

# UpClose

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HealthPlex Clinical Services

VOLUME 7

## STAFF ASSESSES THERAPY WITH DOLPHINS

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UI HealthPlex Hours  
8 AM - 7 PM, MON - FRI

The dolphin-assisted therapy program began its winter hiatus in mid-December, after collecting information on 22 patient participants.

Work now is in progress to evaluate this data and review patient comments and those of the 23 therapists involved. This program is slated to resume in April.

It currently consists of two consecutive half-days. During that time, patients receive CranioSacral Therapy (CST) dockside and in the water with a dolphin and trainer present.

"Doing CST in the water isn't a totally new concept," Ray Mercurio, LMT, says. "Dr. Upledger has worked with several

patients in a floatation tank. The releases that occur in this setting take on a three-dimensional component, more so than with the patient on a table. The water also seems to be generally calming."

Mercurio, who has been the lead therapist for several programs, goes on to note that the gentleness of the dolphins almost seem to permeate the water. The dolphins participate in the CST session by scanning the patient or touching a spot on the body.

"In my assessment, dolphins help

enhance our work by amplifying the releases," Mercurio says. "It appears that the releases are broader and occur in a shorter period of time."

Patient comments also have been favorable, according to Dr. Russell Bourne, who is directing the project. Parents of a patient from England reported that, for the first time, their young daughter held out her arms to be

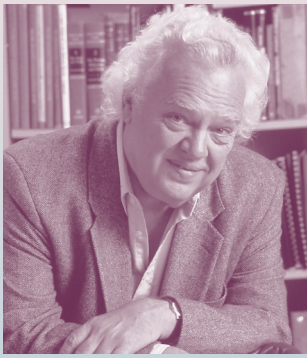
lifted out of her stroller shortly after her two-day session. The little girl, who has an unexplained seizure disorder, was more alert and vocal after the therapy.

Both

patients and therapists lauded the staff at the Dolphin Research Center for their hospitality. At the Dolphin Research Center in Grassy Key, Fla., where the program is held, natural saltwater lagoons separated from the sea by only a low fence are home for a family of dolphins. The center, established in 1985, sponsors educational programs, tours and other opportunities to interact with dolphins. For more information on the program, please contact Nancy Brown at (561) 622-4706.



*In a recent session, therapist from left Signy Erickson, D.C., Avadhan Larson, L.Ac., C.M.T. and Ray Mercurio, L.M.T. work with a young patient.*



Dear Friends,

In September, we embarked on a pilot study to develop a research project involving CranioSacral Therapy (CST) with dolphins in an ancillary role. Many among those who work with dolphins believe they show an ability to sense areas of disability and physical trauma in humans. Investigators in the field of dolphin-assisted medical research conjecture that dolphins' natural sonar - called echolocation - emits sound waves that may have a connection with their sensitivity. The experiences of several patients and therapists at the facility in Grassy Key, Fla. where we've done this work seem to support this notion.

New explorations aside, we can't ignore the numerous chances we have to learn more through the variety of patients in intensive therapy programs here at The Institute. Each session - each patient - teaches us more about how CST can be useful as a therapeutic modality.

Last year, 16 people were able to participate in these programs because the Foundation subsidized the cost. Sadly, though, we receive many more requests for assistance than we can grant. Right now, there are 19 individuals who need help but cannot afford the cost of the program.

I hope you'll include The Upledger Foundation among the charitable organizations you choose to support. With your financial assistance, we can continue to find innovative solutions to helping others.

Best personal regards,

*John E. Upledger, D.O., O.M.M.*

John E. Upledger, D.O., O.M.M.

P.S. Contributions may be mailed to The Upledger Foundation, 11211 Prosperity Farms Rd., Suite D-325, Palm Beach Gardens, FL 33410. The Upledger Foundation is a charitable organization under section 501 (c)(3) of the Internal Revenue Code. Your donation is fully deductible for income tax purposes.

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# RECEPTION STAFF SETS THE CLINIC TONE

The Upledger HealthPlex Clinic's goal is to be your partner in health. This relationship begins when you talk with our reception staff - even before you arrive for your first visit.

Between greeting patients, answering questions and helping patients select a clinician, our staff talks with people from all over the world.



They can help you schedule sessions with multiple therapists and week-long series of appointments. The office billing specialist can answer your questions about insurance and Medicare. These talented employees are supervised by Nancy Brown, who has been with The Institute for more than 10 years. In addition to her managerial responsibilities, Nancy schedules patients for the intensive and the dolphin-assisted therapy programs, as well as assists Dr. Russell Bourne, our chief of staff.

All are valued members of our healthcare team and, we hope, yours.

The staff, from left, Sandra 'Sam' Edens, Valerie Bauman, Nancy Brown, Janice Michaels and Carole Lillys.

## MEET JOANN EASTER, Licensed Practical Nurse

Joann Easter, LPN, joined the staff this fall, working primarily in the intensive programs.

One of her first contacts with CranioSacral Therapy (CST) was through her son, a dancer with the Miami City Ballet. He had begun seeing Dr. Lisa Upledger for the stresses and strains that profession can take on the body.

"I liked the way he responded," Joann, a former dancer herself, recalls. "Dancers destroy their bodies. I knew it had to be powerful work to eliminate injuries that would mount up."

Joann, a nurse in Broward County hospitals at the time, began having her own sessions. She remembers Lisa suggesting that she study CST. She acted on that suggestion by completing Upledger CranioSacral

Therapy courses through the Advanced level.

When Joann started her private practice, she worked on dancers, including those with the Boston and Miami companies. "CranioSacral Therapy is the most beneficial type of treatment and preventive care," she says.

On her work in the intensive programs, Joann says

that she feels honored to be able to participate in changes that happen for people from day one through day 10."





# UPCOMING SPECIAL PROGRAMS

Brain & Spinal Cord Dysfunction: Improving Function and Structure

February 10-21; February 24-March 7; April 14-25; May 5-16

Therapist Rejuvenation: Dealing with Burnout

February 3-7; April 28-May 2

Pain: A Search for the Source

June 2-6

Learning-Disabled Children:  
Correcting the Problem

March 24-28; August 11-15

Cancer Recovery: Adjunctive  
Therapies

March 10-21

Post Traumatic Stress: Facilitating  
Recovery

March 31-April 11

Autism: Initiating Developmental  
Gains

July 7-11

## SHARECARE WORKSHOPS

This one-day workshop explains CranioSacral Therapy in lay terms and teaches simple techniques participants can use to help themselves or family members.

February 9 - Aventura, Fla.

February 22 - Boston Metro West, Mass.

February 22 - Durango, Colo.

March 1 - Milford, Mass.

March 1 - Minneapolis, Minn.

March 8 - Palm Beach Gardens, Fla.

March 15 - San Diego, Calif.

March 22 - Warren, Mich.

To register or for additional dates, call:  
**(561) 622-4334, Ext. 9299**  
or **1-800-233-5880**.

For more information

or to register for

special programs,

please call

**(561) 622-4706, Ext. 9299.**

## THE UPLEDGER FOUNDATION UPDATE ON CURRENT RESEARCH PROJECTS

### • DOLPHIN-ASSISTED THERAPY

After the winter hiatus from December to March 1997, the project is scheduled to resume so that more data can be collected. Projected costs to continue the program are \$260,000.

### • POST TRAUMATIC STRESS DISORDER (PTSD)

The positive results from the 1993 Vietnam Veteran's project continue to hold; all the patients are doing fine. Our goals in this area are two-fold: to establish ongoing treatment programs and a therapist training program. Treatment programs in PTSD will address veterans, victims of childhood sexual abuse, satanic cults or rape, and survivors of catastrophic events. In addition to the therapeutic aspects, we also will be

determining how the program can be modified to enable more people to obtain the therapy. This information will be used to develop a training program so PTSD services can be available close to survivors' homes. Costs to run a single two-week program are \$50,000.

### • FLOTATION TANK THERAPY

We have worked with a number of patients as they float in a solution of approximately 50 percent Epsom salts and water. In this environment, we do not have to work against the forces of friction and gravity, while the solution itself provides a favorable electro-magnetic environment for the patient's body. Though our experience is limited, it has thus far brought about more rapid changes for the patient. We have found this method to be useful in cases of

paralysis, brain and/or spinal cord injury, post-operative disabilities, chronic pain, post-stroke and muscle spasticity secondary to neuronal dysfunction. Presently, only one tank of this kind exists. Donations to total \$25,000 will enable two tanks to be designed, built and installed at the clinic.

### • IMPROVING CONSCIOUS AWARENESS OF BRAIN FUNCTION

The inaugural workshop of *The Brain Speaks*, concerning the integration of conscious awareness of the patient and the therapist with the nonconscious parts of the brain and nervous system, was held in December. The companion textbook published in October, *A Brain is Born*, is an in-depth guide to how the brain is formed and how its functioning effects health. The book crosses the boundaries of many disciplines, including embryology, obstetrics, pediatrics, neurology and CranioSacral Therapy, and is a resource for parents, educators and counselors.

# HEALTHPLEX IS A LEADING WAY TO BETTER HEALTH

We're delighted to announce the completion of our new HealthPlex brochure, which outlines our services and therapies. With a backdrop of classical works of art by masters such as Monet, DaVinci and Caillebotte, the brochure describes our approach to complementary healthcare and outlines the intensive therapeutic programs. The piece also includes brief biographies of our clinical staff and explains the therapies available.

"The illustrations we chose are representative of Impressionism, which began a new and enriching period in art history," Chief of Staff Dr. Russell Bourne says. "Similarly, we believe that the Upledger HealthPlex is taking healthcare in a new direction."

The brochure was a collaboration of many individuals. It was written by staff writer

*Debbie Delmar, designed by artist Tim HARRISES, photographed by C.J. Walker and supervised by Production Coordinator Terri Feaster and Dr. Bourne. Those pictured are: Cassandra Appleman, Maiga and Onar Baignor, Russell Bourne, Cathy and Justin Chiat, Roy Desjarlais, Tina Jabali, Ray Mercurio, Andrew Peeling, Chas Perry, Cathy Pliscof, Alice Quaid, Lisa Upledger, Peter Verzendaal, Carole Wengatz, and Steve and Melissa Yadlosky.*

"The goal of this brochure is to present our work and our staff so that we might help people make more informed decisions about their health and their healthcare options. If we have given them new possibilities to consider, then we have succeeded," Dr. Bourne says.



To receive a copy of the UI HealthPlex Clinical Services new comprehensive brochure, call: (561) 622-4706



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