

# UpDate

A Publication of The Upledger Institute, Inc.®

A final reminder that our former 407 area code is now 561. The old code is no longer in service, so please update your records.

Phone numbers affected by the change are:

The Upledger Institute, Inc.:  
561-622-4334

UI Fax: 561-622-4771

UI HealthPlex Clinical Services:  
561-622-4706

UI HealthPlex Fax: 561-627-9231  
Travel Concierge, Inc.:  
561-625-5951

The toll-free numbers remain the same.

## Inside This Issue

### New Courses

Page 2-3

### The Upledger Foundation Update on Current Research Projects

by John E. Upledger, DO, OMM  
Page 4

### Calendar Listing

July 1 - October 31, 1997  
Page 8-9

### New Products

Page 12

### Why Not Study Abroad?

Page 13

### Alumni Survey

Page 15

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## Who Is Smartest of Them All?

by John E. Upledger, DO, OMM

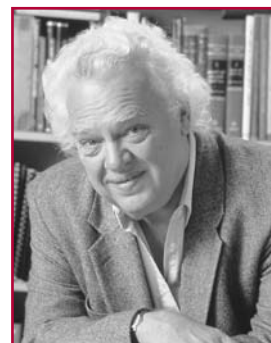
In 1960, my boss and mentor Stacy F. Howell said to me, "Upledger, I don't know why we are so worried about the Communists, it's the viruses that are going to get us." I was embarking on a three-year research and teaching fellowship in biochemistry. Dr. Howell had a PhD in biochemistry from Cornell University and was a Nobel laureate runner-up in 1937.

The basis for his concern about viruses was the overuse or abuse of antibiotics that had begun during the 1940s and escalated in the 1950s. What do antibiotics have to do with making viruses a more significant problem? In our view — I soon shared his perspective — there existed a natural balance between bacteria and viruses. The viruses needed the bacteria in order to reproduce and the bacteria kept the viruses under control. When the virus was through with the bacteria, the bacterial cell simply died. Nature, as is usually the case, had set up a system that prevented the bacteria or the viruses from overrunning one another.

Antibiotics kill bacteria but not viruses. Antibiotics were used by farmers to prevent animals from contracting bacterial infections. They were given to almost every patient with a cold or a sore throat, and were freely used to prevent infections in humans and so on. The problem was that we had gone on a "kill the bacteria" campaign that was irrational and out of control. This abuse of antibiotic usage has only begun to slow down a bit in the mid-1990s.

Now let's look at this from the viral point of view. The virus uses the bacteria as a host in which the virus can reproduce because it is not equipped to do so on its own. The virus has only DNA (a few have only RNA)

enclosed in a membrane. DNA is the molecule that carries biological information. It determines, for example, the color of your eyes and your skin, whether you will have a tail, how smart you will be, what you will like or dislike, and how tall you will be.



John E. Upledger, DO, OMM

RNA is usually a messenger that carries the information from the DNA to the cell structures that carry out the DNA plans/orders. Once in the host cell, viruses that have RNA only (these are called retroviruses) go "retro" and change the host DNA to suit their purposes. The virus is a membrane sac full of information molecules and not much else. Since all other living cells have many things in them besides DNA and RNA, it seems reasonable to say that, pound for pound, the viruses are smarter than any other type of living cell.

When we went on our bacteria-killing rampage, our antibiotics killed bacteria by the trillions. I am sure that the viruses noticed the shortening supplies of bacterial cell hosts and, rather than go into extinction, began to adapt to the changing conditions. Soon, we saw that colds and the flu could be more severe when routine antibiotics were used.

I suspect that this was because the viruses were forced into invading a greater proportion of human cells. In the past few decades, we have seen an emergence of a much wider

*Continued on page 5*

## New Courses

### *The Brain Speaks*

The Brain Speaks examines the integration of conscious awareness with the nonconscious part of the brain and nervous system. This exciting new workshop was developed and is currently being taught by Dr. Upledger.

The four-day, hands-on class is about exploring and realizing the potential for communicating with another person's brain: its subdivisions, structural components and individual neurons. The conceptual foundation for the workshop is based on the hypothesis that every organ, tissue and cell in a living being has its own consciousness.

In this workshop, participants are guided into imagery and dialogue with specific brain and spinal cord parts and their functional units.

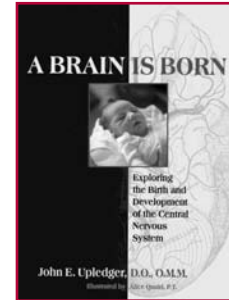
Diane Kane-Fournier, PT, a participant of The Brain Speaks, put it this way: "To realize that there are no limits to the brain and its function is incredibly exciting. I'm looking forward to a different and new approach for my clients. It's really fun to explore the brain! It's an incredibly interesting energetic lack of boundaries. This is a whole new way to look at it, for me."

Suzanne Scurlock-Durana, MsT, added, "This course has been so exciting because it's giving me an ability to be wide open, but to also know where to focus, to actually have conscious dialogue with the different parts of the brain and the nervous system so that change and healing can take place."

Dr. John explains, "The class is about

overturning dogma and stretching boundaries, perhaps even dissolving boundaries. The techniques rely upon the internal wisdom of the individual patient or client. It's that simple."

The companion textbook, *A Brain Is Born* by Dr. Upledger (recommended reading for The Brain Speaks), is an in-depth guide to how the brain is formed and how its functioning affects 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.

SomatoEmotional Release® II is a prerequisite for the workshop. For more information and registration for upcoming classes, please call Educational Services at 1-800-233-5880, Ext. 8909.

### *Supporting the Compassionate Heart: Grounding and Healthy Boundaries*

Three-day Core Building or five-day Intensive Level

Sedona, AZ - Dec. 3-7, 1997 • Austin, TX - Jan. 16-18, 1998 • Palm Beach, FL - Feb. 13-15, 1998

In order to facilitate someone's healing process, it is vital to know how to hold a loving and healing space for yourself—that core place where the energy flow of spirit and the body meet. A healthy sense of aliveness and inspiration for life depends on being connected to this flow of life's energy. Each person's journey home to this place is unique, but the underlying principles are the same.

This course explores each step to deepening your own unique energy flow—learning how to develop it through intention, sensation, expanded awareness, movement, breath, sound and journaling.

Suzanne Scurlock-Durana, MsT, has been exploring and teaching in the area of conscious awareness for the last 20 years. As an instructor of CST and SER with UI for the last 10 years, she is well-known as an excellent integrator of right- and left-brain thinking. This course covers:

- Learning to have healthy boundaries that enable you to feel more deeply connected to the world around you.
- Finding ways to read and understand your unique energy field road map.
- Exploring methods for refilling and reconnecting when you find yourself depleted.
- Practicing the steps to healing your mental and emotional blockages.
- Learning how to return to your center, even under stress.

- Discovering how to bring more joy into your life.

"Suzanne's gift," says Dr. Upledger, "is in translating the unspoken, energetic principles that are the foundation for being an excellent therapist into practical, learnable steps—critical for all of us in today's world."

Suzanne has created a companion audiotape series - Healing From the Core: A Journey Home to Ourselves. Throughout the series, she gently guides the listener to a state of conscious awareness, where you can access your deeper knowledge and creativity, and your capacity to heal and hold a healing space for another in a healthy, energizing way.

Andriette Kinsella, MT, says, "I was thrilled when Suzanne offered the tape series covering most of the exercises in her course. She has done a beautiful job of presenting material not found anywhere else. These tapes really are the next best thing to being there." For course registration and/or to order the tapes, call 1-800-233-5880, Ext. 8909.



Developed and taught by Suzanne Scurlock-Durana, MsT.

## New Courses

### Bandaging

Plans are afoot for a new addition to the Lymph Drainage Therapy<sup>sm</sup> (LDT) curriculum on Bandaging, Garments and Other Tools for Compression Therapy.

LDT developer Bruno Chikly, MD, reports that he will assist Renee Romero, RN, of Miami, Fla., in designing the course specifically for people who want to augment LDT



Bruno Chikly, MD  
Developer of LDT

techniques, including lymphedema, chronic venous insufficiency and lipedema. LDT is not a prerequisite, but participants will need specific training in lymphedema before practicing.

The inaugural Bandaging class is slated for Palm Beach, Florida, December 11-14, 1997. Watch for more information as the course takes shape.

## Advanced CranioSacral Therapy

Palm Beach, FL — October 26-30, 1996



From left to right. Back row: Marie-Clotildé Couturier, LMT, DO; Michael Marlow, CMT; Avadhan Larson, LAc, CMT, Preceptor; Dick Larson, PhD, LAc; Rebecca Avers, LMT; Roy Desjarlais, LMT, Instructor; Dottie Marvel, MT (ASCP), LMT; Lori Curtis, RN, LMT, LCT. Front row: Joann Easter, LPN; Vicki Booher, LMT; Johanna Mauhart Jerreborn; Rose Ann Malloy, LMT; and Paula Hueg, LMT, Preceptor.

Palm Beach, FL — July 22-26, 1996

Ken DiPersio, LMT; Sofia DuBois; Carrie Fisher, LMT; Kiara Galbreath, MD; Pamela Gilchrist; Avery Nelson, PhD; Laura Sachs, NCTMB; Shawn Verrier, RMT; Ildiko Viczian; Nancy Westphal, LMT; Joe Cail, CMT, Preceptor; Karolyn Saracino, CMT, Preceptor; and John E. Upledger, DO, OMM, Instructor.

Palm Beach, FL — December 2-6, 1996

Paul Cornelissens, PT; Lili Cunningham; Diane Dalbey, CMT; Ambra Franci, CFP; Sheryl McGavin, OT; Karla Mueller, MsT; Justine Ma'at Robbins, MED, CMT; Beth-Ellen Zang, LMT; Sajjad Gunter Zwaka; Lidwien vaan Velsen; Chas Perry, PhD, Instructor; and Camilla Glenn, LMT, Preceptor.

## Essays Are Great

by John E. Upledger, DO, OMM

I have now evaluated almost 100 essay examinations written and submitted as a part of the certification process for CranioSacral Therapy at the Techniques and Diplomate levels. These essay questions are done at home with availability to any reference materials that the examinee may wish to use. The questions are focused upon: (1) the stimulation of review of rather complex processes related to CranioSacral

Therapy and its related topics; (2) improving the examinee's comprehension of principles and techniques by requiring detailed written descriptions; and (3) stimulation of thought processes of the use of philosophical and ethical questions that address issues.

After reading and digesting about 2,000 typed pages of essay responses, I can unequivocally say that I am extremely pleased with the levels of comprehension and the philosophical and ethical concepts that have been submitted. I am proud of our teaching staff because the quality of their work is reflected in these essays. I am also proud of the examinees for their level of expertise as expressed

through the written word. Indeed, I am proud of the high standards of ethics, the deep philosophical thinking and dedication to the work that comes through in most of the writing.

One of my purposes in using the open-book essay examination as a part of the certification process was to gain a view of the level of understanding and dedication of the examinees. What I have read indicates that CranioSacral Therapy as we teach it is attracting very desirable therapists and that they are learning the material far beyond the levels of memorization and regurgitation of information.

I thank all of you.

# The Upledger Foundation Update on Current Research Projects

by John E. Upledger, DO, OMM

## A Message From Dr. John:

I've been fortunate in my life to be a part of research that not only has taken clinical practice beyond its routine applications, but has enabled patients/clients to attain new levels of health and function. Recently, I've worked on a number of exciting projects, and the indications are promising. Here's a glimpse into our present endeavors:

### Dolphin-Assisted Therapy

In September, we embarked on a pilot investigative research project to study the therapeutic effects of administering CranioSacral Therapy (CST) to humans 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. Twenty-two patients participated from September through mid-December 1996 in our pilot study. The Winter 1997 issue of *Massage and Bodywork* magazine carried an article about the project, which we hope to continue. (Call 1-800-233-5880, Ext. 8909, for reprints.) Projected costs to continue the dolphin project are \$260,000.

### Post-Traumatic Stress Disorder (PTSD)

The positive results from the 1993 Vietnam Veterans' 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 will also 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. The 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 electromagnetic 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 spasms secondary to neuronal dysfunction. Presently, we have only one tank of this kind. It will cost about \$25,000 for two additional tanks to be designed, built and installed at the clinic.

New explorations aside, we can't ignore the numerous chances we have to learn more through the variety of patients/clients in intensive therapy programs here at the Institute. Each session — each patient/client — 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 Upledger Foundation subsidized the cost. They are grateful to Foundation supporters for giving them the opportunity to move beyond their previous limitations to a more hopeful future. Sadly, though, we receive many more requests for assistance than we can grant. Right now, there are many 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, DO, OMM

A copy of The Upledger Foundation's official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free 1-800-HELPLFLA within the state of Florida. Registration does not imply endorsement, approval or recommendation by the State.

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.

## Upledger Institute Europe Looks at Spain

The Upledger Institute Europe will be offering seminars in Spain soon!

If you are interested in becoming involved in this project, please call 1-800-233-5880, Ext. 8909, or 561-622-4334, Ext. 8909, for more information.

You can also contact UI Europe directly at 011-31-343-514031.

# Who Is Smartest of Them All?

*Continued from front cover*

array of viral diseases affecting not only humans, but also plants and animals. On the human side, consider not only HIV and AIDS but the prevalence and tenacity of herpes and the rapid-acting, deadly Ebola virus.

Let's look at how the virus enters the human cell and converts it to its (the virus') own purposes. The virus enters your body, perhaps through your lungs, skin or mucus membranes. Once in your bloodstream, it travels around until it finds one of your cells that it can fool. Your own cells are walled by membranes that have transmembrane channels in them. These channels select specific protein molecules from your blood and intercellular fluids that can be used as building supplies for that cell. The virus somehow discovers what a given transmembrane channel will accept and it imitates that molecule. When successful, the channel opens and admits the viral molecules into a system of tube transports that take the viral DNA or RNA directly to the host cell nucleus, where the host cell has its own DNA. The viral DNA immediately combines with and makes the necessary modifications in the host DNA to suit the viral purposes.

Once in the host cell with the necessary modifications made, the virus can use this cell to quietly exist for a long time — as long as seven years according to some estimates based on various clinical observations. When the virus decides to activate, the cell produces new viruses, which are released into the patient's intercellular fluids and the bloodstream. The rate of reproduction is often about 500,000 per minute. Is it any wonder that once the virus goes into action the patient can get very sick, very quickly?

We have precious little that we can do pharmacologically about these viruses. Vaccines have some use, but the focus is narrow and it seems that the virus can very quickly outwit the vaccine.

Witness the variable success of flu vaccines, and the fact that each year the virus changes enough to require a new formulation. It would seem that these viruses are indeed smart critters who are intent upon surviving as a species. Personally, I don't think that we can outwit the viruses scientifically. Any victories that we achieve using pharmaceutical agents will be short-lived.

This whole picture may seem rather depressing. It appears that humans have little if any chance, should the viruses decide to take over the world. First, remember that viruses need host cells. If the host cells are ultimately destroyed, the viruses also go into extinction. I think the viruses are too smart for that to happen. Perhaps this is why they convert the host cells and lay dormant so long.

However, my real encouragement comes from the intelligence potential that is inherent in the human immune system. In the case of our own immune abilities to resist the virus, I believe that the "use it or lose it" rule applies. Our immune systems are quite miraculous in their abilities to improve and adapt. They can usually learn to resist both bacterial and viral disease-producing organisms. But the immune system is like any other part of our total being. If everything is done for it, as it is in the use of antibiotics, or the choices are made for it, as in the case of vaccines and immune stimulants to very specific diseases, the full potential of the immune system is not achieved. We need to be exposed, in moderation, to a wide variety of antigens. These antigens are the things that stimulate immune responses. The more we rely on external medicines to cure our diseases, the less our own immune systems will be exercised and developed.

*Continued on page 14*

## Advanced CranioSacral Therapy



Hartford, CT — December 5-9, 1996

From left to right. Back row: Joe Cail, CMT, Preceptor; Lynne Lavers, LMT; Terry Kalayjian, LMT; Hank Meldrum, PT, OMT, Instructor; Michelle Kinsella, OT; Joseph Robinson, MS, ATC, PT; Manny Lopez, LMT. Front row: Clara Favale, PT; Regina Rosenthal, PT, MA; Joanne Dupre, PT; Sandra Knox, PT; Dolores Boule, PTA, AMTA; and Pamela Gilchrist, Preceptor.

# Beyond The Dura

## Research Conference

The 1997 Beyond The Dura biannual research conference being held at the Catamaran Resort Hotel in San Diego, Calif., October 22-26, 1997, is just around the corner! At this writing, there is still time to register, but spaces are filling up quickly.

Beyond The Dura draws researchers and clinicians from around the world who are eager to share and explore the latest research in Cranio-Sacral Therapy and allied healthcare modalities. The 1997 conference will feature thought-provoking presentations, demonstrations and discussions led by internationally known speakers.

In addition, several panel discussions will be moderated by Dr. Upledger, including: Clinical Experiences, Post-Traumatic Stress Disorder, Dolphin Research, and the Future of Healthcare in Politics.

Proceeds from Beyond The Dura are used by The Upledger Foundation, a non-profit organization that supports ongoing research and development of therapies, and subsidizes care for needy patients.

# Beyond The Dura

October 22-26,  
1997

Tuition for Beyond The Dura is \$595, and includes admittance to:

- All presentations and panel discussions
- A Saturday-evening dinner/dance

**Don't delay in making your plans to join us!**  
**Call 1-800-233-5880, Ext. 8909, for registration or more information.**

## Keynote Speaker: *The Honorable Berkley Bedell*



Former U.S. Congressman and proponent of complementary medicine, The Honorable Berkley Bedell, will be the keynote speaker at Beyond The Dura.

Mr. Bedell served on the Advisory Council for the National Institutes of Health, Office of Alternative Medicine. An advocate of the Access to Medical Treatment Act (S-1035 and HR-2019), he searched beyond

the realm of conventional medicine to combat his own serious health problems and found

effective treatment with nontraditional methods. Since then, he has been involved in helping establish individual rights to choose healthcare modalities.

In his presentation, Mr. Bedell will discuss the current condition of healthcare and what can be done to improve it. He will also participate in a panel discussion on healthcare and politics along with other experts. Other panel discussions at the conference will address clinical issues, post-traumatic stress disorder and dolphin-assisted therapy.

## BTD '97 Presenters

Other notable presenters on the agenda:

- **Doug Alexander, BSc, RMT**, founder and editor-in-chief of *The Journal of Soft Tissue Manipulation*. In private practice in Ottawa, he is also writing *Mobilization of the Connective Tissue System*, which will be published in 1997 by Churchill Livingstone.
- **Nancy Burke, CMT**, a bodyworker and herbalist specializing in CranioSacral Therapy and acupressure.
- **Russell A. Bourne, Jr., PhD**, chief of staff for The Upledger Institute, Inc., HealthPlex Clinical Services, and course developer for Therapeutic Imagery and Dialogue<sup>sm</sup>.
- **Bruno Chikly, MD**, French physician, developer of Lymph Drainage Therapy<sup>sm</sup> and member of the International Society of Lymphology (ISL).
- **Elmer Green, PhD**, director of science for Dove Health Alliance. He is director emeritus of the Menninger Center for Applied Psychophysiology, and a co-founder and former president of the Association for Psychophysiology and Biofeedback (AAPB). With his late wife and colleague Alyce Green, he is the author of *Beyond Biofeedback*.
- **Jim McCormick, LAc**, faculty member of the Zero Balancing Association and the Traditional Acupuncture Institute in Columbia, MD.
- **Yvonne Nienstadt**, director of health and nutrition programs at the renowned Cal-A-Vie Spa in Vista, CA.
- **Lee Nugan, MA**, a staff member at The Upledger Institute, Inc., HealthPlex Clinical Services, and developer of the Spirituality and Healing workshops.
- **Susan Pinto, MA, CFP**, a certified SomatoEmotional Release<sup>®</sup> II instructor for The Upledger Institute, who holds a master's degree in developmental psychology. She is also a senior assistant trainer in the Feldenkrais Method and teaches internationally.

- **Cathy Pliscof, PT**, administrator of intensive programs at The Upledger Institute, Inc., HealthPlex Clinical Services, and a CranioSacral Therapy I instructor.
- **Aminah Raheem, PhD**, a diplomate of Process Work, transpersonal psychologist and developer of Process Acupressure<sup>sm</sup>. She is the author of *Soul Return: Integrating Body, Psyche & Spirit* (Aslan, 1990).
- **Älice Quaid, PT**, staff member at The Upledger Institute, Inc., HealthPlex Clinical Services who also performs CranioSacral Therapy on horses and dogs.
- **Marty Rossman, MD**, co-founder of the Academy for Guided Imagery, a clinical associate in the Department of Medicine at the University of California, San Francisco, and adjunct faculty member at the California School for Professional Psychology, Alameda/Berkeley. He is the author of *Healing Yourself: A Step-by-Step Program for Better Health Through Imagery* (Pocket Books, 1989).
- **Fritz Smith, MD**, a medical doctor, osteopath, acupuncturist, Rolfer, meditator, teacher and developer of Zero Balancing<sup>®</sup>. Dr. Smith is the author of *Inner Bridges: A Guide to Energy Movement and Body Structure* (Humanics Ltd., 1986).

- **John E. Upledger, DO, OMM**, president of The Upledger Institute and developer of CranioSacral Therapy and SomatoEmotional Release<sup>®</sup>. He is the author of several books, including the definitive texts on CranioSacral Therapy and SomatoEmotional Release. His most recent text, *A Brain Is Born: Exploring the Birth and Development of the Central Nervous System* (North Atlantic Books and UI Enterprises), was published last autumn.
- **Gail Wetzler, PT**, a certified Visceral Manipulation<sup>sm</sup> instructor, physical therapy clinic owner, and a certified equine sports massage therapist.
- **Iris Weverman, RPT**, an international lecturer on fibromyalgia, who owns and manages two physiotherapy clinics in Canada.
- **Michael D. Yapko, PhD**, a clinical psychologist internationally recognized for his work in clinical hypnosis, human suggestibility and outcome-focused psychotherapy. He is the author of several books, including *Breaking the Patterns of Depression* (Doubleday, 1996).

A CST instructors' meeting will immediately follow the conference.

- travel • rental cars • accommodations • meeting planning • vacation planning •

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# Calendar Listing: July 1 - October 31, 1997

*Space is limited. Call today to register: 1-800-233-5880, Ext. 8909.*

## Upledger CranioSacral Therapy<sup>sm</sup> I

Atlanta, GA - Oct. 16-19  
 Bend, OR - Sept. 25-28  
 Boston, MA - Aug. 21-24  
 Boulder, CO - Aug. 14-17  
 Burlington, VT - Aug. 7-10  
 Charlotte, NC - Oct. 9-12  
 Chicago, IL - Oct. 16-19  
 Colorado Springs, CO - Oct. 30-Nov. 2  
 Columbus, OH - Aug. 21-24  
 Dallas, TX - Oct. 4-7  
 Dayton, OH - July 24-27  
 Denville, NJ - July 24-27  
 Edmonton, AB - Sept. 26-29  
 Ft. Collins, CO - Oct. 3-4 & 10-11  
 Ft. Lauderdale, FL - July 10-13  
 Hartford, CT - Sept. 20-23  
 Jacksonville, FL - Sept. 11-14  
 Kansas City, KS - Sept. 18-21  
 Las Vegas, NV - July 24-27  
 Missoula, MT - Oct. 16-19  
 Nashville, TN - July 31-Aug. 3  
 New Jersey Shore, NJ - Oct. 2-5  
 New Jersey Shore, NJ - Oct. 2-5  
 Oahu, HI - Sept. 18-21  
 Omaha, NE - Sept. 11-14  
 Pensacola, FL - Oct. 23-26  
 Rochester, NY - Oct. 30-Nov. 2  
 Salt Lake City, UT - July 17-20  
 San Diego, CA - July 10-13  
 San Francisco, CA - Sept. 6-9  
 Santa Barbara, CA - July 31-Aug. 3  
 Santa Fe, NM - Aug. 7-10  
 Sarasota, FL - Aug. 21-24  
 Seattle, WA - Sept. 11-14  
 St. Thomas, VI - Sept. 18-21  
 Toronto, ON - Sept. 18-21  
 Washington, DC - Aug. 21-24  
 Winnipeg, MB - Oct. 16-19

## CranioSacral Therapy II

Baltimore, MD - Sept. 4-7  
 Big Sur, CA - Sept. 28-Oct. 3  
 Boston, MA - Aug. 21-24  
 Charlotte, NC - Oct. 9-12  
 Dayton, OH - July 24-27  
 Detroit, MI - Aug. 14-17  
 Hartford, CT - Sept. 20-23  
 Madison, WI - Sept. 4-7  
 New Jersey Shore, NJ - Oct. 2-5  
 New York, NY - Oct. 30-Nov. 2  
 Oahu, HI - Sept. 18-21  
 Orlando, FL - July 31-Aug. 3  
 Ottawa, ON - Oct. 2-5  
 Salt Lake City, UT - July 17-20  
 San Diego, CA - July 10-13  
 Seattle, WA - Sept. 11-14  
 St. Louis, MO - July 17-20

## SomatoEmotional Release<sup>®</sup> I

Boulder, CO - Aug. 14-18  
 Dayton, OH - July 24-27  
 Hartford, CT - Sept. 25-28  
 Toronto, ON - Sept. 18-21  
 Washington, DC - Aug. 21-24

## SomatoEmotional Release<sup>®</sup> II

Edmonton, AB - Sept. 26-29  
 San Diego, CA - July 10-13  
 Seattle, WA - Sept. 11-14

## The Brain Speaks<sup>sm</sup>

Palm Beach, FL - Aug. 7-10

## CranioSacral Therapy for Pediatrics<sup>sm</sup>

Palm Beach, FL - Sept. 4-7

## Therapeutic Imagery & Dialogue<sup>sm</sup> I

San Francisco, CA - July 25-27  
 Washington, DC - Aug. 22-24

## Advanced CranioSacral Therapy

Palm Beach, FL - Oct. 13-17  
 Big Sur, CA - July 20-25  
 Breitenbush, OR - Aug. 3-7

## Advanced II CranioSacral Therapy

Palm Beach, FL - Aug. 18-22

## ShareCare<sup>sm</sup>

Northampton, MA - Sept. 13  
 Minneapolis, MN - Aug. 9  
 Oahu, HI - July 26  
 Palm Beach Gardens, FL - Sept. 13  
 Warren, MI - Sept. 13

## Clinical Application of CranioSacral Therapy

**NEW!**

Palm Beach Gardens, FL - Oct. 6-10

## Clinical Application of SomatoEmotional Release

**NEW!**

Palm Beach Gardens, FL - Sept. 8-12

## Mechanical Link<sup>sm</sup> I

Las Vegas, NV - July 24-27  
 Palm Beach, FL - July 17-20

San Diego, CA - July 10-13  
 San Francisco, CA - Oct. 18-21

## Mechanical Link<sup>sm</sup> II

Hartford, CT - Oct. 11-14

## ML Clinical Symposium

Paul Chauffour, DO  
 West Palm Beach, FL - July 21

## Lymph Drainage Therapy<sup>sm</sup> I

Chicago, IL - Oct. 16-19  
 Dallas, TX - July 31-Aug. 3  
 San Francisco, CA - Sept. 6-9

## Lymph Drainage Therapy<sup>sm</sup> II

Hartford, CT - Sept. 25-28  
 Palm Beach, FL - July 17-20

## Bandaging, Garments and Other Tools for Compression Therapy

Palm Beach, FL - Dec. 11-14

## LDT Clinical Symposium

Bruno Chikly, MD  
 West Palm Beach, FL - July 21

## Energy Integration<sup>sm</sup> I

Weymouth, MA - July 24-27  
 Weymouth, MA - Sept. 18-21

## Energy Integration<sup>sm</sup> II

Weymouth, MA - Aug. 16-17

## Fascial Mobilization I

Tucson, AZ - Aug. 8-10

## Muscle Energy Techniques

Detroit, MI - Aug. 15-17

## Spinal Integration I

Hartford, CT - Sept. 12-14

## Visceral Manipulation<sup>sm</sup> IA

Boston, MA - Aug. 21-24  
 Boulder, CO - Aug. 14-17  
 Chicago, IL - Oct. 16-19  
 Ft. Lauderdale, FL - July 10-13  
 San Francisco, CA - Sept. 11-14  
 Tampa, FL - Sept. 25-28  
 Vancouver, BC - Sept. 4-7



**Visceral Manipulation<sup>sm</sup> IB**

New York, NY - Oct. 30-Nov. 2

**Visceral Listening Techniques**

San Francisco, CA - Sept. 12-14

**Visceral Manipulation<sup>sm</sup> II**

Hartford, CT - Sept. 25-28

**Practical Integration of Visceral Manipulation<sup>sm</sup>**

Hartford, CT - Sept. 19-21  
San Francisco, CA - July 25-27  
San Francisco, CA - Oct. 17-19

**Advanced Visceral Manipulation<sup>sm</sup>**

Boulder, CO - Aug. 14-17

**Advanced Visceral Manipulation<sup>sm</sup> II**

Ft. Lauderdale, FL - July 11-13  
Las Vegas, NV - July 24-26  
Palm Beach, FL - July 17-19

**VM Clinical Symposium**

Jean-Pierre Barral, RPT, DO  
Las Vegas, NV - July 27  
West Palm Beach, FL - July 20

**Process Acupressure<sup>sm</sup> IA**

Breckenridge, CO - Oct. 16-19  
Ottawa, ON - Oct. 23-26

**Process Acupressure<sup>sm</sup> IB**

Baltimore, MD - Oct. 9-12  
Chicago, IL - Oct. 16-19

**Trauma Release Therapy<sup>sm</sup> I**

San Francisco, CA - Oct. 16-19

**Subtle Energy as a Therapeutic Instrument II**

**NEW!**

Palm Beach, FL - Oct. 17-19

**Integrative Manual Therapy for the Neck, Shoulder, Thoracic Outlet and Upper Quadrants**

Toronto, ON - Sept. 18-21

**Integrative Manual Therapy for the Low Back and Lower Quadrants**

Dallas, TX - Sept. 18-21

**Zero Balancing<sup>®</sup> Core Program - Segs. I and II**

Alexandria, VA - Oct. 16-19  
Andes, NY - July 9-13  
Atlanta, GA - Sept. 25-29  
Austin, TX - July 10-13  
Baltimore, MD - Oct. 23-26  
Blue Hill, ME - Sept. 10-14  
Boulder, CO - Sept. 18-21  
Cambridge, MA - Sept. 11-14  
Charlottesville, VA - Sept. 25-28  
Cambridge, MA - Oct. 3-6  
Chicago, IL - Sept. 25-28  
Cincinnati, OH - Oct. 18-21  
Detroit, MI - July 17-20  
Minneapolis, MN - Oct. 9-12  
New Orleans, LA - Oct. 16-19  
New York, NY - Sept. 25-28  
Newfane, VT - July 17-20  
Ouray, CO - Oct. 16-19  
Santa Cruz, CA - July 17-20  
Santa Cruz, CA - Oct. 23-26  
Santa Monica, CA - Oct. 30-Nov. 2  
Toronto, ON - Sept. 18-21  
Tucson, AZ - Oct. 16-19  
Wayne, PA - Aug. 14-17

**Advanced Zero Balancing<sup>®</sup>**

Albuquerque, NM - July 12-14  
Detroit, MI - July 12-14

**Neuromuscular Therapy for Cervical Injuries, Postural Analysis and Pelvic Stabilization**

Baltimore, MD - July 18-20  
Boston, MA - Aug. 22-24  
Boulder, CO - Aug. 1-3  
Columbia, SC - Oct. 17-19  
Dallas, TX - Aug. 1-3  
Detroit, MI - Aug. 15-17  
Ft. Myers, FL - July 25-27  
Youngstown, OH - July 11-13

**Neuromuscular Therapy for Shoulder, Upper Torso, Spinal Column and Extremities**

Calgary, AB - Oct. 31-Nov. 2  
Denville, NJ - Oct. 31-Nov. 2  
Houston, TX - Sept. 12-14  
Las Vegas, NV - Aug. 22-24  
Miami, FL - Sept. 19-21  
Philadelphia, PA - Sept. 12-14  
Saskatoon, SK - Aug. 15-17  
San Francisco, CA - July 25-27  
Tucson, AZ - Aug. 8-10

**Neuromuscular Therapy for Pain Mechanisms of the Low Back**

Baltimore, MD - Sept. 5-7  
Dallas, TX - Oct. 3-5  
Madison, WI - Sept. 5-7

New York, NY - Aug. 8-10  
Orlando, FL - Aug. 8-10  
San Diego, CA - July 18-20  
Seattle, WA - Sept. 12-14  
Youngstown, OH - Oct. 17-19

**Neuromuscular Therapy for TMJ Dysfunctions, Hands, Feet and Eyes**

Allentown, PA - Aug. 22-24  
Anchorage, AK - Oct. 17-19  
Boulder, CO - Sept. 26-28  
Columbus, OH - Oct. 3-5  
Dayton, OH - Oct. 24-26  
Denville, NJ - July 25-27  
Edmonton, AB - Sept. 26-28  
Hartford, CT - Aug. 15-17  
Salt Lake City, UT - July 18-20  
St. Louis, MO - July 18-20  
Virginia Beach, VA - July 11-13

**Neuromuscular Therapy for Neuromuscular Components of Cranial Decompression and Scoliosis**

Chicago, IL - Sept. 12-14  
Columbia, SC - July 11-13  
Denver, CO - Oct. 10-12  
Encino, CA - Oct. 31-Nov. 2  
Ft. Lauderdale, FL - Aug. 1-3  
New Jersey Shore, NJ - Oct. 10-12  
Toronto, ON - Sept. 19-21  
Vancouver, BC - Sept. 5-7  
Virginia Beach, VA - Oct. 10-12

**Beyond The Dura 1997 Research Conference**

**SPECIAL EVENT!**

San Diego, CA - Oct. 22-26

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

Aston<sup>®</sup> Therapeutics; Spirituality and Healing; Supporting the Compassionate Heart; and Dialogues in Contemporary Rehabilitation's One-Day Myofascial Mapping; Muscle Energy Technique and Beyond, Upper Quadrants; Muscle Energy Technique and Beyond, Lower Quadrants; Strain and Counterstrain Technique for the Lower Quadrants; Strain and Counterstrain Technique for the Upper Quadrants; Clinical Hypnotherapy; Developmental Manual Therapy for the Neurologic Patient; Lower Extremity Protocols; Myofascial Release; Neural Tension Testing; and Protective Pain and Muscle Spasm.

*Many courses require prerequisites. Listings are subject to change.*

*For registration, the most current listings and course prerequisites, please call 1-800-233-5880, Ext. 8909.*

# UI HealthPlex Happenings

## *The Upledger Institute, Inc., HealthPlex Clinical Services*

Intensive Programs being offered June through Dec. 1997:

- **Brain & Spinal Cord Dysfunction: Improving Function and Structure.**

This intensive has been the signature core program of UI HealthPlex Clinical Services for many years. Participants suffer from dysfunctions of the brain and spinal cord, usually problems that have not responded to traditional methods of treatment. BSCD provides an environment that facilitates moving beyond the barriers of stalled progress toward new vitality and purpose. Two-week program, 10 a.m. - 5 p.m. *June 9 - 20; July 7-11; July 14-25; July 28 - Aug. 8; Aug. 11-15; Aug. 18-29; Sept. 8-19; Sept. 22 - Oct. 3; Oct. 6-17; Nov. 3-7; Nov. 10-21; Dec. 1-5.*

- **Cancer Recovery: Adjunctive Therapies.**

CranioSacral Therapy has been valued for its ability to enhance immune system function. This clinical program of intensive therapy can benefit individuals in treatment or recovery. One-week program, 1 p.m. - 5 p.m. *Sept. 1-Oct. 5.*

- **Therapist Rejuvenation: Dealing with Burnout.**

This program provides an environment of healing for the healer. Bodywork is demanding on the therapist, and burn-out is always a risk. Here, therapists can receive the therapy they selflessly give to others so they can continue to be effective. One-week program, 1 p.m. - 5 p.m. *June 23-27; July 28-Aug. 8; Sept. 1-5; Oct. 20-31; Dec. 8-19.*

- **Autism: Initiating Developmental Gains.**

Autism is a complex condition with symptoms such as extreme social withdrawal, language impairments, erratic or repetitive behavior, anxiety, fearfulness and developmental delays. We've observed remarkable improvements with CranioSacral Therapy. One-week program, 10 a.m. - 5 p.m. *July 7-11.*

- **Learning-Disabled Children: Correcting the Problem.**

An estimated 50 percent of all learning-disabled children may benefit from CranioSacral Therapy, which is used to detect and correct craniosacral restrictions. This program also offers psychological consultation and instruction in anxiety-reduction techniques. One-week program, 9 a.m. - 1 p.m. *Aug. 11-15; Sept. 8-19.*

- **Post-Traumatic Stress: Facilitating Recovery.**

Now there's a way to reclaim inner peace for sufferers of post-traumatic stress, whether they're military veterans or victims of physical / psychological assault. This program's therapeutic approach is combined with the support of a group setting. Two-week program, 10 a.m. - 5 p.m. *Sept. 22-Oct. 3.*

Each intensive program features a specially selected team of clinicians comprised of UI HealthPlex staff and skilled visiting therapists. Drawing on a variety of complementary approaches, including CranioSacral Therapy and Somato-Emotional Release®, the clinicians work together in multiple-hands sessions as needed to address specific health concerns of each individual. These programs offer an exceptional opportunity to receive some of the most innovative therapy currently available.

For information on scheduled or future intensive programs, call The Upledger Institute, Inc., HealthPlex Clinical Services at 561-622-4706. Preceptorships in the intensive programs are available to alumni as well. Please call 1-800-233-5880, Ext. 8909, for information.

### \* CONGRATULATIONS \*

to these practitioners who've recently  
earned Upledger CranioSacral  
Therapy Certification:

#### Diplomate Level:

*Don Ash, PT*

*Mary Alice Cullinan*

*Olaf Korpiun, PhD*

*John Ossipinsky, LMT*

*Cathy Pliscof, PT*

*Nan Woodward, PT*

#### Techniques Level:

*Molly Clark, PT*

*John T. Jackson, LMP*

*Lynne Jacobsen, LMT*

*John Page, DO*

*Charles Ulmer*

*Frederic Verswijver,  
NMT, LMT*

# Study Groups

Study groups are listed alphabetically by state and city, followed by a contact name, number and modalities covered. Please let us know about any other ongoing study groups. Call the UpDate Editor at 1-800-233-5880, Ext. 8909.

## Edmonton, AB

Trish Roberts: 403-944-1866;  
*NMT1-5*

## Cave Creek, AZ

Gil Seifer, Psych; Nan Woodward,  
PT: 602-488-5934; *CSI, CSII, SERI,*  
*SERII*

## Berkeley, CA

Lorna Skrine, DC: 510-525-4825;  
*CSI, CSII, SERI, SERII*

## El Cerrito, CA (East Bay, N. CA area)

Nancy Burke, CMT: 510-526-0115;  
*CSI, CSII, SERI, ADV*

## Los Angeles, CA

Steven Parker, DC: 818-708-0306;  
*CSI*

## San Diego, CA

Dottie Post, HHP: 619-682-0042;  
*CSI, CSII, SERI, SERII*

## Santa Ana, CA (Orange County)

Cindy Velez, CMT: 714-523-5719;  
In Moon, LAc, DN: 714-542-0666;  
*CSI, CSII, SERI, SERII*

## Santa Rosa, CA

Phillip Henderson, BS, CMT:  
707-538-0710; *CSI, CSII, SERI,*  
*SERII, ADV, ADVII*

## Ventura County, CA

Tricia Fortina, MT, BSW:  
805-933-1023; *CSI, CSII, SERI,*  
*SERII, ADV*

## Washington, DC

National Integrated Cranial Group,  
Margaret Burger, RN: 202-237-7000;  
Robert Johnson, DMD; Ronald S  
Murray, PT; Lowell Weiner, DDS;  
*CSI, CSII, SERI, SERII, ADV*

Suzanne Scurllock-Durana, MsT:  
703-620-4509. Advanced, in-depth  
discussions; *SERI, SERII, ADV,*  
*ADVII, CSP, TBS*

## Aventura, FL (N. Dade area)

Stuart Berger, RPT: 305-937-2281;  
Harvey Grossbard, OMD, AP;  
*CSI, CSII, SERI, SERII*

## Jacksonville, FL

David Dolan, LMT, NMT; Paul  
Cornelissens, PT. Contact:  
Lisa Shock: 904-296-7566;  
*CSI, CSII, SERI, SERII, ADV*

## Orlando, FL

Cynthia Christy, Trager:  
407-648-1791; *NMT 1-3, CSI, CSII*

## Tallahassee, FL

Judith Lyons: 904-877-6851; *CSI,*  
*CSII, SERI, SERII*

## Tampa, FL

Lloyd Fisher, MT: 813-949-1810;  
*NMT 1-5*

## Atlanta, GA

Susan Morrison, DC: 770-804-0030;  
*CSI, CSII, SERI, ADV*

## Oahu, HI

Shari Baer, LMT: 808-531-0088;  
*CSI*

## Oahu, HI

Glen Thering, LMT: 808-951-4278;  
*CSI, CSII, SERI, SERII, ADV*

## Indianapolis, IN

Rebecca Hunt, OTR: 317-287-1843;  
*CSI, CSII, SERI*

## Bangor, ME

Carol Fienhage: 207-848-5600;  
*CSI*

## Baltimore, MD

Tom Nichols, PT: 410-521-5955;  
Cindy Scaljon, OT; *CSI, CSII, SERI,*  
*SERII*

## Hadley, MA (Western MA)

Candice Strack, OTR/L:  
413-256-8882; Pat Joyce, OTR/L:  
413-253-0775; *CSI, CSII, SERI,*  
*SERII, ADV*

## Hanover, MA

Dorinda Galbraith, PT: 617-982-2654;  
*VMIA, VMIB, VMII, PIVM, AVM,*  
*AVMII*

## Northampton, MA

Avadhan Larson, LAc, CMT:  
413-582-0123; Two groups: *CSI &*  
*CSII, SERI, SERII, ADV*

## Weymouth, MA

Tom McDonough, MDiv:  
617-331-8470; *EI, CSI*

## Worcester, MA

Illona Brossman-McIntire, PT:  
508-791-6351, Ext. 108; *CSI, CSII,*  
*SERI, SERII*

## Duluth, MN

Mary Wilger: 218-727-4050; *CSI,*  
*CSII*

## Minneapolis, MN

Kay Koutek, NMT: 612-789-8584;  
*NMT1-5*

## Omaha, NE

Douglas County Cranial Support  
Group; Tricia Fortina, NMT, BSW:  
805-933-1023; 402-331-0156  
April, August, December; *CSI, CSII,*  
*SERI, SERII, ADV*

## Cape May, NJ

Linda Foster, MsT: 609-886-3145;  
*CSI, CSII*

## Lakewood, NJ

Mark Lynch, DC: 908-364-0882;  
*CSI, CSII, SERI*

## Madison, NJ

Peg Dougherty, MA, CMT:  
201-822-3110; *CSI, CSII*

## Bayside, NY

Diann Petralia, LMT: 718-224-3866;  
*NMT 1-3*

## New York City, NY

Barbara Chang, CMT: 212-242-1432;  
*CSI, CSII, SERI, VMIA*

Kenneth I. Frey, PT: 212-751-2693  
or 212-785-0385; *CSI, CSII, VM*

Anne Hammel, CAT: 212-254-3442;  
*CSI, CSII*

Fran Winant, LMT: 212-989-2127;  
*S/CS (Positional Release Therapy)*

## Northport, NY

Gil Seifer, Psych; Nan Woodward,  
PT: 516-757-3593; *CSI, CSII, SERI,*  
*SERII*

## Asheville, NC

Jennifer Smith, LMT: 704-859-5668;  
Richard Fowler, PT: 704-681-2151;  
*CSI, CSII, SERI, SERII, VMIA*

## Charlotte, NC

Cheryl Drake-Bowers, MT:  
704-332-1513; *NMT1-5*

## Columbus, OH

Robert Holway, NMT: 614-857-1096;  
*CSI*

## Eugene, OR

Marie Cavaroc, RN, LMT:  
541-741-2620; *CSI, CSII, SERI,*  
*SERII*

## Allentown, PA

Laura Pudloski, CNMT:  
610-691-1915; Nancy Porambo,  
CNMT: 717-325-9477; *NMT1-5*

## King of Prussia, PA

Zora Natanblut, PT, PhD:  
610-989-1777; *CSI, CSII*

## Philadelphia, PA

Dinnie Pearson, Bodyworker:  
215-923-1632; *CSI, CSII*

## Providence, RI

Susan Steiner, OTR/L; Martine Rini,  
PT: 401-789-4940; *CSI, CSII, SERI,*  
*SERII, FM*

## Nashville, TN

John Burrell: 615-292-9675;  
*CSI, SCS*

## Salt Lake City, UT

Bob Munster, OT: 801-566-9223;  
*CSI, CSII, SERI, SERII, ZB*

## Charlottesville, VA

Judith Sullivan Felton, MT:  
804-296-4160; *CSI*

## Buckley, WA (W. Washington)

John O'Brien, PA-C: 206-802-0160;  
*CSI, CSII*

## Seattle, WA

Carol Kennedy, RPT:  
206-633-4975; Janet Dockery,  
OTR/L: 206-784-4498;  
John Myers, PTA, LMP; *CSI*

## Middleton, WI

Hanna Franke, CNMT:  
608-238-6794; *NMT1-5*

## Milwaukee, WI

Chuck Eigen, MS Ed Psy:  
414-962-7701; *CSI, CSII, SERI,*  
*SERII, SCS*

**Don't forget to contact UpDate  
if any information has changed  
regarding your study group's  
meeting times, locations or  
phone numbers.**

## Alternative Therapies in Clinical Practice: A Call for Papers

*Alternative Therapies in Clinical Practice* is seeking freelance writers, preferably doctors, to write a regular column on the legal ramifications of alternative therapies. They are also looking for papers on the placebo effect and alternative therapy studies done on animals.

To receive more information, please contact: R.P. Gates, Managing Editor, *Alternative Therapies in Clinical Practice*, 470 Boston Post Road, Weston, MA 02193. Call: 617-899-2702 or fax: 617-899-4900.

## New Products

### Books

***A Brain Is Born*  
by John E. Upledger, DO, OMM**

Fascinating reading for therapists and laypeople about the development of the circuitry that makes up the human brain. *A Brain Is Born* is recommended reading for CranioSacral Therapy for Pediatrics and The Brain Speaks workshops. \$45 + shipping

***Infinite Mind: The Science of Human Vibrations* by Dr. Valerie Hunt**

Dr. Hunt presents the first comprehensive human energy field model of vibrant electromagnetic radiation-field changes during human interaction and under varying environmental conditions. This book is based on 25 years of sophisticated electronic field research and extensive clinical studies. \$27.50 + shipping

***The Insurance Reimbursement Manual*  
by Christine Rosche**

A complete manual for expanding your practice and increasing your income. \$59.95 + shipping

***Positional Release Therapy*  
by Kerry D'Ambrogio, BSc, PT,  
and George Roth, BSc, DC, ND**

Assessment and treatment of musculoskeletal dysfunction. \$76.99 + shipping

***The Endless Web*  
by Louis Schultz and Rosemary Feitis**

Illustrated guide to understanding how myofascia works. \$16.95 + shipping

***Bodywork* by Thomas Claire**

Brings you through a typical session of more than 15 therapies and outlines health benefits of each. \$15 + shipping

***Anatomy of Movement: Exercises*  
by Blandine Calais-Germain  
and Andree Lamotte**

Companion volume to *Anatomy of Movement*. \$29.95 + shipping

***Healing Yourself*  
by Martin Rossman, MD**

A step-by-step program for better health through imagery. \$12.95 + shipping

***Women Who Run With the Wolves*  
by Clarissa Pinkola Estes, PhD**

Myths and stories of the Wild Woman Archetype. \$15 + shipping

***Being With Babies*  
by Wendy Anne McCarty, PhD**

Paperback booklet: Discusses some very important principles that we are learning from babies about how to help them in their transition into life. \$5 + shipping

***The Intuitive Body* by Wendy Palmer**

A useful, inspiring book for anyone exploring the relation of embodied movement, energetic meditation and intuitive knowledge. \$12.95 + shipping

***Way, When There's Nowhere Else to Turn* by Cheryl Mayfield and Dennis McGee**

A chartered tour to the inside world of the handicapped. \$11.95 + shipping

***Professional Practice Concepts*  
by Nancy M. Porambo, CNMT**

Provides a business approach to massage therapy, and gives basic tools to help you develop business strategies and action plans. \$19.95 + shipping

***Homeopathy for Musculoskeletal Healing* by Asa Hershoff, ND, DC**

Easy reference for practicing homeopaths and laypersons. \$20 + shipping

## Advanced CranioSacral Therapy



San Francisco, CA  
November 4-8, 1996

From left to right. Back row: David Harnage, Preceptor; Maryleah Holtman, BEd, RMT; Judith Fisher, CMT; Jerome Michalek; Rose Stamm, OTR; Pamela Gilchrist, Preceptor. Front row: Jocelyn Pare, APE; Chas Perry, PhD, Instructor; Emmy Plischke, CMT; Ellen Gayle Sovinee, HHP; Scott Hales, MsT; Andrea Lind; and Marilyn Radojich, OTR.

## Audiocassettes

### *Guided Meditations* by Fritz Smith, MD

Two audiocassettes: Three guided meditations that Fritz Smith has been using in his Zero Balancing classes. \$30 + shipping

### *Soul Link Meditation* by Aminah Raheem, PhD

Discover inner guidance from the center of your own being. \$14 + shipping

### *Central Chakra Alignment Meditation* by Aminah Raheem, PhD

Go through seven major chakras to clear, energize and strengthen your inner resources associated with each chakra. \$14 + shipping

### *Music for Healing* by Steven D'Annunzio

Four audiocassettes: A harmonic awakening using sound and music to inspire perfect health, joy and success. \$60 + shipping

### *Supporting the Compassionate Heart* by Suzanne Scurlock-Durana, MsT

Ten audiocassettes: Suzanne gently guides the listeners to a state of conscious awareness where they can access deeper knowledge and creativity, and the capacity to heal and hold a healing space for another in a healthy way. \$75 + shipping

### *Energy Anatomy: The Science of Personal Power, Spirituality and Health* by Caroline Myss

Six audiocassettes: Learn Intuitive Energy Diagnosis, and take back control of your life and health. \$59.95 + shipping

## Compact Discs

### *Sonic Tune-Up* (Spanish/English version)

A craniosacral journey through holographic sound. \$20 + shipping

## Why Not Study Abroad?

More and more workshop participants and instructors are noticing how taking Upledger Institute courses overseas enhance their experiences. The opportunity for therapists of different cultures to work in tandem on a common goal creates an exciting melting pot of languages, lifestyles, cultural history and expectations. CranioSacral Therapy presents a common ground of bodywork, where people of many cultures come together in an interconnectedness that can contribute to universal understanding.

UI instructors Susan Steiner, OTR/L, and Chas Perry, PhD, presented SomatoEmotional Release II to an international group of therapists in Edinburgh, Scotland. Susan explained, "When I planned for the class, I was concerned about the different cultural perception of SER. What effect would the cultural differences have on emoting feelings — when, how, with whom and under what circumstances? What about the language barriers?"

She found that, beyond the differences, the common intention of the participants was to heal themselves and facilitate that process in others. "The common denominator proved to be touch — a cranial touch," Susan continued. "The richness was in the feeling of being in a global community. Hearing the different accents and languages of the participants, unable to even guess what their lives may be like, heightened my curiosity and wonderment of what their processes are about. Part of the joy in watching the class unfold was the realization that the issues around healing old pains and trauma, reclaiming self-love and love for others is truly universal.

"The class was made up of British, Scottish, Irish, Scandinavian and Israeli participants. The language barriers actually contributed to our focus on CranioSacral Therapy and its effect beyond that of

language. Through CST, we find a commonality much deeper than cultural history, government relationships and cultural projections and stereotypes. The participants were all impressed with the transcendence of cultural barriers.

I'm proud to be a part of something that runs as deep into the souls of humankind as CranioSacral Therapy. It's like looking into a universal belief

that surpasses individual thought. Participating with these other cultures makes the experience so much fuller; it blasts open my chakras, especially my heart chakra."

The Upledger Institute is pleased to offer Cranio-

Sacral Therapy and other modality training through international affiliates. For information about current classes, feel free to contact them directly from those listed below. If you prefer, call our toll-free number, 1-800-233-5880, Ext. 8909. Bon voyage!

*"I'm proud to be a part of something that runs as deep into the souls of humankind as CranioSacral Therapy. Participating with these other cultures makes the experience so much fuller..."*

### UI International:

- **UK-Scotland/England/Ireland:**  
Ph.: 44 1738 444404 • Fax: 44 1738 442275
- **UIE Main Office -Italy, Spain, Belgium, Netherlands:**  
Ph.: 31 343 514031 • Fax: 31 343 512189
- **Austria:**  
Ph.: 43 31667 5851 • Fax: 43 31667 1242
- **Germany:**  
Ph.: 49 04504 6336 • Fax: 49 04504 67398
- **Israel: Contact UK**  
Ph.: 44 1738 444404 • Fax: 44 1738 442275
- **Japan:**  
Ph.: 81 4 2529 5133 • Fax: 81 4 2529 5134
- **Portugal:**  
Ph.: 351 13639079 • Fax: 351 13649439
- **Scandinavia:**  
Ph./Fax: 47 22 44 06 14
- **Switzerland:**  
Ph.: 41 619 110405

# UpDate Classifieds

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## **Chiropractic practice for sale,**

Mattapoisett, MA. CST, SER, ZB, visualization, manipulation and nutrition. Eleven-year-old family practice in picturesque harborside village. Great patients & great staff. Massage therapist on staff. Call either 508-758-3711 or 508-636-2642.

## **Therapy rooms available**

at a Professional Medical Park - Centrally located in Jacksonville, Florida - Clinical focus, large waiting room - contact Lisa Shock at Advanced Therapeutics America, P.A. 904-296-7566.

## **The Inner-Dimensional Sound Chamber**

(formerly "Sound Magic") combines the ancient principles of healing sound with the spiritual form of sacred geometry. Adults and children recline or play within a complex geometrical structure where they experience being safely engulfed in a sea of sound. The harmonic resonance field promotes balance, self-awareness and healing on all levels: physical, emotional and spiritual. For more information, please call 317-287-1843 or e-mail: adultped@ecicnet.org.

## **Study group facilitation and tutoring for CSI, CSII and SER.**

Reasonable rates. San Francisco Bay area. Call Nancy at 510-526-0115.

## **"FREE INSURANCE BILLING REPORT FOR MASSAGE/BODY THERAPISTS."**

Simple proven system makes it easy to bill insurance companies for your services and get hundreds of referrals from doctors. To receive your free report, call 1-800-888-1516 for a 24-hour recorded message.

## **"Objective Structural Findings In Massage Therapy: The Key to Insurance Reimbursement and Specialty Physician Referrals."**

The one-day workshop is \$175.00, manual included — 8 CEUs rewarded.

The Manual details the proper procedures to follow in documentation to ensure proper insurance reimbursement and referrals from specialty physicians. Method provided to scientifically prove your therapeutic approach makes measurable structural improvement. Cost: \$50 + tax and s/h.

The Disks contain all the forms necessary for the Massage Therapist to use our documentation procedures for proper insurance reimbursement and specialty physician referrals. Compatible with WordPerfect 6.0, 6.1 and 6.2 software. Cost: \$19.95 plus tax and shipping/handling. To order, please call 904-296-7566 or fax 904-296-1657.

## **"COMPLEMENTARY HEALTH CENTER"**

Massage Therapy School and Clinic in New Jersey. Impeccable reputation, on major highway, est. 1963. Modern professional offices. Specifics to serious, qualified persons; financial statement required. Contact accountant 201-267-2210 - evenings.

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employee for East Central Indiana Holistic Therapy Practice. Prefer two years or more post-graduate training in complementary manual therapies or sensory integration. We offer competitive salary and benefits. Affordable living, close proximity to metropolitan cities. Please send your vitae/resume to Rebecca Hunt, OTR, 4300 S. Madison Street, Suite B, Muncie, IN 47302. Please call 317-287-1843 or fax 317-287-1845, or e-mail: adultped@ecicnet.org.

## **I BEAT CANCER with ESSI-AC/OJIBWA TEA AND EXTRACT!**

Natural herbal remedy reported effective in CANCER, AIDS AND ARTHRITIS treatment. This organic formula handed down from Canadian Indians strengthens the immune system, purifies the blood and reduces toxicity. Non-irradiated. For information about Ojibwa Tea™ & Herbal Extracts contact: Herbs For Life, PO Box 40082, Sarasota, FL 34242. Phone 941-377-7400 or 941-349-2095, fax 941-378-9915. Tea: 3-month supply \$52, 6-week supply \$30. Extract: 1-2 month supply \$42. Mention this ad for a 20% discount.

The deadline for advertising in the next issue is July 19, 1997.

Please contact the Editor:

- Call: 1-800-233-5880, Ext. 8909
- Call: 561-622-4334, Ext. 8909
- Fax: 561-622-4771
- E-mail for more information: upledger@upledger.com

## Who Is Smartest of Them All?

*Continued from page 5*

Exercise, plenty of rest, only reasonable challenges in terms of stress, healthy habits and good nutrition, as well as a happy emotional and spiritual life, are all requirements for an effective immune system. Your immune system responds to your requests and to your thoughts. If you think you will get sick, you probably will. If you talk to your own immune system, request its help, express your faith in it and your gratitude for its assistance, that immune system will do its best to perform on a higher and more effective level (if you mean what you say to it).

Yes, viruses are pound for pound extremely smart, but they are also dependent upon duping a host cell. The best protection we can have is an energetic, alert, intelligent and well-exercised immune system.

## Join Us on the Net

### **The Upledger Institute, Inc.**

Home Page: <http://upledger.com>  
E-mail: [upledger@upledger.com](mailto:upledger@upledger.com)

### **International Association of Healthcare Practitioners**

Home Page: <http://iahp.com>  
E-mail: [iahp@iahp.com](mailto:iahp@iahp.com)

### **International Alliance of Healthcare Educators**

Home Page: <http://iahe.com>  
E-mail: [iahe@iahe.com](mailto:iahe@iahe.com)

### **Travel Concierge, Inc.**

Home Page: <http://tc-travel.com>  
E-mail: [tc-travel@tc-travel.com](mailto:tc-travel@tc-travel.com)

# UI's Future Direction

As The Upledger Institute continues to move ahead, we find ourselves inundated with many different opportunities and responsibilities — new seminars and product lines, worldwide promotion of our curriculums, development of new clinical intensive programs, Upledger Foundation research projects, and the list goes on.

We've been particularly fortunate in the area of seminar expansion. We're offering workshops in Europe, South America, Asia, Australia, New Zealand and the Middle East, with plans for Africa. As soon as we schedule a course in Antarctica, we'll be on all seven continents! The UI HealthPlex Intensive Programs are also becoming more specialized and extremely popular. And the Foundation projects, described elsewhere in this issue, require our attention as well. Our biggest task to date is determining how best to handle this diverse and growing workload.

Our association with a variety of seminar

curriculums has taught us how beneficial it is to involve the curriculum developers in as much of the day-to-day planning and business decisions as possible. Their input on seminar content, scheduling and exposure is necessary to help achieve their goals.

With this in mind, we've shifted the focus of our activities with many of our affiliated curriculums to include more developer involvement. This shift is intended to redirect the management back to the developers themselves for those curriculums not originally developed by UI, or for which we are not directly responsible. This change should enhance the management of the affiliated curriculums and will allow UI to concentrate our efforts on the many opportunities and responsibilities listed above, such as our "core" curriculums, including CranioSacral Therapy, Visceral Manipulation, Mechanical Link and Lymph Drainage Therapy. The Institute will continue to provide services

to other curriculums through the IAHE, but it will be under the developers' direction rather than UI's.

Along these lines, it has been decided to transfer the complete administration of The St. John Neuromuscular Therapy seminars to their home office in Seminole Florida. This is, in part, because St. John has also grown substantially, requiring extensive time and effort to manage. Since UI's plate is already quite full, it seemed best for the St. John home office to directly handle their future growth. This transition will be a gradual one, with St. John eventually taking over all management and administration activities. We wish St. John all the best.

We're pleased that our curriculums and programs are enjoying such a surge of interest. It's our mission to fill the need for complementary therapies that can provide people everywhere with optimal health and vitality.

## What Do You Think?

### *We need your input!*

Alumni, staff members and friends often share their ideas for new educational products they feel would make handy reference tools for fellow practitioners. But before we develop or become a distributor for some of these products, we'd like to know whether you'd have an interest in any of them.

So please, help us out by checking off the products on the following list that you feel might be useful in your practice. When complete, detach the survey and fax it to 561-622-4771, or mail it to: IAHP Products, 11211 Prosperity Farms Road, D-325, Palm Beach Gardens, FL 33410-3487.

Of course, your completion of this survey does not obligate you in any way to future purchases. Thanks for your help, and be sure to keep a lookout for these products!

✂ Detach survey and mail today! ✂

### • Alumni Survey • Alumni Survey •

- **10-Step CranioSacral Therapy Protocol book in tabletop-tent format for your desk.**  
No interest \_\_\_\_\_ Might be useful \_\_\_\_\_ Would buy it \_\_\_\_\_
- **An interactive CD-ROM disc on anatomy.**  
Do not have computer capability to use CD-ROM \_\_\_\_\_  
No interest \_\_\_\_\_ Might be useful \_\_\_\_\_ Would buy it \_\_\_\_\_
- **Discover CranioSacral Therapy (an introduction to CST for clients and non-CST practitioners).**  
What would you prefer? Video \_\_\_\_\_ CD-ROM \_\_\_\_\_  
No interest \_\_\_\_\_ Might be useful \_\_\_\_\_ Would buy it \_\_\_\_\_
- **Practice-Building Skills (including marketing, office set-up and insurance details).**  
What would you prefer? Book \_\_\_\_\_ Video \_\_\_\_\_ CD-ROM \_\_\_\_\_  
No interest \_\_\_\_\_ Might be useful \_\_\_\_\_ Would buy it \_\_\_\_\_
- **Comprehensive Bodyworkers Desk Reference™ (description of bodywork most useful for various ailments).**  
What would you prefer? Book \_\_\_\_\_ CD-ROM \_\_\_\_\_  
No interest \_\_\_\_\_ Might be useful \_\_\_\_\_ Would buy it \_\_\_\_\_
- **What other products can you recommend that would be useful?**  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- **Name (optional)** \_\_\_\_\_

## Letters to Dr. John

Dear John:

I am an alumni of a recent CranioSacral Therapy seminar in Buffalo, NY, and I am writing this letter to congratulate you on your work. I would like to start with the instructor, Susan Steiner. I was very impressed with Susan's ability to control her audience and her thirst for knowledge. My dad always told me that respect was something that was earned and not given away. Susan earned my respect.

Facilitator Angela Smith went so far as to shop for me! I'd mentioned a few things I needed, and sure enough, at the first break, Angela informed me the things I'd requested were in a bag and to let her know if I needed anything else.

In conclusion, I would like to thank you, John, for your individual perseverance in getting this type of thinking to the people who will use it. I have heard your work called everything from hocus-pocus to miracles. However, I feel in the near future it will be called by its proper name — common sense. Thanks, John.

Bill C. Quinn, LMT

Dear Dr. Upledger:

I felt compelled to write this to share my appreciation for CranioSacral Therapy. I am a chiropractor (17 years) in Venice, Florida. After hearing about CST, I was interested in exploring it for my own personal growth. I saw Kenny KiPersio, LMT, and within a minute, he tuned to the exact areas of my body which only I knew to be in need of attention. I later identified my first experience as a SomatoEmotional Release, and Kenny's skilled use of hands-on, dialogue and guided imagery resulted in a good resolution of the area of concern.

I was so impressed with CranioSacral Therapy and SomatoEmotional Release, I was inspired to sign up for CST, and have the pleasure of knowing I was not only personally helped by Kenny's skills, but I have acquired the ability to add this therapy to my chiropractic practice. Kenny's dedication and commitment to this work gives me inspiration to continue learning the skills taught by the Upledger Institute.

I look forward to meeting you and your staff one day and thank you for your continued work in the field of healing.

Kathleen J. Pickering, DC



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