meridians,” as well as the more commonly known organ meridians. Extraordinary meridians provide energy to balance the organ meridians and ultimately the entire body. They're associated with specific systems and functions, such as the brain and spinal cord as well as hormonal, skeletal, nervous, circulatory, immune and lymphatic systems.

Two of the extraordinary meridians in particular make up a complete central energy flow, which begins at the coccyx and flows up the spine, over the top of the head, and down the midline to complete the circuit in the perineum. According to Eastern philosophy, this channel represents the most primary energy flow, affecting every system in the body. It connects directly with eight major chakras and allows us to connect with our crown and root energies.

As Basic Acupressure I progresses, practitioners realize this energy network is multidimensional and interconnected, almost as if it has its own intelligence. This energy source underlies all other body energy and supports the health of the other systems. When we open these vital pathways, we open to both earth energy and the universal source.

That's when change happens, whether we intellectually grasp it or not. The human organism begins to function differently, possibly even in the spiritual and emotional fields, as well as in the physical.

“I feel blessed to have taken this class,” said Louise Rossi, RN, a recent Basic Acupressure student. “I've taken so many different types of classes but never felt such profound changes as I did in just a few days in this class.”



Susan Grant, CMT, CST

“I've had S.I. joint problems on my right side, a herniated disc (L 4-5), and severe back spasms for more than three years. I also had constant pain in my right hip with burning pain to the leg. Some days I was in so much pain my husband had to carry me to work and sit me in my chair.

“After the first day of class I felt shifting and changes in my low back and R hip. The pain shifted to my L hip. The next day when my partner touched the coccyx point and pubic point, I had horrible pain down the front of both legs. Then it disappeared.

“That night was the first night in three years I had no hip or back pain. I was amazed. I could actually bend over and touch the floor. My hips felt loose. I still have a little tightness in my lumbar, but no pain.”

Although this clinical-applications class doesn't focus on emotional or spiritual release, changes in energy restrictions allow for changes in all areas of life. As a result, emotional issues may be released during a session. The BA practitioner stays at interface and holds a grounded and centered space in which the client can safely integrate new insights. Psychotherapy, SomatoEmotional Release® and Process Acupressure are appropriate modalities for clients who need further work.

“I really appreciated the practitioner being a facilitator only,” said Salli Wise, RN, CMT. “She demonstrated respect for my process by not interfering or trying to interject anything or fix it. I also appreciated the practitioner keeping me present so the power of the process did not sweep me away. I believe the process will continue regardless of my level of emotional involvement.”

Basic Acupressure 2: Meridians

Basic Acupressure 2: Meridians, introduced in January 2004, furthers the practitioner's understanding and proficiency with specific energy pathways — the organ meridians — discovered by the ancients long ago.

This five-day workshop builds on techniques presented in Basic Acupressure 1. It introduces the 12 organ meridians and their associated organs with more acupoints for particular formulas. Specific protocols for each organ meridian are also covered, together with additional Great Central Channel alternatives. Students are shown how to facilitate clearer, stronger energy through the points and meridians to relieve symptoms and stresses while enhancing balance and health. Both Basic Acupressure 1 and 2 workshops include clinical handbooks full of protocols for easy reference.

Basic Acupressure 2 students learn additional techniques for integrating the work into their own essential spirit, as well as the spirits of their clients. As the student works from a clearer central core, he or she can safely explore more expansive levels of existence. The class also provides many alternatives for self-care.

As in Basic Acupressure 1, this class does not include processing. However, the whole being is deeply strengthened and clarified. Energy is the interpenetrating and integrating factor between body, mind, emotions and spirit. Work at this depth, by the nature of its connection with universal energy flows, encourages physical, emotional and spiritual change.

Aminah Raheem, PhD, is the originator of

Process Acupressure, a transpersonal psychologist, Zero Balancer and Diplomate of Process Work who has worked with the integration of bodywork and consciousness for more than 20 years. She is also author of Soul Return: Integrating Body, Psyche and Spirit, one of the first books to bring the soul into bodywork and psychology. A co-creator of leading-edge body-mind trainings along with her husband, Dr. Fritz Smith, Raheem teaches internationally.

Susan Grant, CMT, CST, is a certified Basic Acupressure instructor and advanced Process Acupressure practitioner who works closely with curriculum developer Aminah Raheem, PhD.

For Basic Acupressure dates and locations, see the Course Calendar on page 8. To register call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0204. You're also welcome to e-mail iahe@iahe.com, or visit www.iahe.com.

The UI HealthPlex Clinic Corner

Treat Yourself

As much time as you spend focused on others, it's easy to forget your own needs. Imagine how much more effective you'd be as a therapist if you felt replenished and able to work from a place of clarity and inner peace.

Treat yourself to a Therapist Rejuvenation program tailored to you by UI HealthPlex Clinical Services in Palm Beach Gardens, Florida. Over the course of five half-days, you'll enjoy the care of therapists highly skilled in CranioSacral Therapy, SomatoEmotional Release and other manual modalities.

And who better to facilitate your healing process than the practitioners who understand them? They'll help you clear out old issues and unproductive patterns, and achieve the kind of focus that allows you to return to your practice at peak performance.

“It's helped my palpation skills improve tremendously,” says Tim Hutton, PhD, LMP, CST-D.

Give yourself the same advantage you offer others every day. Relax, rejuvenate and release your restrictions. Then watch your patients reflect the positive results.

Please call The Upledger Institute HealthPlex Clinical Services at (561) 622-4706 to learn more.

Earn Continuing Education Credits *continued from page 10*

New and Renewed CEUs

Maryland: Occupational Therapists can earn CEUs for CranioSacral Therapy I.

Minnesota: Doctors of Chiropractic can earn CEUs for CranioSacral Therapy II.

Nevada: Physical Therapists can earn CEUs for nearly every class offered through UI.

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

Ohio: Physical Therapists can earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I & II, CranioSacral Therapy for Pediatrics, Mechanical Link I, II & III, Visceral Manipulation IA, IB & II, Lymph Drainage Therapy I, II & III.

Tennessee: Physical Therapists can earn CEUs for CranioSacral Therapy I.

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

Books and Products to Support Your Healthcare Practice



NOW AVAILABLE!
New Leatherbound
Collector's Edition
**CranioSacral Therapy:
Touchstone for
Natural Healing and
SomatoEmotional Release:**

Deciphering the Language of Life
by John E. Upledger, DO, OMM
This new limited-edition book combines two of Dr. John E. Upledger's popular volumes on CranioSacral Therapy in one collector's edition suitable for library display. Proceeds from its sale benefit The Upledger Foundation charities, including financial assistance for patient care and innovative community-outreach programs such as Post-Traumatic Stress Disorder, Compassionate Touch Helping Hands, Bio-Aquatic Explorations and Beyond the Dura research conferences. (leatherbound hardcover) Item code: CSTDH. Price: \$65 + s&h

Share Your CranioSacral Stories in a Book

You're invited to become a contributing author to a book that has the potential to touch people in all walks of life. In commemoration of UI's 20th anniversary in 2005, we're compiling a collection of CranioSacral Therapy anecdotes similar in concept to the popular "Chicken Soup" series of books.

The common thread running through all the stories will be how CST made a difference in someone's life. So think about your most impacting, heartwarming, life-changing experiences involving the use of CST. Then consider putting one down in writing.

Submission Guidelines: Length should not exceed 1,000 words. UI reserves the right to edit for content and space. Story must be received no later than July 1, 2004, on diskette in Word format or by e-mail to: The Upledger Institute, Attn: 2005 CST Book, 11211 Prosperity Farms Rd., D-325, Palm Beach Gardens, FL 33410-3487; debbie@upledger.com.



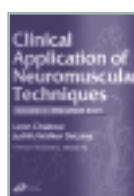
Dr. John Jazz Stylings CD
by John E. Upledger, DO, OMM
Osteopathic physician John E. Upledger has earned an international reputation as the developer of soft-touch CranioSacral Therapy. Yet years before that he was applying his touch to the ivory keyboard — first as a teenage boy playing the jazz clubs of Detroit, and later as a professional musician working his way through medical school. Enjoy the memories here with Dr. John Upledger as you journey with him back to his first love — music. (12 tracks; 58 min. total) Item code: ADJJS. Price: \$15 + s&h



Communicating With Orcas
by Mary J. Getten
This book is the true story of an amazing journey into the unknown world of whales by two curious and dedicated women. Mary J. Getten, respected whale naturalist and professional animal communicator, takes you on a voyage along with her colleague. Together they use their telepathic skills and communication abilities to interview wild and captive orcas. Recommended by Dr. John E. Upledger. (soft-cover) Item code: CWO. Price: \$16.95 + s&h

"Communicating With Orcas is one of the best books I have come across dealing with cross-species communication. Mary is an excellent writer who keeps the reader comfortable. Even with so much experience with sea mammals, her material never intimidates. I loved this book, and I'm pleased that Mary will be a featured speaker at Beyond the Dura 2005."

— John E. Upledger, DO, OMM



Clinical Application of Neuromuscular Techniques, Volume 2: The Lower Body
by Leon Chaitow, ND, DO, and Judith Walker DeLany, LMT
This companion volume to the widely acclaimed book by the same authors on The Upper Body addresses problems of the lower body (lumbar spine, sacrum, pelvis, hip, leg and foot). Together, the two volumes present the theories and techniques of manual treatment for chronic neuromuscular pain throughout the body. (hardcover) Item code: CANT2. Price: \$86.95 + s&h

Lymph Drainage Therapy, Face Sequence CD
by Bruno Chikly, MD, DO (hon.)
Identical to the audiocassette version, this new CD offers a detailed review of the Face Sequence discussed in the Lymph Drainage Therapy I workshop. (58 min.) Item code: ALDFC. Price: \$15.00 + s&h

Lymph Drainage Therapy Body Sequence CD
by Bruno Chikly, MD, DO (hon.)
Identical to the audiocassette version, this new CD offers a detailed review of the Body Sequence in Lymph Drainage Therapy I workshops. (69 min.) Item code: ALDBC. Price: \$15.00 + s&h

Journal of Bodywork and Movement Therapies 2004

This quarterly journal plays a vital role in helping the international community of bodywork and movement-therapy professionals clarify their roles while discussing a broad range of pertinent issues. It publishes peer-reviewed articles, editorials, summaries and technique papers that explore practical approaches to musculoskeletal dysfunction that apply across all bodywork, movement and manual therapies. (2004 series, 4 issues) Item code: J-04. Price: \$65.00 (Regularly \$74.00)

NEW ON DVD!

The Upledger Institute Studio & Classroom Series by John E. Upledger, DO, OMM. Previously available only in video format, these new DVDs contain the same rich information on CranioSacral Therapy and SomatoEmotional Release.

Studio DVD Series

CranioSacral Therapy 10-Step Protocol
Explores each of the 10 basic techniques developed by Dr. Upledger, with special attention on hand placement. Includes three points of interest not on the original 10-Step Protocol video: still point techniques from the feet, sacral still point and therapeutic pulse. (60 min.) Item code: DSTS. Price: \$45.00 + s&h

The Avenue of Expression and the Masticatory System
Shows you how to use CranioSacral Therapy techniques for the mouth and teeth. (38 min.) Item code: DSAOE. Price: \$45.00 + s&h



Energy Cysts and SomatoEmotional Release With Therapeutic Imagery and Dialogue

Dr. Upledger works with a young woman who experiences a powerful SomatoEmotional Release (SER) for the first time. The second tape contains a shorter, less intense SER in which Dr. Upledger's patient relives a near-fatal drowning accident. (66 min.) Item code: DSECS. Price: \$45.00 + s&h



The Voice of the Body: Whole-Body Diagnosis

Dr. Upledger demonstrates an integrated approach to whole-body evaluation and treatment while describing the various psychological phenomena that occur. (26 min.) Item code: DSVOB. Price: \$45.00 + s&h

Classroom DVD Series

These DVDs complement the professional studio series by showing you unedited workshop demonstrations complete with spontaneous observations and questions and answers from instructors and students.



Patient Treatment Sequence, Part I and II

Dr. Upledger performs an actual treatment using the 10-Step Protocol. Since he waits for the

patient's response to each technique before continuing on to the next step, the tape runs longer than the 10-Step Protocol DVD. (148 min.) Item code: DCPTS. Price: \$45.00 + s&h



CranioSacral Therapy for the Hard Palate

Offers specific coverage of CST and the mouth, hard palate, sphenoid, maxillae, palatines, vomer bone and maxillary palatine complex. (117 min.) Item code: DCCST. Price: \$45.00 + s&h



Energy Cysts (Part I) and SomatoEmotional Release (Part II)

In Part I Dr. Upledger answers questions on how the body's defense system localizes pain in contained areas, creating "energy cysts." In Part II he explains the differences between working with an energy cyst and beginning an SER. (103 min.) Item code: DCSER. Price: \$45.00 + s&h



Full-Body Diagnosis — Classroom Lecture and Demonstration

Begins with a comprehensive description of Dr. Upledger's clinical experiences at Michigan State University. Discusses facilitated segments, arcing, active lesions,

cranial rhythm, fascial immobility and intervention, followed by a full demonstration. (110 min.) Item code: DCFBD. Price: \$45.00 + s&h



Dysfunction of the Bones of the Cranial Base

Describes and discusses dysfunctions of the sphenobasilar joint, first documented by William Sutherland, DO. Dr. Upledger demonstrates evaluation and treatment in a classroom setting. (120 min.) Item code: DCDOC. Price: \$45.00 + s&h



Infants, Children and Brain Dysfunction

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