

I A H P

# CONNECTION

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PRACTITIONERS®



Volume Four

Winter 1999

## Myofascial-Pain Experts Share Insights With Practitioners at Inaugural Conference

Five experts widely considered manual-therapy mentors shared their insights at the first "Multidisciplinary Approaches to Myofascial Pain" conference this past October in Berkeley, Calif. The three-day event sponsored by the *Journal of Bodywork and Movement Therapies* (JBMT) attracted nearly 200 attendees from around the world.

The conference kicked off with a "connective gathering" that gave participants a close-up view of demonstrations performed by the presenters. "It was a thrill," said Elizabeth Benham, LMT. "The accessibility and receptivity of each

of the speakers was beyond anything I've ever experienced. To have this caliber of experts in one weekend and to be welcomed in as a colleague has been quite exceptional."

The connective gathering was followed by two days filled with informative presentations and panel discussions...

### "Integrated Neuromuscular Inhibition Approaches to Trigger-Point Deactivation"

Leon Chaitow, ND, DO, demonstrated how neuromuscular ischemic compression, muscle

energy, positional release and muscle stretches combined in a particular sequence can produce positive results. Dr. Chaitow is an international researcher, author and lecturer with more than 35 years' clinical experience. He has written more than 50 books and articles on bodywork, and he serves as editor of JBMT.

*"Thank you, Dr. Chaitow, for some very practical, applicable sequences to try — presented within a broad framework of concepts to test."*

— V.R., Lakeport, Calif.

*continued on page 14*

## WHAT'S INSIDE

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A panel discussion topped off Saturday's presentations with lively audience interaction. Left to right: John C. Hannon, DC, Certified Feldenkrais® Practitioner; Thomas Myers, Certified Advanced Roling® Practitioner; Judith (Walker) DeLany, LMT; Benny Vaughn, LMT, Athletic Trainer, Certified; and Leon Chaitow, ND, DO. Watch [www.iahe.com](http://www.iahe.com) to find out more about the next multidisciplinary conference.

# The Visceral Manipulation Report

## The Upledger Institute Supports Alumni Study Groups

Attend a Visceral Manipulation class and you'll find an enormous amount of material packed into just a few days. To help you better integrate the information, UI is encouraging alumni to form new study groups focusing on VM techniques.

These local meetings let you share your experiences with your colleagues in a constructive environment. It's a supportive setting in which to practice your skills — with a leader who's been recognized to offer the guidance you need. Approved study group leaders must be VM teaching assistants and have the recommendation of a VM instructor.

"Thank you for encouraging this study group to take place," says Janice Horsnell, RMT, of her regional VM meeting. "It's allowed those of us in remote communities to practice with other students. The small numbers enabled us to have our individual and group needs addressed. We came away feeling

inspired and ready to move on to the next level of learning."

UI is supporting study groups by offering these networking opportunities...

- Listing them in newsletters
- Advertising them on the UI website
- Posting them on flyers at workshops
- Mentioning them in letters to seminar participants
- Communicating them to prospective members by Educational Services Representatives
- Promoting them at seminars through instructors, teaching assistants and facilitators
- Including them in special listings mailed out to interested therapists

Call 1-800-311-9204, ext. 8915, to receive an application or find out more about this meaningful program. *Look for current Visceral Manipulation study groups on page 11.*

## Pre-Publication Sale!

New Book and Videotape Set  
From Jean-Pierre Barral, RPT, DO

Expected Release: Spring 1999

Save on the long-awaited *Osteopathic Approach to Trauma* book and *Visceral Osteopathy* two-tape video set. Place your deposit now and you'll save a *guaranteed 25% off* the final publication price.

This offer is available for a limited time only. Call right away for more details:  
1-800-311-9204, ext. 8915.

## Practitioners Make a Case for Repeating a Class

The Upledger Institute recently enhanced its VM repeat policy to better suit the needs of its alumni.

Effective for all 1999 VM classes, the number of spaces available to repeaters will no longer be limited. That's good news considering costs have come down, too. Visceral Manipulation IA classes in 1999 are just \$100 to repeat. And it only costs half the full tuition price to repeat Visceral Manipulation IB, Visceral Manipulation II, Practical Integration of Visceral Manipulation or Advanced Visceral Manipulation.

Practitioners who have repeated VM classes before applaud the idea. "It clarified all the techniques for me, plus offered new information," reported Jean-Anne Taormina, PTA. "I feel I integrated more," said Deborah Hayes.

For more information, call 1-800-311-9204, ext. 8915. *See the Course Calendar on page 9 for a complete list of VM classes.*

## Upledger Institute Now Collecting VM Case Studies for Conventional Practitioners

More conventional therapists than ever before are accepting the validity of single-subject outcome studies. And according to Jay Kain, PhD, PT, ATC, that's an important development for Visceral Manipulation practitioners.

"In the past, research needed to be exhaustive just to get a therapy through the clinic door," says Jay, who's also a VM instructor with The Upledger Institute. "But for methods like ours the proof is in the results, not necessarily the lab. Thankfully, therapists who were closing themselves off to our input are now starting to change their thinking."

Yet Jay says case histories still need to be submitted in a conventional format to be recognized. To help achieve this acceptance, he's cre-

ated a standard format now offered through UI. "I'd like to see everyone who practices this therapy help us get the word across," he says. "This is a valid, efficacious modality that can complement any number of conventional practices."

You can help us achieve VM acceptance by conventional practitioners. We urge you to submit your own case studies for possible use in newsletters, on our website, at seminars, and in other important communication vehicles.

Call 1-800-311-9204, ext. 8915, for a copy of the standard format. Then mail your study to the *IAHP Connection*, Attn: Editor, 11211 Prosperity Farms Rd., D-325, Palm Beach Gardens, FL 33410-3487. Or fax us: (561) 622-4771.

UI's VM instructors and instructor-apprentices relax together and unwind. Left to right: Frank Lowen, MT; Alain Croibier, DO; Frank Gentile, PT; Mark Bloemberg; Jay Kain, PhD, PT, ATC; Gail Wetzler, RPT; Jean-Pierre Barral, RPT, DO; William Polec, ND, DC; Dorinda Galbraith, PT; Dee Dettmann Ahern, RPT; Lisa Polec, DC; Charles Horton, CMT; A.J. de Koning, DO. On table: Ken Lossing, DO. Not pictured: Michael Wagner, CMT. *See Course Calendar on page 9 for a complete list of Visceral Manipulation classes.*



# Web Watch

Take advantage of Internet Networking Centers and e-mail correspondence sponsored by the International Alliance of Healthcare Educators and The Upledger Institute.

The following was recently e-mailed to upledger@upledger.com:

## Can CranioSacral Therapy Help Colic?

I have an 11-week-old baby boy who does not sleep much. He is a healthy, thriving child, but he cries and cries. Often, holding him and rocking him will not comfort him. We believe he may have colic. At least that's what the doctors have told us since they can't find anything wrong with him. Do you have any suggestions? — Roger Mondeau

*Dear Roger:*

*Colic can have many causes, one of these being a compression of the 10th cranial nerve (vagus nerve). This nerve exits the skull between the occiput and temporal bones, and continues to be innervated by many organs, like the heart, lungs, stomach and intestines. These bones can become compressed due to the birth process, causing restrictions around the vagus nerve and possibly contributing to colic. CST can help mobilize and reduce tissue restrictions around this nerve and possibly decrease the colic in the process.*

*—Alice Quaid, PT,  
UI HealthPlex Clinical Services*

## Tell Us How You've Used CranioSacral Therapy to Ease the Pain of Arthritis

Do you have a case history or anecdotal report you'd like to share with your colleagues? If you've had success using CranioSacral Therapy on arthritic patients, we'd like to hear from you.

Please post your results to the Internet Networking Center at [www.upledger.com](http://www.upledger.com). You're also welcome to send details to the *IAHP Connection*, Attention: Editor, 11211 Prosperity Farms Rd., D-325, Palm Beach Gardens, FL 33410-3487. Or reach us by fax: (561) 622-4771.

## Internet Directory

International Association of Healthcare Practitioners (IAHP)  
[www.iahp.com](http://www.iahp.com) • e-mail: [iahp@iahp.com](mailto:iahp@iahp.com)

International Alliance of Healthcare Educators® (IAHE)  
[www.iahe.com](http://www.iahe.com) • e-mail: [iahe@iahe.com](mailto:iahe@iahe.com)

The Upledger Institute, Inc.®  
[www.upledger.com](http://www.upledger.com) • e-mail: [upledger@upledger.com](mailto:upledger@upledger.com)

A Travel Concierge, Inc.  
[www.tc-travel.com](http://www.tc-travel.com) • e-mail: [tc-travel@tc-travel.com](mailto:tc-travel@tc-travel.com)

American CranioSacral Therapy Association  
[www.acsta.com](http://www.acsta.com) • e-mail: [acsta@acsta.com](mailto:acsta@acsta.com)

## Mechanical Link Developer Paul Chauffour Appoints Two New Instructors

Paul Chauffour, DO, recently appointed two new certified instructors for The Upledger Institute's Mechanical Link I classes: Gail Wetzler, RPT, CVMI, and Eric Prat, DO.

Gail Wetzler is a registered physical therapist with a private practice in Newport Beach, Calif. She began her studies with The Upledger Institute in 1985, and has been teaching Visceral Manipulation for UI since 1992.

French osteopath Eric Prat has worked closely with Mechanical Link developer Paul

Chauffour for more than a decade. Widely considered a protégé of Paul's, Eric co-teaches all levels of Mechanical Link in France.

Paul's appointment of these new Mechanical Link I instructors now gives him the opportunity to concentrate on teaching upper-level classes. His last MLI classes in the U.S. are currently scheduled for Santa Fe, New Mexico, on July 22-25, and Boston, Mass., on Oct. 21-24.

Space is limited so call today to launch your ML studies with the modality developer: 1-800-311-9204, ext. 8915.

## New Class! Esthetic Lymph Drainage Therapy<sup>sm</sup>

### Including Applications for Pre- and Post-Surgery

Lymph Drainage Therapy (LDT) is an innovative, easily integrated method of lymphatic drainage developed by French physician Bruno Chikly. It activates fluid circulation and stimulates the functioning of the immune and parasympathetic nervous systems to:

- Soften the appearance of wrinkles.
- Improve skin hydration and diminish edemas such as swollen eyelids.
- Regenerate, detoxify and rejuvenate tissues for anti-aging outcomes and to lessen pre- and post-surgical scars and burns.
- Alleviate erythrosis, rosacea, pigmentation spots and chronic allergic eczema.
- Reduce cellulite and fat pockets.
- Ease chronic inflammation, such as acne, sinusitis and allergies.
- Promote deep relaxation to alleviate stress, loss of vitality, depression and insomnia.
- Relieve chronic muscle spasms and pain, such as headaches.

LDT is also easily incorporated with other esthetic protocols in the same session:

- Sessions for the neck, face and chest range from 15 to 35 minutes.
- Creams, lotions, essential oils, seaweed packs, baths or masks can be applied once the lymphatic protocol is complete.

Learn more about the total skin care and mini face-lifting benefits of Esthetic Lymph Drainage Therapy. Please call 1-800-311-9204, ext. 8915, to find out how you can sponsor an in-house, three-day class.

"I have practiced lymphatic drainage for more than 20 years and have studied many different lymphatic techniques. I never saw such quick and dramatic results as I did witnessing Dr. Chikly's work. I am very impressed."

— Sarita Rodriguez,  
director of the  
Beautician Association  
of São Paulo, Brazil



# Intensive Programs Team Up Therapists For Personalized Patient Care

The Upledger Institute HealthPlex Clinical Services is renowned for its outpatient Intensive Programs designed to meet special needs. These one- and two-week programs offer patients exceptional opportunities to receive some of the most innovative healthcare available anywhere in the world.

Each Intensive Program features a select team of clinicians comprised of HealthPlex staff members and visiting therapists.

Drawing on a variety of complementary approaches, they work together in multihand sessions to address the health concerns of each individual.

Yet the driving force remains Dr. John Upledger's commitment to the CranioSacral Therapy philosophy of "letting the body tell you where to go." The result is a roster of programs in which numerous components come together in ways that are unique to each individual patient.

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

This intensive outpatient program was designed to help

those who may be functionally restricted due to brain and spinal cord problems. The program now enjoys a widespread reputation for providing physical, mental and emotional rehabilitation for conditions such as these:

- Birth Injuries and Trauma
- Near-Drowning and Other Accidents
- Coma
- Degenerative Disorders such as Multiple Sclerosis or ALS

- Post-Surgical Dysfunction
- Post-Traumatic Stress
- Neurovascular or Immune Disorders such as Cancer, Chronic Fatigue and Fibromyalgia

## Therapist Rejuvenation: Replenishment and Renewal

Therapists are invited to turn the tables to be on the receiving end of the healing process for a refreshing change.

with a renewed sense of comfort, clarity and inner peace. Then they can return to their practices and perform at peak efficiency.

## Learning-Disabled Children: Facilitating Success

Numerous outcome profiles suggest learning-disabled children often bear structural dysfunctions that impede their cognitive growth. This intensive program offers children, parents and caregivers

innovative approaches to meet these distinct challenges.

Using CranioSacral Therapy, therapists evaluate and release restrictions in the craniosacral system that may be impairing learning and behavior. At the same time, they help children identify inner resources that empower them to make more appropriate choices.

## Autism: Initiating Developmental Gains

Autism is a complex condition that can present a myriad of symptoms, including social withdrawal, language impairments, erratic or repetitive

behavior, anxiety, fearfulness and pervasive developmental delays. It's also a condition that has responded well to CranioSacral Therapy and SomatoEmotional Release®.

Using these main therapeutic modalities, the Autism program works to initiate and promote physical, cognitive and social developmental gains in the autistic child. Therapists also train family members and caregivers in ways they can reinforce the patient's progress at home.

## A Parent Praises Intensive Therapy Programs

Dear Dr. Upledger:

Thank you for establishing The Upledger Institute. God has used you and your dedicated staff in a tremendous way to improve the quality of life for so many people.

Last summer my daughter Melissa completed the two-week Brain & Spinal Cord Dysfunction program at your clinic. On the third day of therapy she removed her bilateral AFOs [ankle-foot orthotics] and said she did not need them anymore. On the eighth day she said she did not need her cane anymore.

Upon returning home, Melissa had an appointment with the orthopedic surgeon. He was amazed at how well she was walking. He agreed that Melissa did not need her AFOs. She continues

to walk without the use of a cane.

Melissa returned to UI and completed the Learning-Disabled intensive program this summer. We had a wonderful week. Her walking continues to improve. She is definitely expressing her feelings more and becoming more independent.

I will close by saying my entire family has been blessed by the work that is accomplished at the Institute.

I have never met a more dedicated, caring, highly skilled group of therapists in all my life. They are to be commended for their professionalism, skill, and genuine concern they show their clients.

Sincerely,

*Patricia Barber*

With skilled colleagues at their sides, they're treated to CranioSacral Therapy, Somato-Emotional Release®, and other innovative approaches tailored to their particular needs. These modalities might include Visceral Manipulation, Mechanical Link, Lymph Drainage Therapy, acupuncture, homeopathy and others.

As old issues and unproductive patterns clear out, therapists often say they feel rejuvenated



## 1999 HealthPlex Clinical Services Intensive Therapy Programs

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

**Two-Week Programs:** Feb. 8-19, Feb. 22-Mar. 5, Mar. 8-19, Apr. 5-16, May 3-14, May 24-June 4, June 7-18, June 21-July 2, July 12-23, Aug. 16-27, Aug. 30-Sept. 10, Sept. 20-Oct. 1, Oct. 4-15, Oct. 25-Nov. 5, Nov. 8-19, Dec. 6-17

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

**Recheck Programs:** Apr. 19-23, Sept. 13-17

### Therapist Rejuvenation: Replenishment and Renewal

**One-Week Program:** Feb. 1-5, May 17-21, Aug. 2-6, Oct. 18-22

### Learning-Disabled Children: Facilitating Success

**One-Week Program:** Mar. 29-Apr. 2, Aug. 9-13

### Autism: Initiating Developmental Gains

**One-Week Program:** July 26-30

Call (561) 622-4706 to learn more.

## Message from Barry Kaplan, MD

### New Medical Director Named to UI HealthPlex Intensive Programs

When Dr. John invited me to become Medical Director for the HealthPlex Clinical Services Intensive Programs, I felt deeply honored. I had recently accompanied my wife through a Brain & Spinal Cord Dysfunction program, and was intrigued enough to follow up with some CranioSacral Therapy education and consulting work with the Institute.

The more I learned, the more interested I became in applying my skills here as a teacher and family therapist.

The quality and commitment of the therapists I have encountered have impressed me immensely. The devotion and respect they bestow upon their work is remarkable. Coming from the medical marketplace where medicine has become more of a business than a healing art, it's refreshing and emotionally restorative to interact with professionals in such a dedicated environment. That integrity clearly begins at the top.

My goal now is simple — to make a wonderful program even more effective. After gathering feedback from many of you, Dr. John and I agreed this mission would include these crucial milestones...

### Refining the Visiting Therapist and Preceptorship Programs

The continuing education of advanced CranioSacral Therapy practitioners will be a primary focus for the Institute. When you come here we want you to feel, as one therapist put it, that you're "coming home" and "comfortable enough to sit on the furniture."

We hope to establish a mentor program to guide preceptors and first-time visiting therapists. We'd also like to develop a rotation in which experienced alumni can take the role of lead therapist in select programs.

This kind of evolution should not only strengthen your experience but add richness and diversity to the work we do here. And that should go a long way toward educating others about the value of CranioSacral Therapy.

### Enhancing Family and Caregiver Support

Caregivers and relatives are crucial to the long-term success of our program patients. They need to be able to bond with our therapists, exchange helpful information, and feel secure about the level of treatment their loved ones receive.

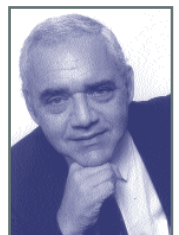
To help, we envision weekly multifamily group meetings that may also be integrated into our Share-Care® program. These one-day programs introduce the concepts of CranioSacral Therapy in everyday terms.

### Reorganizing the Therapeutic Teams Into Cohesive, Caring Units

The common goal for all our therapists is to provide the best treatment possible to our patients. This includes cultivating an enthusiastic attitude of care, compassion and respect toward every one of our clients and fellow therapists. Together we look forward to creating an environment that's even more compassionate — one that nurtures patients and therapists alike.

A psychiatrist with 30 years of experience, Kaplan brings a strong background in the union of body, mind and spirit to his new position as Medical Director of UI HealthPlex Intensive Therapy Programs. Look for Dr. Kaplan as a featured speaker

at Beyond the Dura '99, where he will be presenting "Attending to Patients With Life-Threatening Illnesses." See back cover for details.



## Advanced I CST at Esalen Institute Big Sur, CA — June 7-12, 1998



Back row, left to right: Brigitte Martino, PT; Steve Fent; Susan Crawford, DC; Joy Shafer-Powers, PT/ATC; Bennie McClung, LPN (preceptor); Suzanne Hennessy, CMT; Alanna McLean, RPT, MS (preceptor); Orice Klaas, LMT; Judith Fisher, CMT (preceptor); Chas Perry, PhD (instructor). Front row, left to right: Sberu Hurlong, MT; James Nemece, MT, CST; Marie Uber, CMT; Denise Figueiredo, OT.

## Advanced I CST Cork County, Ireland — Sept. 7-11, 1998



*Back row, left to right: Hank Meldrum, PT, OMT (instructor); John Page, DO (preceptor and president of The Upledger Institute United Kingdom); Rachel Houston; Oliver Nash, MT; Nikki Campbell; Steward Wright; Nashir Karmali. Front row, left to right: Rose Marie Amoroso, Hellerworker; Colette Kelleber; Ami Asherman; Ginny Sutherland, Aromatherapist; Christine Padget; Meredith Spector (preceptor).*

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- Hotel reservations
- Tours
- Cruises
- Group travel
- Individual travel plans customized to your personal profile

## The Upledger Institute Sponsors First Int'l. CranioSacral Therapy Awareness Month: April 1999

UI is strategically assisting therapists once again by sponsoring the first International CranioSacral Therapy Awareness Month in April 1999.

"People who practice CranioSacral Therapy say it's challenging to describe," says Becky Peeling, APR, public relations manager for UI. "Fortunately, this new drive will give them the tools to explain the real value of their work."

By focusing its drive on one particular month — April — UI hopes to orchestrate a campaign concentrated enough to gain visibility around the globe.

"It's crucial to educate government regulators and insurance companies about CST," Becky says. "But the people we really need to reach are those around us...our friends, our neighbors, our colleagues, our community leaders. That's where the real understanding takes place."

In educating consumers, UI intends to clear the path between patients and practitioners. "It's about removing the misunderstanding to offer a mainstream appreciation of CranioSacral Therapy," Becky says. UI then plans to reinforce those efforts in yearly April campaigns.

Many UI alumni have already received detailed information packets to guide them in this year's awareness efforts. Numerous others have registered to attend this historical month's culminating event: Beyond the Dura '99. This international research conference will take place at the Jupiter Beach Resort in Jupiter, Fla., April 28-May 2, 1999.

Find out more about CranioSacral Therapy Awareness Month. Please call 1-800-233-5880, ext. 8915. Or visit the UI website at [www.upledger.com](http://www.upledger.com).



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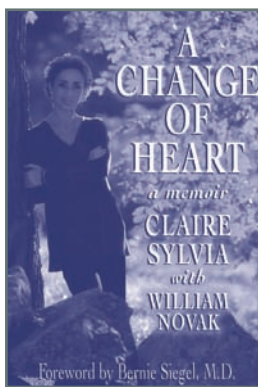
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# Author and Organ-Recipient Claire Sylvia to Join Dr. Upledger at Special Symposiums

Claire Sylvia, author of *A Change of Heart*, will delve into the deepest issues of organ transplants when she joins Dr. John Upledger at the end of two three-day symposiums in 1999. They are scheduled for June 18-20 in Minneapolis, Minn., and Oct. 8-10 in Palm Beach Gardens, Fla.

To save her life from a rare disease, Claire Sylvia underwent a dramatic heart-and-lung transplant. When she survived the surgery, she was sure her adventure was finally over. In fact, it was just beginning.



At these Upledger Institute symposiums, Claire will discuss the unusual phenomena that occurred in her body — and her life — following her transplant. And Dr. Upledger will demonstrate how complementary modalities such as CranioSacral Therapy may help strengthen the compatibility between donated organs and their recipients.

Call 1-800-311-9204, ext. 8915, to reserve your space at these special events.

# Dissection of the Human Lymphatic System

New Two-Tape Video Series From  
Bruno Chikly, MD, Developer of  
Lymph Drainage Therapy<sup>sm</sup>

For centuries the lymphatic system remained virtually unknown to the medical community. In his new video series — Dissection of the Human Lymphatic System — French physician Bruno Chikly finally removes the barrier to seeing this elusive system.

By injecting dye into the lymphatic system of a fresh cadaver, he traces the flow of lymph throughout the body. And he provides you with a precise view of the system, from its vastness to the exact locations of major lymph nodes and vessels.

Detailed and explicit in its examination, Dissection of the Human Lymphatic System is also an exceptional resource for the study of the visceral system. It explores more than 20 specific regions, including the liver, gallbladder, lungs, heart, greater omentum, uterus, cecum, thyroid and root of mesentery.

Price: \$90/set + s&h. Call toll-free: 1-800-311-9204, ext. 8915.

## Advanced I CST

Chicago, IL — Oct. 12-16, 1998



*Left to right: Jennifer Yanover, LMT; Mary Grassel, CMT; Richard Popp, MT; Nancy Westphal, LMT (preceptor); Laurie Shaver, OTR, CMT; Hank Meldrum, PT, OMT (instructor); Susan Bliffert, OTR, CMT; Keith Sullivan, PT; Emilie Zonsius Bromley, dancer; Jessica Hanford, MD (preceptor); Wendy Madgwick, PT, CFP; Tim Flesch, RN. Not pictured: Alixandra Summitt, PhD.*

## Advanced I CST

Madison, VA — April 13-17, 1998



*Top row, left to right: Carol Alvarez, CMT; Gerda Swarengen, Energy Worker; Gregory Miller, DO; Martha Brackeen, BA, MS; Lori Gillet De St. Christ, PT; Karen Wrinkle, LMT; Roger Allen, DC (preceptor); Roy Dejarlais, LMT (instructor); Joan Farrenkopf, CST; Juliana Steiner, Psychologist. Center: Alice Bageant, PT. Bottom row, left to right: Suzanne Bovenizer, MT (preceptor); Stephani Murdoch, Trager Practitioner (preceptor); Bonnie Ellis, MT.*



# IAHE Course Calendar: April 1, 1999 - April 1, 2000

## CRANIOSACRAL THERAPY I

Adelaide, Australia — June 17-20, 1999  
Albuquerque, NM — Feb. 24-27, 2000  
Allentown, PA — Apr. 8-11, 1999  
Anchorage, AK — Oct. 7-10, 1999  
Appleton, WI — Dec. 16-19, 1999  
Atlanta, GA — Oct. 14-17, 1999  
Atlantic City, NJ — June 17-20, 1999  
Austin, TX — June 10-13, 1999  
Austin, TX — Sept. 9-12, 1999  
Baltimore, MD — Mar. 9-12, 2000  
Bend, OR — Nov. 4-7, 1999  
Big Island, HI — Apr. 15-18, 1999  
Big Sur, CA — Apr. 18-23, 1999  
Boston, MA — Apr. 15-18, 1999  
Boston, MA — Aug. 19-22, 1999  
Boston, MA — Dec. 2-5, 1999  
Boulder, CO — Aug. 5-8, 1999  
Bozeman, MT — Mar. 16-19, 2000  
Buffalo, NY — Mar. 2-5, 2000  
Burlington, VT — July 15-18, 1999  
Calgary, AB (Canada) — Feb. 24-27, 2000  
Charlotte, NC — Nov. 11-14, 1999  
Charlottesville, VA — June 10-13, 1999  
Charlottesville, VA — Dec. 16-19, 1999  
Chicago, IL — June 10-13, 1999  
Chicago, IL — Oct. 28-31, 1999  
Cincinnati, OH — Feb. 3-6, 2000  
Cleveland, OH — Nov. 11-14, 1999  
Colorado Springs, CO — Oct. 21-24, 1999  
Columbus, OH — June 24-27, 1999  
Corpus Christie, TX — Sept. 30-Oct. 3, 1999  
Dallas/Ft. Worth, TX — Oct. 21-24, 1999  
Dallas/Ft. Worth, TX — Mar. 30-Apr. 2, 2000  
Dayton, OH — July 15-18, 1999  
Denver, CO — Feb. 17-20, 2000  
Denville, NJ — July 8-11, 1999  
Des Moines, IA — Mar. 30-Apr. 2, 2000  
Detroit, MI — May 13-16, 1999  
Dunedin, New Zealand — June 24-27, 1999  
Edmonton, AB (Canada) — Sept. 9-12, 1999  
El Paso, TX — Aug. 26-29, 1999  
Ft. Collins, CO — Apr. 9-10, 16-17, 1999  
Ft. Collins, CO — Nov. 12-13, 19-20, 1999  
Ft. Lauderdale, FL — July 10-13, 1999  
Ft. Lee, NJ — Mar. 2-5, 2000  
Fresno, CA — Feb. 24-27, 2000  
Ft. Myers, FL — Oct. 28-31, 1999  
Gainesville, FL — Apr. 8-11, 1999  
Grand Rapids, MI — Aug. 12-15, 1999  
Grant's Pass, OR — Mar. 9-12, 2000  
Hartford, CT — Sept. 23-26, 1999  
Hartford, CT — Mar. 23-26, 2000  
Houston, TX — Dec. 2-5, 1999  
Indianapolis, IN — Apr. 8-11, 1999  
Indianapolis, IN — Nov. 4-7, 1999  
Ithaca, NY — Dec. 9-12, 1999  
Jacksonville, FL — Sept. 9-12, 1999  
Kansas City, KS — July 22-25, 1999  
Lansing, MI — Nov. 4-7, 1999  
London, ON (Canada) — Feb. 3-6, 2000  
Los Angeles, CA — Feb. 10-13, 2000

Louisville, KY — Apr. 8-11, 1999  
Madison, WI — Feb. 17-20, 2000  
Maui, HI — Sept. 16-19, 1999  
Memphis, TN — Nov. 6-9, 1999  
Miami, FL — Feb. 10-13, 2000  
Milwaukee, WI — July 29-Aug. 1, 1999  
Minneapolis, MN — June 17-20, 1999  
Minneapolis, MN — Nov. 18-21, 1999  
Missoula, MT — Nov. 18-21, 1999  
Nashville, TN — June 17-20, 1999  
New Jersey Shore, NJ — Oct. 14-17, 1999  
New Orleans, LA — Mar. 16-19, 2000  
New York, NY — May 6-9, 1999  
New York, NY — Sept. 16-19, 1999  
New York, NY — Jan. 20-23, 2000  
North Bay, ON (Canada) — June 24-27, 1999  
Oklahoma City, OK — Apr. 15-18, 1999  
Omaha, NE — Sept. 30-Oct. 3, 1999  
Orange County, CA — Nov. 4-7, 1999  
Orlando, FL — Dec. 16-19, 1999  
Palm Beach, FL — Apr. 24-27, 1999  
Palm Beach, FL — Nov. 18-21, 1999  
Philadelphia, PA — June 3-6, 1999  
Philadelphia, PA — Jan. 27-30, 2000  
Phoenix, AZ — June 3-6, 1999  
Pittsburgh, PA — Aug. 19-22, 1999  
Portland, OR — June 5-8, 1999  
Portland, OR — Mar. 30-Apr. 2, 2000  
Portland, ME — March 23-26, 2000  
Providence, RI — May 13-16, 1999  
Raleigh, NC — July 17-20, 1999  
Rochester, NY — Oct. 21-24, 1999  
Sacramento, CA — Mar. 16-19, 2000  
Salt Lake City, UT — July 15-18, 1999  
Salt Lake City, UT — Jan. 20-23, 2000  
San Diego, CA — July 29-Aug. 1, 1999  
San Francisco, CA — May 6-9, 1999  
San Francisco, CA — Sept. 23-26, 1999  
San Francisco, CA — Jan. 13-16, 2000  
San Jose, CA — July 22-25, 1999  
Santa Barbara, CA — Apr. 8-11, 1999  
Santa Fe, NM — Sept. 30-Oct. 3, 1999  
Sarasota, FL — Jan. 20-23, 2000  
Saskatoon, SK (Canada) — Apr. 22-25, 1999  
Seattle, WA — Sept. 16-19, 1999  
Seattle, WA — Feb. 10-13, 2000  
St. Louis, MO — Jan. 27-30, 2000  
State College, PA — June 26-29, 1999  
Sydney, Australia — June 12-15, 1999  
Sydney, Australia — Nov. 13-16, 1999  
Tallahassee, FL — Oct. 14-17, 1999  
Tampa, FL — June 10-13, 1999  
Toledo, OH — June 12-15, 1999  
Toronto, ON (Canada) — May 27-30, 1999  
Toronto, ON (Canada) — Sept. 16-19, 1999  
Toronto, ON (Canada) — Dec. 9-12, 1999  
Tucson, AZ — Dec. 9-12, 1999  
Utica, NY — Apr. 22-25, 1999  
Vancouver, BC (Canada) — May 27-30, 1999  
Vancouver, BC (Canada) — Nov. 27-30, 1999  
Virginia Beach, VA — Apr. 10-13, 1999  
Washington, DC — Aug. 12-15, 1999  
Washington, DC — Jan. 27-30, 2000

Wichita, KS — Jan. 13-16, 2000  
Wilmington, NC — Mar. 9-12, 2000  
Winnipeg, MB (Canada) — Oct. 28-31, 1999

## CRANIOSACRAL THERAPY II

Anchorage, AK — May 13-16, 1999  
Atlanta, GA — May 20-23, 1999  
Baltimore, MD — Aug. 5-8, 1999  
Boston, MA — Aug. 19-22, 1999  
Chicago, IL — June 10-13, 1999  
Cleveland, OH — Nov. 11-14, 1999  
Colorado Springs, CO — Apr. 15-18, 1999  
Dallas/Ft. Worth, TX — Oct. 21-24, 1999  
Dayton, OH — July 15-18, 1999  
Denver, CO — Feb. 17-20, 2000  
Detroit, MI — Oct. 28-31, 1999  
Ft. Lauderdale, FL — July 10-13, 1999  
Ft. Lee, NJ — Mar. 2-5, 2000

Hartford, CT —  
Sept. 23-26, 1999  
Houston, TX —  
May 13-16, 1999  
Indianapolis, IN —  
Apr. 8-11, 1999  
Los Angeles, CA —  
Feb. 10-13, 2000  
Louisville, KY —  
Oct. 28-31, 1999

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Madison, WI — Oct. 28-31, 1999  
Minneapolis, MN — Nov. 18-21, 1999  
Missoula, MT — Nov. 18-21, 1999  
New Jersey Shore, NJ — Apr. 15-18, 1999  
New York, NY — Sept. 16-19, 1999  
New York, NY — Jan. 20-23, 2000  
Omaha, NE — Apr. 8-11, 1999  
Orlando, FL — May 20-23, 1999  
Ottawa, ON (Canada) — Sept. 30-Oct. 3, 1999  
Palm Beach, FL — Nov. 18-21, 1999  
Philadelphia, PA — June 3-6, 1999  
Pittsburgh, PA — Feb. 3-6, 2000  
Portland, ME — Aug. 19-22, 1999  
Portland, OR — Dec. 2-5, 1999  
Salt Lake City, UT — Jan. 20-23, 2000  
San Diego, CA — July 29-Aug. 1, 1999  
San Francisco, CA — May 6-9, 1999  
San Francisco, CA — Jan. 13-16, 2000  
Seattle, WA — Sept. 16-19, 1999  
Sydney, Australia — Nov. 18-21, 1999  
The Big Island, HI — Apr. 15-18, 1999  
Toronto, ON (Canada) — May 27-30, 1999  
Toronto, ON (Canada) — Dec. 9-12, 1999  
Utica, NY — Apr. 22-25, 1999  
Vancouver, BC (Canada) — May 27-30, 1999  
Washington, DC — Jan. 27-30, 2000  
Wilmington, NC — Sept. 9-12, 1999

## CLINICAL SYMPOSIUM WITH JOHN E. UPLEDGER, DO, OMM

Minneapolis, MN — June 18-20, 1999  
Palm Beach, FL — Oct. 8-10, 1999

## SOMATOEMOTIONAL RELEASE® I

Big Sur, CA — July 18-23, 1999  
Boston, MA — Dec. 2-5, 1999  
Columbus, OH — June 24-27, 1999  
Detroit, MI — May 13-16, 1999  
Houston, TX — Dec. 2-5, 1999  
Milwaukee, WI — July 29-Aug. 1, 1999  
New York, NY — Sept. 16-19, 1999  
Palm Beach, FL — Nov. 18-21, 1999  
Philadelphia, PA — Jan. 27-30, 2000  
Phoenix, AZ — June 3-6, 1999  
San Francisco, CA — Jan. 13-16, 2000  
Toronto, ON (Canada) — Sept. 16-19, 1999  
Vancouver, BC (Canada) — May 27-30, 1999

## CRANIOSACRAL THERAPY FOR PEDIATRICS™

Palm Beach, FL — July 15-18, 1999  
Palm Beach, FL — Dec. 2-5, 1999  
Toronto, ON (Canada) — Oct. 21-24, 1999

## SOMATOEMOTIONAL RELEASE® II

Boston, MA — Apr. 15-18, 1999  
Detroit, MI — Oct. 28-31, 1999  
Palm Beach, FL — Apr. 24-27, 1999  
Portland, OR — June 5-8, 1999  
San Francisco, CA — May 6-9, 1999  
Washington, DC — Aug. 12-15, 1999

## THE BRAIN SPEAKS™

San Francisco, CA — Sept. 23-26, 1999

## ADVANCED CRANIOSACRAL THERAPY

Big Sur, CA — Aug. 2-6, 1999  
Boston, MA — Nov. 8-12, 1999  
Madison, VA — May 17-21, 1999  
Minneapolis, MN — Aug. 30-Sept. 3, 1999  
Palm Beach, FL — May 11-15, 1999  
Palm Beach, FL — Dec. 6-10, 1999  
Portland, OR — Oct. 25-29, 1999  
Sechelt, BC (Canada) — July 26-30, 1999  
Toronto, ON (Canada) — June 14-18, 1999

## ADVANCED II CRANIOSACRAL THERAPY

Palm Beach, FL — May 17-21, 1999  
Palm Beach, FL — Aug. 23-27, 1999

## THERAPEUTIC IMAGERY & DIALOGUE™ I

Palm Beach, FL — Oct. 15-17, 1999

## BEYOND THE DURA 1999

Palm Beach, FL — Apr. 28-May 2, 1999

## SHARECARE®

Dunedin, New Zealand — June 23, 1999  
Hayward, CA — Sept. 25, 1999  
Minneapolis, MN — July 10, 1999  
Minneapolis, MN — Nov. 6, 1999  
Palm Beach Gardens, FL — Apr. 17, 1999  
Palm Beach Gardens, FL — Aug. 7, 1999  
Palm Beach Gardens, FL — Nov. 6, 1999



## VISCERAL MANIPULATION IA

Albuquerque, NM — Nov. 4-7, 1999  
Atlanta, GA — Dec. 16-19, 1999  
Big Sur, CA — June 15-18, 1999  
Boston, MA — Aug. 19-22, 1999  
Boulder, CO — Aug. 5-8, 1999  
Chicago, IL — Oct. 28-31, 1999  
Detroit, MI — May 15-16, 1999  
Edmonton, AB (Canada) — Sept. 9-12, 1999  
Grant's Pass, OR — July 8-11, 1999  
New York, NY — May 6-9, 1999  
Orange County, CA — Nov. 4-7, 1999  
Philadelphia, PA — June 3-6, 1999  
Phoenix, AZ — June 3-6, 1999  
Portland, OR — Dec. 2-5, 1999  
San Francisco, CA — Sept. 23-26, 1999  
Sydney, Australia — Sept. 4-7, 1999  
Toronto, ON (Canada) — Dec. 9-12, 1999  
Vancouver, BC (Canada) — Nov. 27-30, 1999

## VISCERAL LISTENING TECHNIQUES

Boston, MA — Oct. 21-23, 1999  
Seattle, WA — Sept. 18-20, 1999

## VISCERAL MANIPULATION IB

Albuquerque, NM —  
Aug. 26-29, 1999  
New York, NY — Jan. 20-23, 2000  
Seattle, WA — Sept. 16-19, 1999  
Sydney, Australia — Sept. 9-12, 1999

## VISCERAL MANIPULATION II

Albuquerque, NM — Dec. 11-14, 1999

## PRACTICAL INTEGRATION OF VISCERAL MANIPULATION

Albuquerque, NM — Aug. 6-8, 1999  
Boston, MA — Apr. 23-25, 1999  
Toronto, ON (Canada) — Sept. 17-19, 1999

## ADVANCED VISCERAL MANIPULATION

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

## ADVANCED VISCERAL MANIPULATION II

Ft. Lauderdale, FL — July 10-12, 1999  
Palm Beach, FL — July 15-17, 1999  
Santa Fe, NM — July 22-24, 1999

## CLINICAL SYMPOSIUM WITH JEAN PIERRE BARRAL, RPT, DO

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

## MECHANICAL LINK™ I

Boston, MA — Oct. 21-24, 1999  
Santa Fe, NM — July 22-25, 1999

## MECHANICAL LINK™ II

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

## MECHANICAL LINK™ III

San Francisco, CA — Feb. 3-6, 2000

## ADVANCED MECHANICAL LINK™

Please call for dates and locations.

## LYMPH DRAINAGE THERAPY™ I

Austin, TX — Aug. 26-29, 1999  
Boston, MA — Apr. 15-18, 1999  
Chicago, IL — Oct. 28-31, 1999  
Grant's Pass, OR — Oct. 7-10, 1999  
Lansing, MI — Nov. 4-7, 1999  
Nashville, TN — June 17-20, 1999  
Palm Beach, FL — Dec. 2-5, 1999  
Phoenix, AZ — June 3-6, 1999  
Portland, OR — June 10-13, 1999  
Salt Lake City, UT — July 15-18, 1999  
San Diego, CA — July 29-Aug. 1, 1999  
San Francisco, CA — Jan. 13-16, 2000  
Seattle, WA — Feb. 10-13, 2000  
Toronto, ON (Canada) — Sept. 16-19, 1999

## LYMPH DRAINAGE THERAPY™ II

Austin, TX — Apr. 23-26, 1999  
Boston, MA — Oct. 21-24, 1999  
Boulder, CO — Aug. 5-8, 1999  
San Francisco, CA — Nov. 11-14, 1999  
Tampa, FL — May 8-11, 1999

## LYMPH DRAINAGE THERAPY™ III

Columbus, OH — June 24-27, 1999  
Palm Beach, FL — Dec. 2-5, 1999

## HEART CENTERED THERAPY

Palm Beach, FL — July 16-18, 1999

## BANDAGES, GARMENTS & OTHER TOOLS FOR COMPRESSION THERAPY

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

## ESTHETIC LYMPH DRAINAGE THERAPY™

Chicago, IL — March 28-31, 1999

## NEUROMUSCULAR THERAPY FOR THE POSTERIOR SPINAL MUSCLES

Neenah, WI — Sept. 10-12, 1999  
Orlando, FL — Aug. 15-17, 1999  
Quakertown, PA — Sept. 17-19, 1999  
Waldoboro, ME — Aug. 6-8, 1999  
Worcester, MA — Apr. 16-18, 1999

## NEUROMUSCULAR THERAPY FOR THE UPPER EXTREMITY

Melbourne, FL — May 14-16, 1999  
Neenah, WI — Nov. 19-21, 1999  
Orlando, FL — Oct. 10-12, 1999  
Quakertown, PA — Nov. 12-14, 1999  
St. Petersburg, FL — Apr. 23-25, 1999  
Waldoboro, ME — Nov. 5-7, 1999  
Washington, DC — May 21-23, 1999  
Worcester, MA — June 11-13, 1999

## NEUROMUSCULAR THERAPY FOR THE LOWER EXTREMITY

Jacksonville, FL — Apr. 9-11, 1999

Lincoln, NE — Apr. 16-18, 1999  
Melbourne, FL — July 30-Aug. 1, 1999  
Miami, FL — May 21-23, 1999  
Orlando, FL — Dec. 5-7, 1999  
St. Petersburg, FL — June 25-27, 1999  
Washington, DC — July 23-25, 1999  
Worcester, MA — Aug. 20-22, 1999

## NEUROMUSCULAR THERAPY FOR THE CRANIUM & ANTERIOR SPINAL MUSCLES

Boston, MA — Apr. 30-May 2, 1999  
Chicago, IL — Apr. 23-25, 1999  
Jacksonville, FL — June 25-27, 1999  
Melbourne, FL — Sept. 24-26, 1999

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Miami, FL —  
July 23-25, 1999  
Minneapolis, MN —  
Apr. 9-11, 1999  
Quakertown, PA —  
May 21-23, 1999  
St. Louis, MO —  
Apr. 16-18, 1999

St. Petersburg, FL — Aug. 20-22, 1999  
Washington, DC — Oct. 15-17, 1999  
Westport, CT — Apr. 23-25, 1999  
Worcester, MA — Oct. 22-24, 1999

## ZERO BALANCING®, CORE PROGRAM — SEGMENTS I AND II

Annapolis, MD — Nov. 4-7, 1999  
Atlanta, GA — Sept. 30-Oct. 3, 1999  
Austin, TX — July 22-25, 1999  
Baltimore, MD — Sept. 16-19, 1999  
Big Sur, CA — Aug. 8-13, 1999  
Blue Hill, ME — Sept. 22-26, 1999  
Boulder, CO — Apr. 29-May 2, 1999  
Cambridge, MA — Apr. 15-18, 1999  
Cambridge, MA — July 29-Aug. 1, 1999  
Cambridge, MA — Nov. 4-7, 1999  
Chesterton, IN — June 24-27, 1999  
Chicago, IL — Apr. 16-19, 1999  
Chicago, IL — Sept. 23-26, 1999  
Columbia, MD — May 1-4, 1999  
Columbia, MD — Oct. 20-23, 1999  
Dalton, PA — Sept. 30-Oct. 3, 1999  
Detroit, MI — July 22-25, 1999  
Hallendale, FL — Jan. 8-11, 2000  
Iowa City, IA — Nov. 18-21, 1999  
Jacksonville, FL — Jan. 20-23, 2000  
Minneapolis, MN — Oct. 14-17, 1999  
New York, NY — May 13-16, 1999  
New York, NY — Sept. 30-Oct. 3, 1999  
New York, NY — Jan. 6-9, 2000  
Omaha, NE — June 11-14, 1999  
Ottawa, ON (Canada) — Apr. 9-12, 1999  
Portland, OR — Sept. 16-19, 1999  
Rehoboth Beach, DE — May 13-16, 1999  
San Anselmo, CA — May 13-16, 1999  
Solana Beach, CA — Apr. 8-11, 1999  
Tucson, AZ — Apr. 8-11, 1999  
Twin Falls, ID — Sept. 9-12, 1999  
Waveland, MS — May 15-16, 22-25, 1999  
Wilmington, NC — May 20-23, 1999

## (ADVANCED) ZERO BALANCING AND WOMEN'S CYCLES

Chicago, IL — Sept. 10-12, 1999

## FORMS AND FULCRUMS

Chicago, IL — Nov. 6-7, 1999  
Kansas City, MO — June 5-6, 1999  
Omaha, NE — Oct. 23-24, 1999

## ART OF ZERO BALANCING

Baltimore, MD — Oct. 14-17, 1999

## FREELY MOVABLE JOINTS

Baltimore, MD — May 10-12, 1999  
Boston, MA — May 20-23, 1999

## ALCHEMY OF TOUCH

Boston, MA — Oct. 28-31, 1999  
Chicago, IL — Oct. 8-11, 1999

## GEOMETRY OF HEALING

Boulder, CO — June 17-20, 1999

## PROCESS ACUPRESSURE™ IA

Ann Arbor, MI — July 29-Aug. 1, 1999  
Baltimore, MD — Oct. 14-17, 1999  
Chicago, IL — Oct. 28-31, 1999  
Eugene, OR — May 20-23, 1999  
Lake Leelanau, MI — Aug. 26-29, 1999  
Ottawa, ON (Canada) — May 27-30, 1999  
Ottawa, ON (Canada) — Nov. 4-7, 1999  
Philadelphia, PA — May 13-16, 1999  
Santa Barbara, CA — Apr. 29-May 2, 1999  
Toronto, ON (Canada) — Oct. 21-24, 1999

## PROCESS ACUPRESSURE™ IB

Ann Arbor, MI — Oct. 21-24, 1999  
Ottawa, ON (Canada) — July 22-25, 1999  
Petoskey, MI — Sept. 23-26, 1999  
Philadelphia, PA — Oct. 21-24, 1999

## PROCESS ACUPRESSURE™ II

Baltimore, MD — Apr. 29-May 2, 1999  
Ottawa, ON (Canada) — Sept. 16-19, 1999  
Toronto, ON (Canada) — May 13-16, 1999

## PROCESS ACUPRESSURE™ III

Borrego Springs, CA — Dec. 5-11, 1999

## ENERGY INTEGRATION™ I

Boston, MA — Apr. 8-11, 1999

## SUPPORTING THE COMPASSIONATE HEART: GROUNDING AND HEALTHY BOUNDARIES™ — CORE BUILDING

Allentown, PA — Apr. 9-11, 1999  
Reston, VA — Apr. 15-17, 1999

MANY COURSES REQUIRE PREREQUISITES,  
AND ADDITIONAL DATES AND LOCATIONS  
ARE FREQUENTLY ADDED. PLEASE CALL  
1-800-311-9204, EXT. 8915, FOR DETAILS.

# Earn Continuing Education Credits



The International Alliance of Healthcare Educators and The Upledger Institute offer classes that satisfy CEU requirements for many different professions. Before attending a workshop, simply verify CEU acceptance with your professional state board.

## Latest CEU Approvals by Professional State Boards –

### • Canada - Vancouver, BC

Massage Therapists can now earn CEUs for nearly every course offered by the IAHE.

### • Florida

Physical Therapists can now earn CEUs for SomatoEmotional Release® I.

### • Iowa

Massage Therapists can now earn CEUs for nearly every course offered by the IAHE.

### • Kansas

Occupational Therapists can now earn CEUs for CranioSacral Therapy I.

### • Nebraska

Chiropractic Examiners can now earn CEUs for nearly every course offered by the IAHE.

### • Nevada

Physical Therapists can now earn CEUs for CranioSacral Therapy I.

### • Ohio

Physical Therapists can now earn CEUs for CranioSacral Therapy I & II, Somato-Emotional Release® I, Visceral Manipulation IA, and Lymph Drainage Therapy I & II.

### • Oregon

Chiropractic Examiners can now earn CEUs for nearly every course offered by the IAHE.

### • South Dakota

Doctors of Chiropractic can now earn CEUs for nearly every course offered by the IAHE.

This is just a partial list of all IAHE and UI classes approved for CEUs. For other CEU approvals, please call 1-800-311-9204, ext. 8915.

# Milestones

## Congratulations and Well Wishes...

- Susan Pinto, MA, CFP, has been named Certified Advanced CranioSacral Therapy Instructor for The Upledger Institute.
- UI Advertising Coordinator Libby Smith and her husband John welcomed Ben Taylor Smith, 8 lb., 2 oz., into the world on December 15, 1998.

## Condolences...

- Dottie Marvel, LMT, whose husband Leo Kaurich passed away. Dottie had requested that personal condolences be made in the form of donations to the nonprofit Upledger Foundation (UF) to sponsor the care of needy children. For more information on The Upledger Foundation, please call (561) 624-5888.

# Congratulations

## New Certified VM Teaching Assistants

- Michael Wagner, CMT



## New Certified CST Teaching Assistants

- Rebecca Avers, LMT, CST
- Shelley Frankel, RMT
- Sheila Haslam, ST, Reflexologist
- Kim Juroe, OMD
- Betty Lamb, BS, LMT
- Klara Lyons, LMT
- Sheryl McGavin, OT
- Michael Rankine, CMT

## Now Certified in CranioSacral Therapy

### Techniques Level:

- Carol Ball, OTR
- Christine Bartasius, RPT
- Regina Green, LMT
- Etienne Peirsman, MM
- Sheryl Rapee, MA, LMT
- Iris Wolf, PT, LMT

# Speaking Engagements

## Experts Talk of Their Techniques and the Current State of Healthcare

• John Upledger, DO, OMM, developer of CranioSacral Therapy, will be presenting his therapeutic approach at the National Managed Health Care Congress, Atlanta, Ga., March 29-April 1, 1999.

• Roy Desjarlais, LMT, CST-D, will be discussing CranioSacral Therapy as an adjunct to massage at the Texas chapter of the American Massage Therapy Association in Houston, Tex., March 27-28, 1999. Roy is a clinic practitioner, instructor and administrator with The Upledger Institute.



• Bruno Chikly, MD (France), developer of Lymph Drainage Therapy, will be discussing a breakthrough in lymphatic drainage techniques at the Annual Convocation of the American Osteopathic Association in St. Louis, Mo., on March 26, 1999. Lymph Drainage Therapy is Dr. Chikly's original hands-on method of lymphatic drainage, which enables practitioners to detect the rhythm, direction, depth and quality of the lymph flow anywhere on the body.

*For information on other speaking engagements, visit the IAHE website at [www.iabe.com](http://www.iabe.com).*

# Study Groups

## Share Your Experiences and Sharpen Your Techniques in a Supportive Atmosphere

The study groups listed here have satisfied the requirements to become officially sanctioned by The Upledger Institute. The leaders are either teaching assistants or certified in their therapies, and they've been personally recommended by a UI-certified instructor.

To receive an application to form a UI-approved study group, call 1-800-311-9204, ext. 8915. All study groups shown here were approved as of Oct. 16, 1998. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than March 15, 1999.

Note: Please call the study group contact directly regarding space availability, pre-requisites, dates and times, as details sometimes change. A nominal fee may also be charged.

### ARIZONA

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

Tempe  
Keira Ufalusi-West, LMT -  
(602) 804-9526  
Focus: CSI

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

### CALIFORNIA

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

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

Marina del Rey  
Teresa Gaffin, MsT - (310) 915-3054  
Focus: CST

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

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

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

DISTRICT OF COLUMBIA  
Washington  
Ronald Murray, PT - (202) 237-7000  
Focus: CSI-ADV

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

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

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

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

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

San Francisco  
Bay Area  
Michael Wagner, CMT -  
(415) 457-6392  
Focus: VMIA

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

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

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

CANADA  
Montreal, PQ  
John Glenn, NMT -  
(514) 332-0183  
Focus: CSI-SERI

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

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

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

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

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

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

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

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

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

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

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

Madison  
Linda Heisler-Clancy, LMT -  
(975) 822-2444  
Focus: CSI-CSII, MFR

Morris County  
Peg Dougherty, MA, CMT -  
(973) 822-3110  
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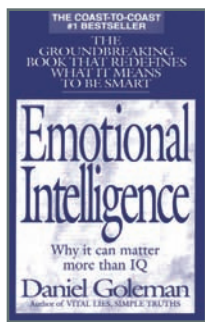
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*continued on page 14*



# Books and Other Helpful Products

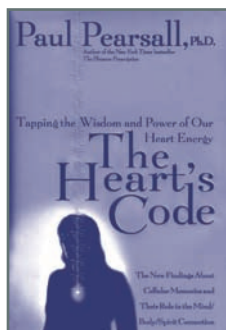


## Emotional Intelligence

by Daniel P. Goleman

Everyone knows a high IQ is no guarantee of success, happiness or virtue. Until *Emotional Intelligence*, however, we could only guess why.

Daniel Goleman's brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our "two minds" — the rational and the emotional — and how they blend together to shape our destiny. *Recommended by Dr. John Upledger.* (softcover) \$13.95



## The Heart's Code

by Paul Pearsall, PhD

The heart has almost always been associated with love and emotion. Yet new evidence indicates the heart also thinks,

remembers and communicates. *The Heart's Code* explores the theory and science behind energy cardiology, the newly emerging field that has discovered the heart is not just a pump; it conducts the cellular symphony that is the very essence of our being. (hardcover) \$25.00

## Mapping The Mind

by Joel Davis

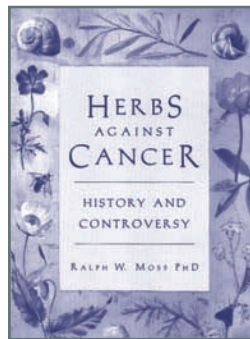
The last and greatest scientific frontier is the human brain. Joel Davis, prize-winning science writer and author, insightfully describes the recent revolutionary breakthroughs in solving the brain's most profound mysteries. *Recommended by Dr. John Upledger.* (hardcover) \$24.95

## Eat Right For Your Type

by Dr. Peter J. D'Adamo

Your blood type reflects your internal chemistry. And according to Dr. D'Adamo, it

determines your susceptibility to illness, the foods you should eat, and ways to avoid the most troubling health problems. Based on years of research, he now offers this total resource of individualized plans for each blood type. (hardcover) \$23.95



## Herbs Against Cancer

by Ralph Moss, PhD

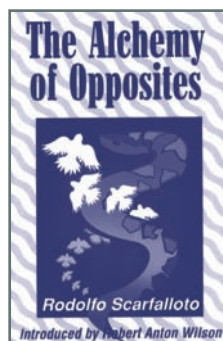
Acclaimed science writer Ralph Moss thoroughly explores the most potent anti-cancer herbs and their uses. He offers

both practical guidelines as well as an intriguing background on the subject. *Healing Words* author Larry Dossey, MD, calls the book "one of the best historical and clinical surveys available in this important field." (softcover) \$16.95

## The Kybalion: Hermetic Philosophy

by Three Initiates

From ancient Egypt and Greece have come the fundamental esoteric teachings that have so strongly influenced the philosophies of all races and nations for several thousand years. This study presents those teachings, including the Seven Hermetic Principles of Mentalism, Correspondence, Vibration, Polarity, Rhythm, Cause and Effect, and Gender. *Recommended by Bruno Chikly, MD (France) and Alaya Chikly, CMT.* (hardcover) \$13.50



## The Alchemy of Opposites

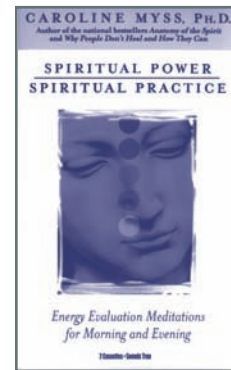
by Rodolfo

Scarfalloto, DC

Do your logical mind and your feelings sometimes seem at odds? Do you ever wonder why we so often create the very

problems we try to avoid? Dr. Scarfalloto shows us that the answers to many puzzling problems lie in the simple understanding of how

opposites interact within your self, your relationships and society. *Recommended by Sidney Vaello.* (softcover) \$14.95

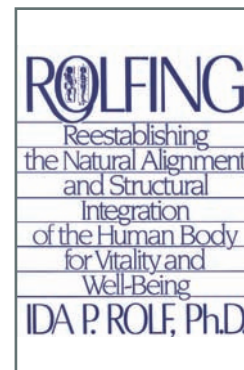


## Spiritual Power, Spiritual Practice Audiocassette Program

by Caroline Myss, PhD

Dr. Myss etches a step-by-step daily program for recognizing, cultivating and harnessing the massive spiritual power within

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## Rolfing

by Ida P. Rolf, PhD

This is the classic text by the founder of Rolfing. It focuses on reestablishing the body's natural alignment and structural integrity for vitality and well-being.

*Recommended by Dick Larson, PhD, LAc.* (hardcover) \$24.95

## Three-Book Series From Don Hanlon Johnson:

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by Don Hanlon Johnson

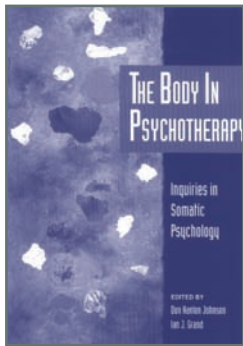
Explores what actually happens in a bodywork session, from the subtle interplay of psyche and soma to the experience of the practitioner. Expert contributions represent six leading schools of bodywork, including Rolfing, Feldenkrais and the Alexander Technique. (softcover) \$14.95

### Bone, Breath & Gesture: Practices of Embodiment

edited by Don Hanlon Johnson

This collection of writings presents principles and techniques by the pioneers of bodywork and body

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### The Body In Psychotherapy

by Don Hanlon Johnson

Provides a theoretical and practical context for the emerging field of Somatics. By describing the use

of movement, awareness exercises and bodily imagination, the author chronicles somatic work with various populations and life situations. (softcover) \$16.95

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

- "Cerebrospinal Fluid: What It Is and Where To Find It" by John E. Upledger, DO, OMM. (#9810) \$2.50+s&h
- "The 'Fourth' Hamstring" by Thomas Myers, Certified Advanced Roling® Practitioner. *Massage & Bodywork*, Fall 1998. (#9808) 60¢+s&h
- "Delving Deeper Into Structure" by Paul Chaffour, DO, and Eric Prat, DO. *PT-OT-Speech Today*, July 20, 1998. (#9807) 65¢+s&h
- "The View From John E. Upledger's Cranium" by Mirka Knaster. *Massage Therapy Journal*, Vol. 37, No. 2, Summer 1998. To obtain copies, please contact *Massage Therapy Journal* at (847) 864-0125.
- "Healing with Words" by Russell A. Bourne, Jr., PhD. *PT-OT-Speech Today*, May 18, 1998. (#9805) 70¢+s&h
- "Surviving Orthodontics: A Bodyworker's Exploration Into Orthodontics and Cranio-Sacral Therapy" by Nancy Burke, BA, CMT. *Massage & Bodywork*, Spring 1998. (#9803) 75¢+s&h

## Advanced I CST Class Boston, MA – Oct. 19-23, 1998



Front row, left to right: Linda Tingle, CNMT; Ilene Sperling, SLP; Deb McComas, PTA; Susan Charlwood, PT; Sandra Knox, PT (preceptor); Lisa DeGroot, PT; Polly Pitts-Garvin, MT; Bonnie Beeck, CMT; Susana Gordon-Attias, LMT. Back row, left to right: Hank Meldrum, PT, OMT (instructor); Christine Bartasius, PT; Holly Berkley (preceptor); Sandra Ladd, PT (preceptor); David Rodrick, MS.

- "Coaching Children in Developmental Progress" by Liza Katz, MSPT. *PT-OT-Speech Today*, March 30, 1998. (#9803A) 60¢+s&h

- "Paths of Researchers and Practitioners of 'Alternative' Therapies Divided" by Barnard J. Colan. *Advance for Physical Therapists*, Feb. 9, 1998. (#9802) 50¢+s&h

- "Who Discovered the Lymphatic System?" by Bruno Chikly, MD (France). *Lymphology* 30, 1997. (#9712A) 80¢+s&h

- "CranioSacral Therapy: Following the Body's Cues" by Becky Peeling, APR. *Health Naturally*, December/January 1998. (#9801) 80¢+s&h

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- "Dolphins and Healing" by Russell A. Bourne, Jr., PhD. 1997. (#9712B) 75¢+s&h

- "New Body-Based Therapies for Autism, ADD, and Other Childhood Disorders" by Maya Muir. *Alternative & Complementary Therapies*, December, 1997.

To obtain copies, please contact *Alternative & Complementary Therapies* at (914) 854-5100.

## Study Groups

*continued from page 11*

### PENNSYLVANIA (continued)

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Focus: CSI-SERII

### RHODE ISLAND

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Focus: CSI

### VERMONT

Rutland  
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Sheryl Rapee, MA, LMT - (802) 775-0354  
Focus: CSI-SERII

Sharon  
Priscilla Downey, PT - (802) 763-2604  
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Sue Bovenizer - (804) 984-0764  
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Reston  
Suzanne Scurlock-Durana, CST-D -  
(703) 620-4509  
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John Myers, PTA/LMP - (206) 314-6202  
Focus: CSI-SERII

Tacoma  
Jim Sullivan, LAc, LMP - (253) 564-7020  
Focus: CST



## Myofascial Pain Experts

*continued from page 1*

### “Neuromuscular Therapy Approaches to Trigger-Point Location and Treatment”

Judith (Walker) DeLany, LMT, addressed the dominant trigger-point locations, their referral patterns, palpation methods and therapeutic techniques. DeLany is founder and director of the International Academy of NeuroMuscular Therapies in St. Petersburg, Fla. An expert on therapy for soft-tissue injury, she is a published author and associate editor of the JBMT. She also contributed the chapter on American NMT to Dr. Leon Chaitow's definitive book, *Modern Neuromuscular Techniques*.

*“DeLany really excels. She's a tribute to every bodyworker who has and will learn from her.”*  
— H.T., Mercerville, NJ

### “Structural Integration – Decompensating Global Postural Patterns to Ease Local Myofascial Pain”

Thomas Myers, Certified Advanced Roling® Practitioner, described the “anatomy trains” concept of myofascial continuities he developed from the work of Dr. Ida Rolf. Having studied with Dr. Rolf and Dr. Moshe Feldenkrais, Myers is well-known as a writer and teacher on the art and science of structural integration. He has served as chair of the Rolf Institute's Anatomy Faculty, and as a founding member of the National Certification Board of Therapeutic Massage and Bodywork.

*“One of the best presentations I have ever seen. His approach and his use of language and metaphors are exceptional. He changed my perception of bodywork.”*  
— A.B., Olympia, Wash.

### “Restoring Function Using Fundamental Principles From Chiropractic, Manual Medicine and the Feldenkrais® Method”

John C. Hannon, DC, spoke about the

advantages of reducing effort and increasing body awareness for both practitioner and client. A Certified Feldenkrais® Practitioner and noted movement specialist, Dr. Hannon is a diplomate of the Chiropractic Sports Medicine and Chiropractic Orthopedics boards. He completed an internship in sports medicine through the U.S. Olympic Committee, and served at the International Olympic Committee's training center just prior to the 1996 Summer Games in Atlanta.

*“I especially liked Dr. Hannon's view on ‘Spine Neutral Body Positioning.’ What a comfort that must be for the patient.”*  
— R.B., San Francisco, Calif.

### “Human Performance and Myofascial Dysfunction – Treatment Strategies for Athletes”

Benny Vaughn, LMT and Athletic Trainer, Certified, advocated the use of specific orthopedic massage techniques to restore an athlete's performance. With more than 22 years of experience in massage for athletes and active individuals, Vaughn is a recognized leader in the fields of sports and orthopedic massage. His models of orthopedic massage are used in sports-medicine departments of many universities. He served as athlete medical services program manager for the 1996 Summer Olympic Games in Atlanta, Ga. Vaughn is also co-founder of the Orthopedic Massage Education and Research Institute (OMERI).

*“He gave me a lot of practical things I could take to my treatment room Monday and feel confident with. Thank you!”*

— M.Y., El Paso, Tex.

### Join Us Again In 2000

Conference organizers have proposed a new multidisciplinary conference in 2000. For details call 1-800-311-9204, ext. 8915.

Dr. Leon Chaitow treats conference participants to a close-up view of his trigger-point techniques at the Friday-night connective gathering.



# Classified Ads

**Wanted: licensed houseboat captain** to assist The Upledger Institute's Dolphin-Assisted Therapy Program in the Bahamas. Please call Dr. Russell Bourne for details: (561) 622-4706.

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

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**Seeking therapists! Come join a busy practice.** After 11 years, Robert Harris & Alix McLaughlin have moved and expanded The Cranial Therapy Centre in downtown Toronto. Fax applications to 416-971-4454.

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**Learn to bill & document CranioSacral Therapy, SER, NMT & all bodywork.** Increase your patient volume 35-50%. *Insurance Reimbursement and Specialty Physician Referral* by CST teaching-assistant David Dolan, LMT, details specific steps to insurance reimbursement (for max. payment with min. risk of nonpayment) and physician referrals. Many forms for insurance, reports and preapprovals are perforated and ready for letterhead, saving hundreds in printing costs! All info proven effective. Book: \$62+p&h. Also 1-day (8 CEUs) workshops/sponsorships. Call 904-826-1641 or fax 904-296-1657.

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

**San Diego Feldenkrais® Professional Training Program** sponsored by the Reese Movement Institute. Enrolling Jan.-Feb. 1999. 160 days of training over 4 yrs. Call 1-800-500-9087.

**Increase vitality, expand income, be eco-friendly.** Extend the effectiveness of your treatments with nutritional supplementation. Acupuncturist (17 yrs) has wonderful results with nutritional breakthroughs nominated for the Nobel Prize from Royal Body Care. Call Johanna toll-free: 877-354-3013.

## Classified Ad Rates and Deadline

The *IAHP Connection* reaches more than 40,000 therapists interested in the field of complementary healthcare. The cost to run a classified ad is \$5 per 30 characters, which includes punctuation marks and spaces. The deadline to submit a classified ad for the next newsletter is March 15, 1999. Call the Editor at 1-800-311-9204, ext. 8915, or fax your request to (561) 622-4771.

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**MD (France)**, on *Body Rhythm Changes in Different States of Consciousness*; **Roy Desjarlais, LMT, CST-D**, on *Conscious Presence as a Healing Modality*; **Mary Lou Galantino, PhD, PT**, on *Nutritional Concerns in Wellness*; **Father Leo**

**Hoar, EdD**, on *Spiritual Energy Brings About Holistic Healing*;

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*Acupuncture Concepts Into Cranio-Sacral Therapy*; **Alice Quaid, PT, CST-D**, on *All About Kids*; **Suzanne**

**Scurlock-Durana, CST-D**, on *The Role of Mind-Body-Spirit Awareness in the Healing Process*; **John E. Upledger, DO, OMM**, on *The Brain Speaks, and Body-Fluid Compartments, Magnetic Fields & Current Developments*.

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*"Perhaps the significance of Dr. Valerie Hunt's work is, as one scientific journal writer commented, 'comparable to the discovery of penicillin and the deciphering of the DNA code.'"*

— *Conscious Living, Issue 38, 1997*

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