

UpClose

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HealthPlex Clinical Services

VOLUME 10

SOUND CHAMBER AMPLIFIES THERAPEUTIC EFFECTS

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

Scientists claim everything in the universe is in a state of vibration — even the human body. So it stands to reason that surrounding yourself with the right musical vibrations can affect your physical condition in a positive way.

But what if those vibrations could be intentionally directed *through* your body while you were receiving CranioSacral Therapy at the same time?

That's a notion being played out at UI HealthPlex Clinical Services with the Inner Dimensional Sound Chamber, a device that brings the pulsations of music through the massage table.

"There are speakers under and around the table," says Sound Chamber developer Tom Hunt. "So the vibrations of the music have direct impact on the patient." Another detail he says makes this chamber unique is its surrounding geometric pattern of tubular steel. "It seems to create a harmonic resonance field that magnifies the vibrations."

In many cases, the music also appears to intensify the effects of CranioSacral Therapy, says Cathy Pliscof, P.T., director of the UI HealthPlex intensive-therapy programs.

"The chamber was first designed to stand alone as a therapeutic device. But when we got it here, we just naturally began using it to apply CranioSacral Therapy, and the results have been tremendous."

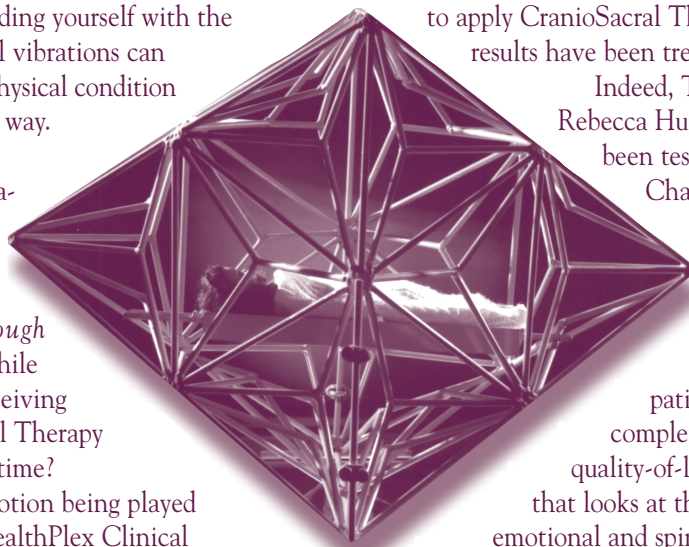
Indeed, Tom's wife Rebecca Hunt, O.T.R., has been testing the Sound Chamber for several years at her occupational therapy clinic in Muncie, Ind. "The

patients in our study complete a 36-point quality-of-life inventory that looks at the physical, emotional and spiritual effects," she says. The questionnaire is endorsed by the International Society of

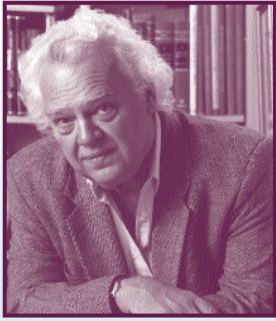
Subtle Energy and Energy Medicine Research.

The results have been highly convincing. "Within weeks of our starting the research project, a woman with fibromyalgia came in for a one-hour session," Rebecca says. "The next day she said she had no pain for the first time in eight years." Other conditions that appear to have been helped include migraines, neck and back pain, asthma, degenerative diseases, arthritis, depression, neurological disorders, autism, hyperactivity and post-trauma conditions.

Talk about good vibrations.



The Sound Chamber at The Upledger Institute's HealthPlex Clinical Services



Dear Friends,

At present, there are signs of a rather rapid and formidable rise in the popularity and usage of CranioSacral Therapy. I believe that this increase in acceptance is secondary to the observed positive effects of this therapeutic approach upon patients and clients, as well as the therapists who use it.

Growing recognition of CranioSacral Therapy has brought many new, exciting opportunities to share information and explore applications of this method. We are discussing projects with schools, residency programs and hospitals concerning teaching and further research into the use of CranioSacral Therapy.

The number of inquiries from patients also has grown, as have the requests for financial assistance for the intensive therapy programs. While Foundation donations have helped these patients attain a new level of health, we receive many more applications than can be granted.

Indeed, it is an exciting time for us, which has been made possible by your continued support of our work. I hope that you will again include The Upledger Foundation among the charitable organizations that you favor with a tax-deductible gift. Together, we can nurture the continued growth of CranioSacral Therapy.

Best regards,

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

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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.

THE UPLEDGER FOUNDATION UPDATE ON CURRENT RESEARCH PROJECTS

• Dolphin-Assisted Therapy

We plan to continue explorations based on the remarkable results of our pilot program. This study would include 10 to 15 patients who will be evaluated by an independent physician before and after the dolphin-assisted therapy. Because we also need shore facilities and appropriate boating equipment, the projected cost is between \$100,000 - \$150,000. The potential here is tremendous.

• Post-Traumatic Stress Disorder

We would like to repeat the 1993 intensive therapy program study with another group of veterans. We also plan to embark upon specialized training for therapists who could then work at Veterans Affairs centers under our supervision.

In addition, we are anticipating a pilot project using CranioSacral Therapy and SomatoEmotional Release with children who have been kidnapped and/or abused. I believe we can restore a significant degree of normalcy to their lives.

We also would like to establish a training program for therapists working with children and adults.

• The Treatment of Newborns

We've begun a study at a Norway hospital where newborns receive an initial cranio-sacral system evaluation and treatment within the first few days of delivery. At present, we are discussing similar studies with hospitals in the United States. The two areas that have gotten the most attention are children with breathing problems or colic.

As part of this project, we are willing to provide training to midwives, obstetrical nurses and parents, as well as interested physicians.

At each site, a pediatric neurologist is needed to do conventional examinations pre- and post-treatment. A statistician also is needed to record the results and compare

them with infants outside the study. We plan to follow the children for three and, possibly, five years.

• Defusing Violence by Enhancing Self-Esteem, Self-Worth and Self-Image

In May, The Foundation began a study on the potential of touch and intention. The project is being conducted with children ages 3 to 5 at a Cincinnati childcare center. By teaching children how to use touch to help others, we believe it can reverse the level of violence by enhancing self-esteem, self-worth and the concept of self-image.

Along these lines, we have been invited to work with juvenile parolees in Utah in an effort to reduce their levels of violent attitude, feelings and behavior. Donations amounting to \$20,000 will supplement a state grant to provide the therapists necessary to operate this program.

• Music and CranioSacral Therapy

We have been experimenting with a cellist playing notes and musical phrases during therapy sessions. As we palpate the body, a few of us have been able to direct the cellist regarding which notes should be played and when. Patient body and emotional response has been quite remarkable.

To document our findings, we would like to record measurements of total body electrical potential. While we have the equipment needed, a technician is required. Expected cost for the project is about \$25,000.

• In summary

All these projects require an investment of time, energy and money. The contributions you make to The Upledger Foundation will help make these projects possible. You may designate your gift for a specific project or to subsidize patient care. Whatever the amount of your gift or your intention, please know that your support is greatly appreciated.



UPCOMING SPECIAL PROGRAMS

Brain & Spinal Cord Dysfunction: Improving Structure and Function (Two weeks)

Feb. 9 - 20; Feb. 23 - March 6; March 16 - 27; April 13 - 24; April 27 - May 8; May 18 - 29;
June 1 - 12; June 15 - 26; July 6 - 17; July 27 - Aug. 7; Aug. 17 - 28

Brain & Spinal Cord Dysfunction: Improving Structure and Function (One week)

March 9 - 13; Nov. 30 - Dec. 4

Brain & Spinal Cord Dysfunction: Improving Structure and Function (Re-check)

March 30 - April 1; April 1 - 3;
Sept. 14 - 16; Sept. 16 - 18

Therapist Rejuvenation: Replenishment and Renewal

February 2 - 6; May 11 - 15; Oct. 19 - 23

Autism: Initiating Developmental Gains

July 20 - 24

Learning-Disabled Children: Facilitating Success

April 6 - 10; Aug. 10 - 14

For more information or to register for special programs, please call (561) 622-4706, ext. 9445.

SHARECARESM WORKSHOPS

This one-day workshop explains CranioSacral Therapy in everyday terms and teaches a few simple techniques you can use to help yourself or family members.

March 7 - Akron, Ohio

March 7 - Minneapolis, Minn.

March 14 - Warren, Mich.

March 14 - Oahu, Hawaii

March 21 - Milwaukee, Wis.

March 21 - Palm Beach Gardens, Fla.

April 4 - Edgewood, Ky.

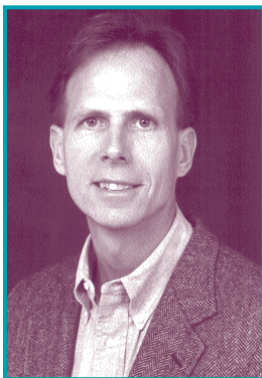
June 24 - Dunedin, Otago, New Zealand

July 11 - Minneapolis, Minn.

Sept. 12 - Edmonton, Alberta, Canada

To register or for additional dates, call:
(561) 622-4334, ext. 9445,
or 1-800-233-5880, ext. 9445.

MEET RUSSELL A. BOURNE, JR., PH.D.



Russell A. Bourne, Jr., Ph.D., has long been a believer in the body-mind connection. Even during his 20-year tenure as a university profes-

sor and college administrator — when only a handful of his colleagues shared that view — Dr. Bourne saw how the mind influenced physiology. What is a blush after all, he asks, than localized high blood pressure brought about by a thought or word?

So it was professionally fulfilling when Dr. Bourne came to the Upledger HealthPlex in 1994 to work with practitioners who not only recognized the body-mind connection, but understood how this interplay helps

patients overcome confounding health problems.

“Where body-mind work is done conjointly it can be more powerful, more complete than when physical and mental issues are addressed singularly,” he says. “There is a deeper connection and, ostensibly, faster resolution.”

As UI HealthPlex chief of staff, Dr. Bourne has witnessed countless examples of how emotions, memories and feelings connect to physical ailments. Dr. Bourne is a clinical psychologist and part of the facility’s patient-care team, in addition to his administrative duties. While he usually provides psychological counseling or hypno-therapy for patients, he also has participated in CranioSacral Therapy sessions.

“I’ve developed a deeper appreciation for the human body’s degree of sensitivity and

responsiveness,” Dr. Bourne says, “and seen first-hand how communication can be delivered physically through touch, sound and vibration.”

For The Upledger Institute, he created and instructs the Therapeutic Imagery and DialogueSM workshops as part of the CranioSacral Therapy curriculum. These courses provide instruction and practice in advanced techniques of body-mind communication.

Whatever the therapeutic method used, Dr. Bourne points to Dr. Upledger’s philosophy that the course of therapy must be directed by the needs of the individual. “We accomplish this by listening to our patients, trusting the information we receive, and tailoring our responses accordingly,” he says. “Only then are we sure to work in their best interests.”

DEAR DR. UPLEDGER:

I am writing to thank you for your knowledge and wisdom. I have a little story to share.

My daughter Anna was born on March 13, 1997. She weighed 8 lbs., 7 oz. After carrying her to term and an uneventful vaginal delivery, we were told she had a serious heart problem. (Transposition of the great arteries.)

We were taken to Connecticut Children's Hospital where Anna would, at four days old, have open-heart surgery to correct her problem. The surgery was successful. After being hospitalized for 29 days, she was able to come home.

Anna was calm for about two weeks until some of her medications were stopped. Then she became very unhappy and uncomfortable.

We couldn't find any position that soothed her. We walked and walked, cradling an infant who screamed constantly. The only thing we could do was hug, kiss and love her. It was so awful to be her mother and not be able to help her. If she was awake for 45 minutes, 40 of them were spent screaming.

When Anna was four months old, she started to have CranioSacral Therapy (through our local Pediatric Development Center). It had been two months of constant crying, and we were thankful just to try this method.

It was miraculous! Anna was, for the first time in her short life, calm for more than five minutes. After her second session she was relaxed for three to four hours. I couldn't wait for her third treatment. After four sessions I had a new baby! I cried! It was so wonderful to see the twinkle in her eyes! She looked at me now with love and happiness instead of looking for help. After seven or eight treatments, she was a perfectly happy, energized little person.

Anna is now seven months old and doing wonderfully. We love her dearly and feel like we owe it to you! Your thirst for knowledge of the unknown has played such a part in our lives that we had to say thank you.

Sincerely,

Anita Virgilio



Anna Virgilio

"People would say, 'Aren't you glad to hear her cry?' Or, 'She's been through a lot. You'd cry, too.' But I knew it was more than just colic, as everyone was so quick to say."

— *Anita Virgilio*



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