

UpDate

A Publication of The Upledger Institute, Inc.®

Celebrate CranioSacral Therapy Awareness Month: April 2000

Join your fellow therapists and help spread the word about this effective form of compassionate care.



The Dolphin Star

The Upledger Institute is planning a series of events to celebrate, including the christening of the new Upledger Foundation Dolphin Star research vessel. Several classes will also be held in South Florida to coincide with the festivities.

For details about CranioSacral Therapy Awareness Month – or to receive a complete information packet – call 1-800-233-5880, ext. 89000. Or visit our website at www.upledger.com.

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Post-Traumatic Stress Disorder Research Soothes the Skeptics

Dr. John Upledger has long known the world of alternative medicine has many skeptics. “It doesn’t matter how many decades of hands-on clinical practice I have or how many thousands of satisfied patients,” he says. “I still hear the occasional ‘Where’s the research?’ from people who just don’t know how to trust their own hands.”

When it comes to CranioSacral Therapy, those skeptics should have a lot less to question now with the completion of a series of Post-Traumatic Stress Disorder (PTSD) research programs sponsored by The Upledger Foundation. The protocol was co-designed along with the West Palm Beach

Veteran’s Administration medical center to present a statistically sound representation of how CranioSacral Therapy and SomatoEmotional Release® help ease the often devastating symptoms of PTSD in Vietnam veterans.

As the graphs below highlight through pre- and post-test scores, the veterans who completed the programs held at The Upledger Institute HealthPlex Clinical Services in Palm Beach Gardens, Fla., experienced fewer symptoms, plus a reduction in the severity of symptoms. Indeed, a report provided by an independent licensed psychologist noted more than a 95% correlation

Continued on page 13

Results of Four PTSD Research Programs for Vietnam Veterans

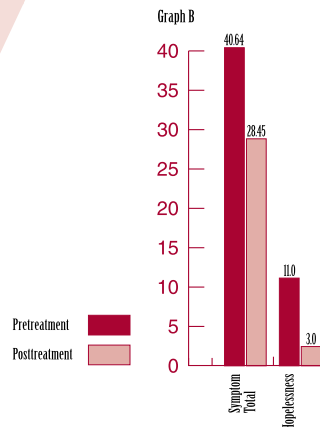
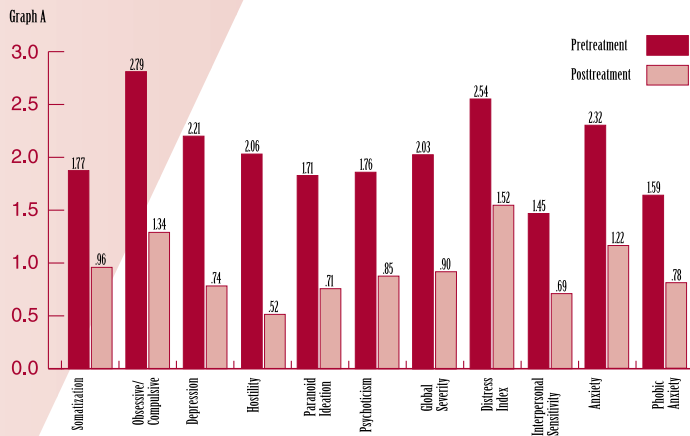


Table A

Test Scale	p ≤ .05
Somatization	x
Obsessive-Compulsive	x
Depression	x
Hostility	x
Paranoid Ideation	x
Psychoticism	x
Global Severity	x
Symptom Distress	x
Interpersonal Sensitivity	x
Anxiety	x
Phobic Anxiety	x
Symptom Total	x
Hopelessness	x

The Visceral Manipulation Report

Now Available: *Model For Research Case Study or Single Subject Design*

A basic yet comprehensive patient intake form – filled out primarily by the patient at the initial evaluation – is crucial for future case study publication. Reports that follow as closely as possible an actual thesis and dissertation format may be easier to subclassify.

The following sections are suggestions for a simple, concise research case study or single subject design. An author can utilize sections 5 and 7 to expand on philosophy or constructs. Sections may even be omitted. Most of this information can be incorporated on an intake evaluation and discharge form. Then only minimal effort is needed to make a publishable single subject design or case study format.

A report could be divided into the following sections:

1. **Introduction:** What is the problem/diagnosis or diagnoses?
2. **Review (of Literature):** Past medical history, etiology of the problem, date of onset, social history, previous treatment, including surgeries for this problem (and results), and diagnostic done.
3. **Procedure (Treatment):** Inclusive of treatment procedures, modalities, exercise (home and office) treatment time per session plus total treatment span (include frequency). If modalities were used, be specific as to any particulars, i.e., % of hydrocortisone cream if phonophoresis was used, (+) & (-) pole placement for iontophoresis, exact placement for magnetotherapy discs, etc. Mention specific treatment positions if appropriate for further classification.
4. **Outcomes (Analysis of Results):** Both functional and structural outcomes should be listed here, i.e., pre- and post-tests. (Try to get 2-3 measurements each pre- and post-test, as it improves reliability and validity of treatment.) Measure outcomes functionally also. (Most clinics/practitioners are obtaining this information from patients as well as the “objective” data.) Include patient’s self-assessment as well as therapist’s patient assessment. Rate a percentage of improvement (usually a scalar measure).
5. **Discussion:** What do your findings mean? How do they add to the established body of knowledge? Where do you go with your results? Make recommendations for change for further analysis of the same subject.
6. **Summary:** An abstract. Summarize points 1-4 (for potential publication).
7. **Conclusions and Recommendations (for Further Study):** Was the treatment successful? If so, how did you measure success? Effectiveness versus efficiency. Should techniques be modified? If so, how and why? Should the study be repeated?
8. **Appendices:** May include subject consent form (if appropriate), technical data, date of birth, dates of treatment (no name submission; use some identification process other than abbreviations or initials).
9. **References:** If appropriate or beneficial for further research.

References:

1. Kain, J. *The Effects of Various Forms of Mobilization on the Rectus Abdominis During Isometric Knee Extension*. Masters Thesis, Springfield College, 1984.
2. Kidder, L. & Judd, C. *Research Methods in Social Relations*. Holt, Penihart & Winston, Inc. 5th Edition, New York, N.Y., 1978.
3. McEwen, Irene. *Writing Case Reports: A How-To Manual for Clinicians*. APTA Pub., Alexandria, Va., 1996.

Internet Directory

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**Lymphedema/CDP
Certification
Program
From
Bruno Chikly, MD,
Developer of Lymph
Drainage Therapy
Coming Soon.
Watch for Details!**

Share a VM Case Study

Do you have a completed VM case study to share? We'd like to hear from you. Please call the Newsletter Editor at 561-622-4334, ext. 89000, or fax your case study to 561-622-4771.

CranioSacral Dissection Class Sheds New Light on Effects of Palpation

by John E. Upledger, DO, OMM

In early April, 1999, a small group of us had the privilege of forming a new class to explore the craniosacral system of a cadaver that had not yet been embalmed or frozen. Our goal was to get a true glimpse of the membrane system without the influence of embalming agents.

To preserve the intracranial membrane system of this 80-year-old male who'd died of lung cancer not 24 hours before, we performed a parietal window dissection. We carefully removed brain tissue with no instruments but our gloved fingers. We also fully exposed the spinal dural mater to explore the interrelationships, and effects upon each other, of the intracranial and spinal dural membranes.

These interactions in such a fresh cadaver were remarkable. We could see and feel the tensions developed in the falx and tent as we gently tractioned the dural tube from points between the occiput and the sacrococcygeal complex. The reverse was also true. As we lifted the frontal, parietal or sphenoid bones, we could feel and see the effects upon the spinal dura mater. It was all very exciting.

Confirmation of the Effectiveness of Palatine Bone Techniques

Our findings as we explored the effects of various activities upon the palatine bones were even more enlightening. As you know, a "stuck" palatine bone can cause major problems, from severe headaches to visual disturbances and even seizures. And it can be very difficult to release.

First we evaluated the resistance of motions induced by our fingertips on the palatine bones. The resistance was quite high – it required a push of at least half an ounce (15 grams +/-) to move either palatine in a cephalad direction.

Pressing on the eyeball did not cause any movement in an inferior direction. This wasn't surprising since there was no "life" in this body. (We questioned the concept of "life," however, when we noticed the dural membrane stretched at about 5 grams of traction, yet it seemed to contract against us as we increased the traction.)

We then dissected the right eyeball and its surrounding fat pads, which were copious even though the cadaver was lean and muscular. The fat pads clearly occupied at least 40

to 50% of the volumetric space in the orbit. We exposed the superior aspect of the vertical pillar of the right palatine bone. Yet we were careful not to disrupt the fascial lining of the orbit so we couldn't be accused of liberating fascial restrictions attached to the intraorbital aspect of the palatine bone.

We then induced palatine bone motion with one finger upon its orbital surface and another finger upon its horizontal contribution to the hard palate in the mouth. The vertical and transverse mobilities of the palatine bone were still very restricted.

Then another therapist moved a finger into the mouth, contacting the internal aspect of the right zygoma. The zygoma was decompressed laterally. This technique broadened the floor of the orbit and dramatically freed the palatine bone so that its responses to very slight finger-induced motions were extremely smooth and easy.

I have been using this technique for some time based on the theory that a stuck palatine bone might often result from an abnormal medial compression of the zygoma. It has seemed effective to move the zygoma laterally in order to release the bone. It was most gratifying to see and feel how well the technique works.

The principle is simply to widen the floor of the orbit using the zygoma as your "handle." As the floor widens transversely, the

trapped palatine bone is released and can move vertically either up or down. Usually it's caught in a cephalad (upward) position.

Having witnessed the amount of fat in this orbit, and the small area the palatine bone contributes to the intraorbital surface, it would appear to take an inordinate amount of pressure upon the eyeball to significantly facilitate palatine motion in a caudad (downward) direction. I much prefer to use the zygoma bone as the recipient of my force. After all, the eyeball is a delicate and intricately designed bag of fluid with numerous subcompartments that can be much more easily damaged than the zygomatic bone.

Even with my level of experience in dissection and treatment, I found this recent dissection enlightening and confirming. We intend to continue these explorations on a regular basis through our new CranioSacral Dissection class. Yet unlike other dissection courses, ours will continue to focus on fresh, unembalmed cadavers, highlighting functional explorations rather than static observations. They will be limited to 12 people in each class and every participant will do hands-on work.

These new two-and-a-half-day intensive courses are being held at the University of Texas Medical Branch in Galveston. For dates, please call Educational Services toll-free: 1-800-233-5880, ext. 89000.

CranioSacral Dissection Class



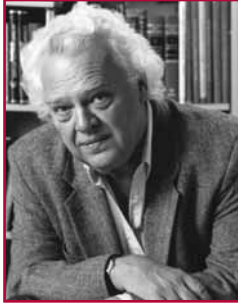
University of Texas Medical Branch in Galveston, Tex. - Nov. 12-14, 1999

Therapists examine the inside of a cranium to trace the cranial nerves coming off the brain stem. Shown here (l-r): Nic Nicodemus, PhD, ND, RMT; Barbara Chang, CMT; Roy Desjarlais, LMT, CST-D; and Dee Ahern, RPT.

Fear: Down Deep and Personal

by John E. Upledger, DO, OMM

Two recent experiences prompt me to share my evolving concept of fear. I thank God, his or her local representatives, and my soul for the growth opportunities they provided.



An SER Brings Back a Painful Past

I'm on the massage table going through a SomatoEmotional Release. The process is an ongoing saga that began several years ago.

It's been well established that, shortly after my birth, my mother would often go into a rage at my presence. At the time I believed I was an unwanted nuisance. Yet it wasn't until this SER experience that I understood the error of this assumption.

The abusive treatment began when I was 3 days old. I learned quickly that to cry or make noise invited even more pain. If I attracted attention when my diapers were dirty, for instance, I might end up suspended by my ankles while my skin was scrubbed hard.

I even remember developing pneumonia at 3 months old. I could actually visualize it in my right lung. But if I coughed and made noise I'd get hurt by my mother, so I learned how to "breathe around" the infected area.

I was becoming a master at rejecting the fear response, maintaining control, becoming invisible. All I needed was a keen awareness to survive.

The Lessons of a Lifetime

I know this all sounds so brutal. But during my SER session I came to know that my mother, my sister, my maternal grandfather and I were all of the same spirit. We were sent down by a soul to teach each other the lessons for which we were Earthbound.

My grandfather taught me about street wisdom. My sister, who has always been there for me, taught me about love. And my mother, she taught me to be wary of danger without being afraid.

Since then I've encountered many potentially intimidating situations traveling the path laid out for me. For me to do what I've had to do in this lifetime, I could not have been controlled by fear. Fortunately, I was a quick learner. By the time I was 4 years old the rages and abuse stopped.

Perhaps you can understand why I've never been angry with my mother. Instead I feel compassion – she must have been mentally off balance during those first years of my life. Without reservation, I accept that she was teaching me not to be victimized by fear.

I recall being seriously afraid only twice later in my life: once as a child faced with a bully toting a BB gun, and later as a young adult – the only medical personnel aboard a Coast Guard cutter rescuing 11 men whose tugboat had sunk 300 miles out in the Gulf of Mexico. Those occasions only reinforced my lessons. I have never again allowed fear to paralyze my brain.

Thank you mother, you did an excellent job. My life has been full of dangerous experiences. My ability to be aware without feeling fear has served me well.

The Past Brings Perspective to the Present

It's several weeks now after that SER with all my realizations still fresh. I'm working with a Vietnam veteran during a 10-day intensive treatment program for Post-Traumatic Stress Disorder (PTSD).

This particular vet is an ex-marine who lied about his age and was sent to Vietnam at 16. Under orders he became a brainwashed, highly trained killer. He carried a machine gun with instructions to shoot anything that moved. He now says he killed at least several people nearly every day for a year.

During our sessions he began to see faces of people he had shot. Suddenly, he realized many had been civilians, even women and children. That's when he began confronting the conflict between his survival skills and his conscience...between his orders and his guilt at having followed them.

His body shook as he vacillated between rage and remorse. As I blended with him it became clear his fear had motivated his violent activities. His military trainers had

implanted a deep fear for his own life in order to create a killer.

Yet I also sensed a natural compassion that had been held at bay by that fear. That's what fueled his internal war between killing and compassion. To resolve that war, we'd need to either neutralize or discharge the fear.

The Core Stimulation of PTSD

Let me tell you a little more about how fear affected this man. Prior to our program, he called to tell us we wouldn't be able to pick him up at the airport as arranged – he couldn't control his fear of flying. Even though it was a 15-hour ride, he would come by train instead.

The person who finally showed up put on a tough, skeptical image. He had a short GI haircut with a mustache and goatee. His eyes shifted from flat and emotionless to piercing and threatening in seconds.

He let us know he was a loner. Never married. Trusted only one or two people in the world. Yet his lean body responded well to our first days of compassionate CranioSacral touch.

Then we came to the 7th day of our program. His Reticular Alarm System (RAS) was set on ready alert, with a hypertonus of the sympathetic nervous system that had him poised for combat at the sound of a pin dropping – or the sensation of anything threatening or unfamiliar.

Put simply, it was the sort of stress that triggered his trained behaviors. We could see he had to work hard to control his "killer" reflexes.

Sensing his inner wisdom, I explained that his RAS was still hyperactive from his experiences in Vietnam. I also explained this was at least partially responsible for his PTSD and its disabling effects: his inability to live comfortably in the social structure by which he was surrounded. All this was done, of course, while numerous CranioSacral Therapists assisted him.

I then asked permission to dialogue directly with whatever body parts might help us better understand the problems he was suffering. He agreed, so I asked his RAS to speak with me (using the vet's voice, of course). RAS told me it was too busy focusing on its job.

Continued on next page

CranioSacral Therapy and the Immune Response

A New Workshop by Developer John E. Upledger, DO, OMM

There are numerous characters involved in the body's immune response. In this new four-day course, we'll present them and study their attributes and functions. The goal is to learn how to better assist the immune system as it performs its magic.

Each immune cell type has its own consciousness. Here you'll learn how to communicate with those different cell types to find out how to help them improve their performance – especially when invading microorganisms gain a foothold, or when

neoplasticity changes occur.

We'll also study and communicate with the various glands and organs involved in the immune system, such as the liver, spleen, thymus, lymph nodes and nodules. And we'll explore the production of the various molecules of communication, including cytokines and other molecules of protein such as the various gamma globulins.

The fascinating new workshop will follow The Upledger Institute's classic "Learning by Discovery" program, in which lectures are

supported by demonstrations and hands-on practice. It's full of practical approaches developed by Dr. John Upledger after years of personal clinical experiences.

Prerequisite: SomatoEmotional Release II, Advanced CranioSacral Therapy, or Clinical Applications of CranioSacral Therapy and SomatoEmotional Release

Tuition: \$750 U.S.

For more information, please call Educational Services toll-free: 1-800-233-5880, ext. 89000.

Continued from previous page

I asked how long it had been since it had relaxed. RAS said it didn't know – it had never relaxed. So I asked the amygdala if they were in charge of RAS's activity level. They said RAS was out of their control and had been for a long time.

Gauging the Effects of His Fear

I asked our veteran to visualize a gauge from 0 to 100 that represented his RAS activity level. He did, seeing a gauge common on oxygen tanks, with the reading indicated by a needle.

His RAS was running at 80. I again explained how this level probably helped save his life in Vietnam, but it could be harmful now. I asked if he'd be willing to lower the reading to 50, which he did. As he reported his progress we felt his tissues relax. We soon sensed his fluid and energy flow improve as well.

Then I asked him to try for 25. He got the gauge down to 20 but began to experience severe back and chest pain. Spontaneously the gauge returned to 50 and the pain left. When he forced the gauge below 50 again the pain returned.

This pattern repeated several times until it became clear that pain was the voice of something inside him that didn't want the RAS activity down. So I asked pain about the situation. It said it was dangerous for the vet to relax his guard. He could be killed.

After some conversation we realized fear controlled the RAS activity level. It had been responsible for our veteran's inability to

embark on a post-war healing process. Yet it felt justified, responsible for his survival in Vietnam – though it didn't realize the war was over.

Mother Enters the Picture Yet Again

Suddenly I saw how my own experiences with my mother could help here. I learned that you can be alert to danger without using fear as the stimulating mechanism. Fear actually reduces the effectiveness with which we respond to danger.

I shared this with our veteran. He understood. His RAS liked the idea of not being driven by fear. His amygdala were overjoyed.

Yet fear was totally unreasonable, so it had to be forcibly removed. That involved a lot of strong therapist "intention" along with a few therapeutic surprises. In any case, the fear suddenly discharged, the pain left, and the RAS gauge dropped to 20, where I'm pleased to say it's remained.

This chapter has a happy ending. Our veteran, at his own suggestion, flew home. He called us after his safe return to proudly tell us his flight was uneventful. He experienced no fear.

I learned something from all this as well. Yes, we can have an alert and dependable RAS without fear. And the therapist often gets the "knowing" – just in time for the next patient.

Advanced I CranioSacral Therapy



Toronto, Ont. – June 14-18, 1999

Back row (l-r): Alanna McLean, RPT, MS (preceptor); Sister Catherine Mary Lee, LAc, LMT; Judith Argue; John Burek, MT; Cindy Stein, PT; David Halfon, LMT; Wendy Good, PT; John Glenn, CPWE, NMT; Nancy Knight, RDMT. Front row (l-r): Chas Perry, PhD, CST-D (instructor); Evelyn Zuckerman, LMT; Melanie Galea, RMT; Rosann McCarville, PT (preceptor); Richard Hofner, MS, PT, ATC (preceptor).

Course Calendar: April 1, 2000 - January 31, 2001

Many courses require prerequisites. Call today for information or to register: 1-800-233-5880, ext. 89000.

CranioSacral Therapy I*

AK: Anchorage — Oct. 7-10, 2000
 AL: Birmingham — June 22-25, 2000
 AZ: Phoenix — June 15-18, 2000
 Tucson — Dec. 14-17, 2000
 CA: Fresno — Aug. 24-27, 2000
 Orange County — Nov. 9-12, 2000
 San Diego — July 27-30, 2000
 San Francisco — Sept. 28-Oct. 1, 2000
 San Francisco — Jan. 4-7, 2001
 Santa Barbara — Apr. 6-9, 2000
 CO: Boulder — Aug. 17-20, 2000
 Colorado Springs — Oct. 5-8, 2000
 Ft. Collins — Dec. 1-2, Dec. 8-9, 2000
 CT: Hartford — Sept. 14-17, 2000
 DC: Washington — Aug. 10-13, 2000
 FL: Ft. Lauderdale — July 13-16, 2000
 Ft. Myers — Oct. 19-22, 2000
 Jacksonville — Sept. 21-24, 2000
 Orlando — Dec. 14-17, 2000
 Palm Beach — Apr. 27-30, 2000
 Palm Beach — Nov. 16-19, 2000
 Pensacola — Oct. 5-8, 2000
 Sarasota — Jan. 11-14, 2001
 Tampa — June 15-18, 2000
 GA: Atlanta — June 15-18, 2000
 HI: The Big Island — Sept. 7-10, 2000
 IL: Chicago — Nov. 2-5, 2000
 IN: Indianapolis — Aug. 10-13, 2000
 KS: Kansas City — July 13-16, 2000
 Wichita — Jan. 4-7, 2001
 KY: Louisville — Apr. 13-16, 2000
 MA: Boston — Aug. 3-6, 2000
 Boston — Dec. 7-10, 2000
 ME: Portland — June 15-18, 2000
 MI: Detroit — Apr. 27-30, 2000
 Detroit — Nov. 9-12, 2000
 Grand Rapids — Aug. 24-27, 2000
 Lansing — June 22-25, 2000
 MN: Minneapolis — June 8-11, 2000
 Minneapolis — Nov. 16-19, 2000
 MO: St. Louis — Jan. 25-28, 2001
 MT: Missoula — Nov. 9-12, 2000
 NC: Charlotte — Oct. 12-15, 2000
 Raleigh — July 6-9, 2000
 NE: Omaha — Oct. 12-15, 2000
 NJ: Atlantic City — June 8-11, 2000
 Denville — July 6-9, 2000
 New Jersey Shore — Oct. 5-8, 2000
 NM: Santa Fe — Sept. 30-Oct. 3, 2000
 NY: Ithaca — Dec. 14-17, 2000
 New York — Oct. 26-29, 2000
 New York — Jan. 11-14, 2001
 Rochester — Sept. 7-10, 2000
 Utica — Apr. 27-30, 2000
 OH: Cincinnati — Jan. 11-14, 2001
 Cleveland — Nov. 16-19, 2000
 Columbus — Sept. 28-Oct. 1, 2000
 Dayton — July 20-23, 2000
 OK: Oklahoma City — Apr. 27-30, 2000
 OR: Bend — Sept. 28-Oct. 1, 2000
 Grants Pass — Apr. 6-9, 2000
 Portland — Dec. 7-10, 2000
 PA: Allentown — Apr. 6-9, 2000
 Chambersburg — Oct. 7-10, 2000
 Philadelphia — June 1-4, 2000
 Philadelphia — Jan. 25-28, 2001
 Pittsburgh — Aug. 17-20, 2000

State College — June 10-13, 2000
 SD: Hot Springs — Oct. 19-22, 2000
 TN: Nashville — July 13-16, 2000
 TX: Austin — Sept. 28-Oct. 1, 2000
 Dallas/Ft. Worth — Nov. 9-12, 2000
 Houston — June 1-4, 2000
 San Antonio — Jan. 18-21, 2001
 UT: Salt Lake City — July 6-9, 2000
 VA: Virginia Beach — Apr. 8-11, 2000
 Charlottesville — Dec. 7-10, 2000
 VT: Burlington — July 20-23, 2000
 WA: Seattle — Sept. 14-17, 2000
 Seattle — Jan. 18-21, 2001
 Spokane — June 22-25, 2000
 WI: Appleton — Dec. 7-10, 2000
 Milwaukee — July 27-30, 2000
 Racine — Aug. 24-27, 2000
 Canada: Edmonton — Sept. 21-24, 2000
 London — Oct. 26-29, 2000
 Montreal — Oct. 12-15, 2000
 North Bay — June 22-25, 2000
 Ottawa — Apr. 6-9, 2000
 Saskatoon — Apr. 27-30, 2000
 Toronto — Sept. 7-10, 2000
 Toronto — Dec. 7-10, 2000
 Vancouver — Nov. 25-28, 2000
 Winnipeg — Oct. 26-29, 2000
 Sydney — June 24-27, 2000
 Sydney — Nov. 4-7, 2000
 Australia: Melbourne — Apr. 6-9, 2000

CranioSacral Therapy II

AK: Anchorage — Oct. 12-15, 2000
 AZ: Phoenix — June 15-18, 2000
 CA: Big Sur — Oct. 29-Nov. 3, 2000
 Sacramento — Aug. 17-20, 2000
 San Francisco — Jan. 4-7, 2001
 CT: Hartford — Sept. 14-17, 2000
 FL: Ft. Lauderdale — July 13-16, 2000
 Palm Beach — Nov. 16-19, 2000
 Sarasota — July 6-9, 2000
 GA: Atlanta — Oct. 19-22, 2000
 IN: Indianapolis — Aug. 10-13, 2000
 KS: Kansas City — July 13-16, 2000
 MA: Boston — Apr. 13-16, 2000
 Boston — Dec. 7-10, 2000
 MI: Detroit — Nov. 9-12, 2000
 Lansing — June 22-25, 2000
 MN: Minneapolis — Nov. 16-19, 2000
 NC: Charlotte — Oct. 12-15, 2000
 NM: Santa Fe — Sept. 30-Oct. 3, 2000
 NY: Ithaca — Dec. 14-17, 2000
 New York — July 14-17, 2000
 Rochester — Sept. 7-10, 2000
 Dayton — July 20-23, 2000
 PA: Philadelphia — June 1-4, 2000
 TX: Dallas/Ft. Worth — Nov. 9-12, 2000
 Houston — June 1-4, 2000
 VA: Charlottesville — June 8-11, 2000
 Virginia Beach — Sept. 21-24, 2000
 WA: Seattle — Sept. 14-17, 2000
 Seattle — Jan. 18-21, 2001
 WI: Milwaukee — July 27-30, 2000
 Australia: Sydney — Nov. 4-7, 2000
 Canada: Edmonton — Sept. 21-24, 2000
 Toronto — Dec. 7-10, 2000
 Winnipeg — June 22-25, 2000

CranioSacral Dissection

TX: Galveston — June 23-25, 2000
 Galveston — Aug. 25-27, 2000
 Galveston — Sept. 15-17, 2000
 Galveston — Nov. 3-5, 2000

Introduction to CranioSacral Therapy

FL: St. Petersburg — Apr. 1-2, 2000
 MI: Roscommon — Oct. 14-15, 2000
 Shepherd — Apr. 22-23, 2000
 Shepherd — June 3-4, 2000
 Shepherd — Aug. 19-20, 2000
 Shepherd — Sept. 23-24, 2000
 Shepherd — Nov. 11-12, 2000
 NM: Albuquerque — Aug. 12-13, 2000
 PA: Philadelphia — June 24-25, 2000
 Pittsburgh — June 3-4, 2000
 Canada: Montreal — June 3-4, 2000

Clinical Application of CranioSacral Therapy

Please call for dates and locations.

SomatoEmotional Release* I

CA: San Diego — July 27-30, 2000
 San Francisco — Jan. 4-7, 2001
 CO: Boulder — Aug. 17-20, 2000
 DC: Washington — Aug. 10-13, 2000
 FL: Ft. Lauderdale — July 13-16, 2000
 Orlando — Dec. 14-17, 2000
 Palm Beach — Nov. 16-19, 2000
 IL: Chicago — Nov. 2-5, 2000
 MI: Detroit — Apr. 27-30, 2000
 MN: Minneapolis — June 8-11, 2000
 NJ: Ft. Lee — Sept. 21-24, 2000
 NY: New York — Oct. 21-24, 2000
 Canada: Toronto — Sept. 7-10, 2000
 Vancouver — Nov. 25-28, 2000
 Australia: Sydney — June 24-27, 2000

Clinical Application of CST & SER

FL: Palm Beach Gardens — Apr. 3-7, 2000
 Palm Beach Gardens — Dec. 4-8, 2000

CranioSacral Therapy for Pediatrics*

AZ: Phoenix — Sept. 28-Oct. 1, 2000
 CT: Hartford — Sept. 14-17, 2000
 DC: Washington — Aug. 10-13, 2000
 FL: Palm Beach — July 27-30, 2000
 MA: Boston — June 29-July 2, 2000
 UT: Salt Lake City — July 6-9, 2000
 Canada: Vancouver — Nov. 25-28, 2000

SomatoEmotional Release* II

CA: San Francisco — Oct. 26-29, 2000
 FL: Palm Beach — Apr. 27-30, 2000
 Palm Beach — July 27-30, 2000
 MA: Boston — June 29-July 2, 2000
 NY: New York — Oct. 26-29, 2000
 OH: Columbus — Sept. 28-Oct. 1, 2000
 TX: Houston — June 1-4, 2000
 WA: Seattle — Sept. 14-17, 2000

The Brain Speaks*

CA: San Francisco — Oct. 26-29, 2000

Adv. CranioSacral Therapy

CA: Big Sur — July 24-28, 2000
 Lucerne Valley — Oct. 2-6, 2000
 FL: Palm Beach — Aug. 14-18, 2000
 Palm Beach — Dec. 3-7, 2000
 IN: Indianapolis — July 17-21, 2000
 Canada: Sechelt — July 10-14, 2000
 Toronto — Oct. 30-Nov. 3, 2000

Clinical Application of Adv. CranioSacral Therapy

FL: Palm Beach Gardens — Sept. 11-15, 2000

CranioSacral Therapy and the Immune Response

FL: Palm Beach — Nov. 30-Dec. 3, 2000

Adv. CranioSacral Therapy II

FL: Palm Beach — Sept. 11-15, 2000

Adv. III CranioSacral Therapy

Please call for dates and locations.

Therapeutic Imagery & Dialogue* I

CA: San Francisco — Oct. 27-29, 2000
 FL: Palm Beach — Oct. 6-8, 2000

ShareCare*

FL: Ft. Lauderdale — Apr. 22, 2000
 Palm Beach — Apr. 30, 2000
 Palm Beach Gardens — Sept. 2, 2000
 Palm Beach Gardens — Oct. 21, 2000
 Sarasota — Apr. 15, 2000
 MI: Coldwater — July 1, 2000
 Coldwater — Nov. 11, 2000
 Livonia — Apr. 1, 2000
 MN: Minneapolis — July 15, 2000
 Minneapolis — Nov. 4, 2000
 NY: Ithaca — June 17, 2000
 PA: Bloomsburg — Apr. 15, 2000

Beyond the Dura '01

FL: Jupiter Beach — Apr. 25-29, 2001

Special Event!

Visceral Manipulation IA*

AZ: Tucson — Dec. 14-17, 2000
 CA: Big Sur — Apr. 16-21, 2000
 Orange County — Nov. 9-12, 2000
 San Francisco — Sept. 28-Oct. 1, 2000
 CO: Boulder — Aug. 17-20, 2000
 DC: Washington — Aug. 5-8, 2000
 HI: The Big Island — Sept. 7-10, 2000
 IL: Chicago — Nov. 2-5, 2000
 MA: Boston — Aug. 3-6, 2000
 NM: Albuquerque — Oct. 12-15, 2000
 OH: Dayton — July 20-23, 2000
 OR: Grants Pass — Oct. 20-23, 2000
 Canada: Toronto — Dec. 7-10, 2000
 Vancouver — Nov. 25-28, 2000

Visceral Listening Techniques

NM: Albuquerque — Oct. 12-14, 2000

*IAHP introductory-course coupon may be used for most of these classes

†IAHP introductory-course coupon may be used if first-time participant in a Judith (Walker) DeLany NMT course.

Visceral Manipulation IB

CT: Hartford — Sept. 9-12, 2000
 MA: Boston — Apr. 13-16, 2000
 NM: Albuquerque — June 29-July 2, 2000
 Canada: Edmonton — Sept. 21-24, 2000

Visceral Manipulation II

MA: Boston — Aug. 3-6, 2000
 NM: Albuquerque — Nov. 30-Dec. 3, 2000

Practical Integration of Visceral Manipulation

CA: San Francisco — Sept. 29-Oct. 1, 2000
 FL: Palm Beach — Sept. 8-10, 2000

Adv. Visceral Manipulation

NM: Albuquerque — Nov. 30-Dec. 3, 2000

Visceral Approach to Trauma and Whiplash

CA: Palm Springs — July 20-22, 2000
 NY: New York — July 15-17, 2000

Adv. Visceral Manipulation II

FL: Palm Beach — July 27-29, 2000

Clinical Symposium with Jean-Pierre Barral, RPT, DO

CA: Palm Springs — July 23, 2000
 FL: Palm Beach — July 30, 2000

Mechanical Link™ I*

NY: New York — July 14-17, 2000
 Canada: Montreal — Oct. 12-15, 2000

Mechanical Link II

CA: Palm Springs — July 20-23, 2000
 MN: Minneapolis — Oct. 19-22, 2000

Mechanical Link III

Please call for dates and locations.

Adv. Mechanical Link

CA: San Francisco — Oct. 26-29, 2000

Lymph Drainage Therapy™ I*

AZ: Phoenix — Sept. 28-Oct. 1, 2000
 CA: Big Sur — Apr. 30-May 5, 2000
 San Diego — July 27-30, 2000
 CO: Colorado Springs — Apr. 6-9, 2000
 CT: Hartford — Sept. 9-12, 2000
 DC: Washington — Aug. 5-8, 2000
 FL: Palm Beach — Nov. 30-Dec. 3, 2000
 Tampa — June 15-18, 2000
 MA: Boston — June 29-July 2, 2000
 MI: Detroit — Nov. 9-12, 2000
 MN: Minneapolis — June 8-11, 2000
 NM: Santa Fe — Oct. 5-8, 2000
 OH: Dayton — July 20-23, 2000
 PA: Philadelphia — June 1-4, 2000
 TN: Nashville — July 13-16, 2000
 TX: Austin — Sept. 28-Oct. 1, 2000
 UT: Salt Lake City — July 6-9, 2000
 VT: Burlington — Oct. 5-8, 2000
 WI: Appleton — Dec. 7-10, 2000

Lymph Drainage Therapy™ II

CA: Palm Springs — July 20-23, 2000
 FL: Palm Beach — Aug. 24-27, 2000
 MA: Boston — Apr. 13-16, 2000
 MI: Lansing — June 22-25, 2000
 NY: New York — Oct. 21-24, 2000
 TX: Dallas/Ft. Worth — Nov. 9-12, 2000

Lymph Drainage Therapy™ III

FL: Palm Beach — Nov. 30-Dec. 3, 2000
 MA: Boston — Aug. 3-6, 2000

Lymphatic Breast Care

OH: Columbus — Apr. 8-10, 2000

Heart-Centered Therapy

FL: Palm Beach — Sept. 9-12, 2000
 OR: Grants Pass — July 13-16, 2000
 TX: Austin — Apr. 27-30, 2000

LDT's Bandages, Garments & Tools for Lymphedema Management

MA: Boston — Dec. 7-10, 2000

Lymphedema/CDP Certification

MA: Boston — Dec. 11-12, 2000

NeuroMuscular Therapy for the Posterior Spinal Muscles†

CT: Newington — Sept. 15-17, 2000
 FL: Orlando — Aug. 20-22, 2000
 Tallahassee — Aug. 25-27, 2000
 MA: Worcester — Apr. 14-16, 2000
 MO: St. Louis — Apr. 7-9, 2000
 PA: Erie — July 14-16, 2000
 Quakertown — Sept. 8-10, 2000
 TN: Nashville — Aug. 18-20, 2000
 WA: Seattle — Aug. 18-20, 2000
 WI: Appleton — Sept. 8-10, 2000

NeuroMuscular Therapy for the Upper Extremity†

CT: Newington — Dec. 1-3, 2000
 DC: Washington — June 2-4, 2000
 FL: Melbourne — June 2-4, 2000
 Orlando — Oct. 8-10, 2000
 St. Petersburg — Apr. 28-30, 2000
 Tallahassee — Nov. 3-5, 2000
 MA: Worcester — June 23-25, 2000
 MN: Minneapolis — Nov. 3-5, 2000
 MO: St. Louis — July 7-9, 2000
 PA: Erie — Sept. 22-24, 2000
 Quakertown — Nov. 10-12, 2000
 TN: Nashville — Dec. 1-3, 2000
 WA: Seattle — Nov. 10-12, 2000
 WI: Appleton — Nov. 17-19, 2000

NeuroMuscular Therapy for the Lower Extremity†

DC: Washington — Aug. 25-27, 2000
 FL: Melbourne — Aug. 11-13, 2000
 Miami — July 21-23, 2000
 Orlando — Dec. 10-12, 2000
 St. Petersburg — July 28-30, 2000
 MA: Worcester — Aug. 18-20, 2000
 MO: St. Louis — Sept. 15-17, 2000
 PA: Erie — Dec. 1-3, 2000

NeuroMuscular Therapy for the Cranium & Anterior Spinal Muscles†

CT: Newington — Apr. 14-16, 2000
 DC: Washington — Nov. 10-12, 2000
 FL: Melbourne — Oct. 13-15, 2000
 Miami — Sept. 22-24, 2000
 St. Petersburg — Oct. 6-8, 2000
 IL: Chicago — June 23-25, 2000
 LA: Baton Rouge — Apr. 28-30, 2000
 MA: Worcester — Oct. 20-22, 2000
 MN: Minneapolis — Apr. 7-9, 2000
 MO: St. Louis — Nov. 17-19, 2000
 PA: Quakertown — June 2-4, 2000

Zero Balancing® I*

CA: San Francisco — Sept. 28-Oct. 1, 2000
 IA: Iowa City — Nov. 16-19, 2000
 ID: Twin Falls — Sept. 7-10, 2000
 IL: Chicago — Nov. 9-12, 2000
 KY: Louisville — Oct. 5-8, 2000
 MA: Cambridge — July 13-16, 2000
 Cambridge — Oct. 26-29, 2000
 MD: Annapolis — Nov. 2-5, 2000
 Baltimore — Dec. 8-11, 2000
 Columbia — Oct. 5-8, 2000
 ME: Blue Hill — Sept. 27-Oct. 1, 2000
 MI: Sterling Heights — July 20-23, 2000
 NE: Omaha — June 22-25, 2000
 NY: New York — Oct. 5-8, 2000
 New York — Jan. 18-21, 2001
 Utica — June 3-6, 2000
 NV: Reno — Apr. 27-30, 2000
 OH: Youngstown — July 20-23, 2000
 PA: Chambersburg — Nov. 23-26, 2000
 TX: Austin — July 20-23, 2000
 Austin — Jan. 11-14, 2001
 VA: Charlottesville — Apr. 7-8, 14-15, 2000
 Canada: Holly Hocks — Sept. 11-16, 2000

Zero Balancing® Form and Fulcrums

CT: Mansfield — Apr. 15-16, 2000

Zero Balancing® Form and Fulcrums II

NY: New York — Apr. 15-16, 2000

Freely Movable Joints

AZ: Tucson — Apr. 13-16, 2000
 IL: Chicago — July 6-9, 2000
 MA: Cambridge — June 1-4, 2000
 MD: Baltimore — Apr. 6-9, 2000

Geometry of Healing

IL: Chicago — Oct. 19-22, 2000
 MD: Baltimore — Oct. 12-15, 2000
 TX: Austin — Apr. 13-16, 2000

Zero Balancing®:**Traditional Acupuncture**

MA: Cambridge — Apr. 1-2, 2000

Spirit of the Organs:**Zero Balancers the Viscera**

CO: Boulder — Aug. 3-6, 2000
 NV: Reno — Aug. 10-13, 2000
 VA: Charlottesville — June 1-4, 2000

Process Acupressure™ I: Essence*

CA: Santa Cruz — Aug. 10-13, 2000
 CO: Boulder — Oct. 12-15, 2000
 FL: Coral Gables — Sept. 21-24, 2000
 NY: Saugerties — Jan. 4-7, 2001
 TX: Austin — June 15-18, 2000

Adv. Process Acupressure™ I: Progressed Process

CA: Corralitos — Apr. 20-23, 2000
 Santa Cruz — Oct. 5-8, 2000
 VT: Burlington — Aug. 3-6, 2000

Process Acupressure™ II: Parts of the Whole

CA: Palo Alto — Oct. 26-29, 2000
 Santa Cruz — June 8-11, 2000
 MD: Baltimore — Oct. 5-8, 2000

Process Acupressure™ III: The Hologram

Please call for dates and locations.

Process Acupressure™ IV: Transpersonal Integration

CA: Borrego Springs — Apr. 7-14, 2000

Feldenkrais Method® for CranioSacral Therapists*

FL: Palm Beach — Apr. 27-30, 2000

Introduction to Energy Integration

MA: Boston — May 6-7, 2000

Energy Integration™ I*

CA: Big Sur — Sept. 24-29, 2000
 FL: Palm Beach — Sept. 9-12, 2000
 PA: Philadelphia — June 1-4, 2000

Aston® Therapeutics I

CA: San Francisco — June 9-11, 2000
 CO: Boulder — Sept. 29-Oct. 1, 2000
 IL: Chicago — July 14-16, 2000

Aston® Therapeutics II

MA: Boston — Oct. 28-30, 2000
 WA: Vancouver — Aug. 25-27, 2000

Bodyworks I

IL: Chicago — Sept. 23-26, 2000
 MA: Boston — Aug. 17-20, 2000
 TX: Austin — Nov. 2-5, 2000

Bodyworks II

NV: Incline Village — Nov. 30-Dec. 3, 2000

Supporting the Compassionate Heart - Core Building

AZ: Phoenix — Oct. 27-29, 2000
 PA: Allentown — Apr. 7-9, 2000

Self-Corrective Mechanisms I*: Introduction to Feldenkrais®

CA: Laguna Beach — Jul. 13-16, 2000
 CA: Laguna Beach — Apr. 12-15, 2001

Self-Corrective Mechanisms II: Postural Organization

CA: Laguna Beach — Apr. 13-16, 2000
 CA: Laguna Beach — Sept. 21-24, 2000

Self-Corrective Mechanisms III: Spinal Mobilization

CA: Laguna Beach — Nov. 2-5, 2000

Self-Corrective Mechanisms IV: Feldenkrais® & CranioSacral Therapy

CA: Laguna Beach — Jan. 18-21, 2001

Self-Corrective Mechanisms V: Feldenkrais® & Developmental Movement

CA: Laguna Beach — Mar. 1-4, 2001

Fascial Mobilization*

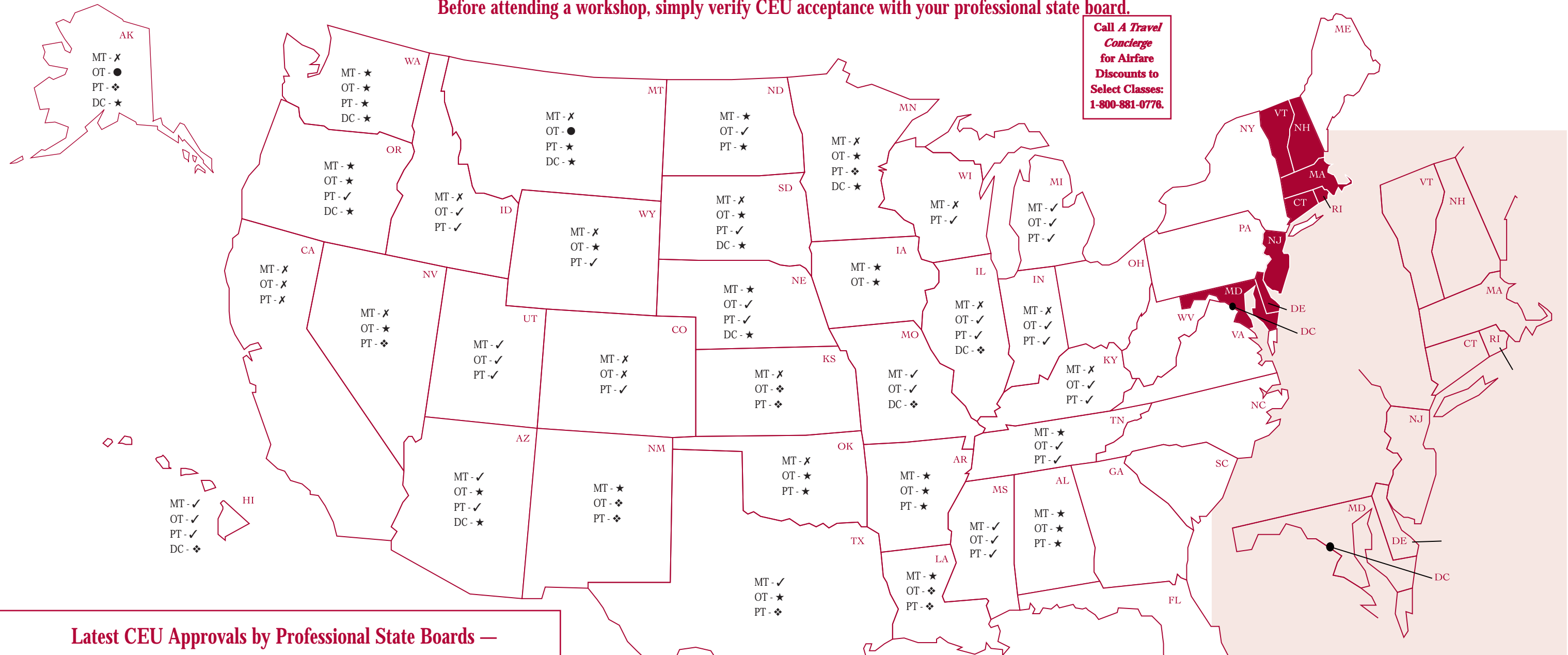
Please call for dates and locations.

This schedule is current at the time of printing and is subject to change.

Earn Continuing Education Credits for Classes in Complementary Care

The Upledger Institute offers classes that satisfy continuing education requirements for many different professions.
Before attending a workshop, simply verify CEU acceptance with your professional state board.

Call A Travel Concierge for Airfare Discounts to Select Classes: 1-800-881-0776.



Latest CEU Approvals by Professional State Boards —

- **Alaska:** Physical Therapists can now earn CEUs for CranioSacral Therapy I & II.
- **Florida:** Physical Therapists can now earn CEUs for CranioSacral Therapy I & II, CranioSacral Therapy for Pediatrics, SomatoEmotional Release I & II, Visceral Manipulation IA and Lymph Drainage Therapy I.
- **Iowa:** Massage Therapists can now earn CEUs for CranioSacral Therapy Overview and Introduction to CranioSacral Therapy.
- **Minnesota:** Physical Therapists can now earn CEUs for particular classes in CranioSacral Therapy I & II, CranioSacral Therapy for Pediatrics, Mechanical Link I and Lymph Drainage Therapy I.
- **New Mexico:** Physical Therapists can now earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I, Visceral Manipulation IA & IB, Visceral Manipulation II, Advanced Visceral Manipulation, Practical Integration of Visceral Manipulation, and Lymph Drainage Therapy I.

Legend

- ★ = Most or all classes approved for CEUs
- ❖ = Some classes approved for CEUs
- ✓ = No CEUs required
- = Approvals pending
- ✕ = No state licensing

Map not to scale.

Information is current at time of printing. Please call for the most up-to-date details.



Join a Study Group

Share Your Experiences and Sharpen Your Techniques in a Supportive Atmosphere

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

To receive an application to form a UI-approved study group, please call 1-800-233-5880, ext. 89000. All study groups shown here were approved as of December 1, 1999. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than April 1, 2000.

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Legend

CST	=	CranioSacral Therapy
CSI	=	CranioSacral Therapy I
CSII	=	CranioSacral Therapy II
SERI	=	SomatoEmotional Release I
SERII	=	SomatoEmotional Release II
ADV	=	Advanced I CranioSacral Therapy
ADVII	=	Advanced II CranioSacral Therapy
TBS	=	The Brain Speaks
CSP	=	CranioSacral Therapy for Pediatrics
VM	=	Visceral Manipulation
VMIA	=	Visceral Manipulation IA
VMIB	=	Visceral Manipulation IB
VMII	=	Visceral Manipulation II
AVM	=	Advanced Visceral Manipulation
AVMII	=	Advanced Visceral Manipulation II

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Mark Your Calendar for These Upcoming Upledger Institute Speaking Engagements

- ✓ **April 14-16, 2000**
 FOTA – 2000 Annual Convention & Exhibit Program
 Fort Lauderdale, Fla.
 Sheryl McGavin, MBA, OTR/L
 “Incorporating the CranioSacral Therapy Approach Into Occupational Therapy Practice”
- ✓ **April 14-16, 2000**
 American Academy of Physician Assistants (AAPA) Annual Convention
 Chicago, Ill.
 Russell A. Bourne, Jr., PhD
 “Complementary Medicine in the 21st Century”
- ✓ **June 20, 2000**
 Tenth Annual ISSSEEM Conference (International Society for the Study of Subtle Energies and Energy Medicine)
 Boulder, Colo.
 John E. Upledger, DO, OMM
 “Further Exploration Arising from the Practice of CranioSacral Therapy”
- ✓ **May 19, 2000**
 AMTA New Jersey Spring Retreat
 Convent Station, N.J.
 Gayle Breman, MSW, LMT
 “Introduction to CranioSacral Therapy”
- ✓ **May 30, 2000**
 AAPA Annual Convention
 Chicago, Ill.
 Bruno Chikly, MD (France)
 “Post-Mastectomy Care and Lymph Drainage Therapy”
- ✓ **July 30-31, 2000**
 Face & Body Annual Business Seminar and Exhibition
 San Jose, CA
 Dean Chang, CMT
 “Mini-Face-Lifting and Total Skin Care”
- ✓ **May 29, 2000**

Milestones

Congratulations and Well Wishes...

- Ken DiPersio, LMT, and Gadi Nelinger, PT (Israel), have been named UI-certified CranioSacral Therapy I instructors.
- Lisa Polec, DC, has been named a UI-certified Visceral Manipulation IA instructor.

A Warm Welcome...

- Madison Deirdre Pack, new daughter of Mary Lou Galantino, PhD, PT, and husband David Pack
- Nicole Lane Collins, new daughter of UI Educational Services Representative Elide Collins and her husband Lane
- Ashlee Marie Bowser, new daughter of UI Educational Services Representative Angela Bowser and her husband Tim



Our Heartfelt Condolences...

- Jean-Pierre Couturier, father of UI HealthPlex staff clinician Cloe Couturier, LMT/CO, passed away on January 4, 2000. We offer our prayers.

New Certified CranioSacral Therapy Teaching Assistants

- Donna Busse, RRT, LMT, CST
- Judith Sanford, LMT

New Certified Visceral Manipulation Teaching Assistants

- Annabel Mackenzie, CSP
- Tom Takeuchi, DC

Now Certified in CranioSacral Therapy...

Techniques Level:

- Stacia Bevan, LMT, CST
- Susan Brown, CST
- Dolores Boule, PTA/AMTA, CST
- Sally Cassell, LMT, CST
- Elizabeth Cornell, LMT, CST
- Geraldine Doyle, CST
- Camilla Glenn, LMT, CST
- Felice Lazarus, MS, PT, CST
- Margie Lee, PT, CST
- Terry J. Lieber, DC, CST
- Heather Linnemeyer, CST
- Cheeta Llanes, PhD, CMT, CST
- Maria Margarita Maranon, LMT, MFA, CST
- Dottie Marvel, ASCP, LMT, CST
- Karla Mueller, MsT, CST
- Debbie Pope, OTR/L, CST

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Roy Desjarlais, LMT, CST-D

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- Dusa Althea Rammessirsingh, BA, CMT, CST
- Rebecca Rich, PT, CST
- Judith Sanford, LMT, CST
- Elaine Stapleton, MT, CST
- Celeste M. Varas de Valdes, CMT, CST
- Sharon Watlington, CTM, CHT, CST
- John Way, BPT, MCSP, MCPA, CST
- Ahna Weston, LMT, CST
- Cassie Caroline Williams, PhD, RPOB, CST
- Stewart James Wright, DDS, CST

Diplomate Level:

- Tim Hutton, PhD, LMP, CST-D

Post-Traumatic Stress Disorder Research

Continued from front cover

between their improvements and the treatments they received at HealthPlex.

"Most of these veterans were having a very tough time just functioning in society," says Russell A. Bourne, Jr., PhD, UI HealthPlex Chief of Staff. "At the end of 10 days of treatment here they demonstrated far healthier profiles. Statistically significant improvement was noted in all 13 PTSD variables tested. In the world of science, it just doesn't get any more clear-cut than this. CranioSacral Therapy and SomatoEmotional Release have proven their effectiveness."

To receive a detailed copy of the report, please call Educational Services at 1-800-233-5880, ext. 89000.

Study Groups

Continued from page 11

Vancouver, BC
Annabel Mackenzie
604-987-0751
Focus: VM

Vancouver, BC
Brenda Pulvermacher, BSc, CSP
604-987-0751
E-mail – jmathias@direct.ca
Focus: CSI

Winnipeg, MB
Tanis Moore &
Genora Whitworth, LMT
204-376-5317
E-mail – tmoore@ecn.mb.ca
Focus: CST

New Zealand

Dunedin, Otago
Nellie Ralston
(03) 473-0095
Focus: CST

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

2000 HealthPlex Clinical Services Intensive Therapy Programs

Brain & Spinal Cord Dysfunction: Improving Structure and Function

Two-Week Programs: Apr. 3-14, Apr. 24-May 5, May 15-26, May 29-June 9, June 12-23, June 26-July 7, July 10-21

Therapist Rejuvenation: Replenishment and Renewal

One-Week Program: May 8-12

Learning-Disabled Children: Facilitating Success

One-Week Program: Apr. 17-21; July 24-28

Autism: Initiating Developmental Gains

One-Week Program: June 26-30

Post-Traumatic Stress Disorder: Vietnam Vets

Two-Week Program: Please call for dates.

Grief & Depression

One-Week Program: Please call for dates.

Shared Healing

One-Week Program: Please call for dates.

Addictive Behaviors

One-Week Program: Please call for dates.

Advanced I CranioSacral Therapy



Palm Beach, Fla. – Dec. 6-10, 1999

Back row (l-r): Jeanne Girard, MA, CNMT; Scott McGee, Reiki; Carol Alvarez, CMT (preceptor); Roy Desjarlais, LMT, CST-D (instructor); Bruce Moran, LMT, CPT; Terrence Grywinski, LMT; Jennie Atkinson, LMT. Front row (l-r): Gloria Coppola, CMT; Patrick Speer, CMT (preceptor); Viorel Iliescu, MS, LMT, NCTMB; Elizabeth Kusnetzky, LMT; Monica Cioffi, MSPT; Judith Klingensmith, RNMT.



Madison, Va. – May 17-21, 1999

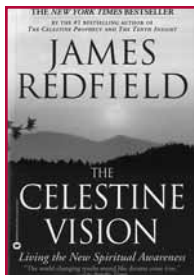
Back row (l-r): Gail Papson, PTA; Ron Bjick, LMT; Roy Desjarlais, LMT, CST-D (instructor); Mark Misiewicz, PT, CST; Susan Grant, CAT; Diana Bahn, LMT. Front row (l-r): Suzanne Herbers, SP; Rebecca Parker; Suzanne Bovenizer, MT (preceptor); Maureen O'Neil, CMT; Ethel Nelson, PT; Lee deRham, LMT (preceptor); Jacqueline Riker, LMT (preceptor); Lorena Claire Mann, RGN, MT, SCM.

Books and Other Products To Help You Build Your Practice



Big Head!

By Dr. Pete Rowan
This colorful, fun, easy-to-read book presents a life-size human brain piece by piece, from a single cell to the complex structure inside the human head. You'll learn more about the tasks your brain performs, from monitoring your senses to storing your memories — and all the other elements that go into making you You! Recommended by John Worcester, LMT, CST. (hardcover) \$20.00



The Celestine Vision

by James Redfield
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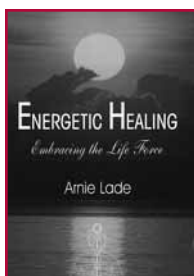
Healing From the Core 2000: A Journey Home to Ourselves CD Set

by Suzanne Scurlock-Durana, CST-D



The complete guide to learning how to feel fully alive: grounded,

energized, relaxed, with healthy boundaries. (7 CD set) \$99.00



Energetic Healing: Embracing the Life Force

by Arnie Lade, AcT
This book is a guide to the inner landscape of subtle energy. It explores the role,

manifestation, utility and healing power of our life force/energy in a concise, informative

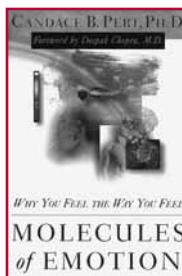
fashion. A compelling and original model of energy is provided – one that bridges many seemingly separate disciplines to reveal their unity and usefulness. (softcover) \$17.95



Myofascial Pain Syndromes: The Travell Trigger-Point Tapes

by Janet G. Travell, MD, and Ben Daitz, MD

This complete set of six videotapes gives you a complete foundation in the concepts of Myofascial Pain Therapy through specific trigger points. Topics include: Introduction to Myofascial Pain Therapy; Myofascial Pain Syndromes of the Head, Face, Neck and Shoulder Girdle; Myofascial Pain Syndromes of the Upper Torso and Shoulder; Myofascial Pain Syndromes of the Shoulder and Arm; Myofascial Pain Syndromes of the Low Back and Hip; and Myofascial Pain Syndromes of the Hip, Thigh and Calf. (set of 6 videotapes) \$395.00



Molecules of Emotion Audiobook

by Candace B. Pert, Ph.D.
Why do we feel the way we do? How do thoughts and emotions affect our health? Dr.

Candace Pert offers decisive answers to these and other questions pondered by scientists and philosophers for centuries. Her conclusions offer a new understanding of the power of our minds and emotions to affect health and well-being. (2-tape audiobook; approx. 3 hrs. total) \$18.00

Flash Cards: Muscles



by Gerald S. Kirby, PhD, and Alan Y. Cohen, MD

This informative pack of flash cards is designed to help you learn both the anatomy and clinical function of the human skeletal muscles. (250 cards) \$10.95

Teslar Watch



Enjoy the benefits of technology while protecting yourself from its effects with the help of the Teslar watch. Tests at Stanford University Medical Center indicate it helps eliminate the effects

of electricity's electromagnetic fields from the body. The results? A 76% increase in the body's immune-system capabilities. And protection against effects such as migraines, allergies, eye strain, joint discomfort, PMS, emotional highs and lows, and general uneasiness.

"The Teslar watch was recommended to me by Valerie Hunt, PhD, in early 1999. Its purpose is to protect the wearer from the electrical fields to which we are exposed...the video screens we watch... the high tension wires that pass over our heads... the cellular phones we use...so many sources.

"I believe the Teslar watch might more correctly be said to neutralize or protect us from electromagnetic fields, as well as a positively charged ionic atmosphere like that present on aircraft. Indeed, I've worn my watch for over six months now and find my fatigue from air travel greatly reduced.

"I like the results. I trust Valerie's judgment. So I recommend the Teslar watch in good conscience as a protective aid against this electrically polluted environment that seems to be an integral part of civilization we've created."

– John E. Upledger, DO, OMM,
Palm Beach Gardens, Fla.

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