

# CONNECTION

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HEALTHCARE

PRACTITIONERS®



Fall 2001

## CST Eases Toddler's Spasticity After Near Drowning

It happened as quickly as people say it does. Within minutes of sneaking outdoors, 2-year-old Matty Fitzsimons was facing death. He had nearly drowned in a pool of water no deeper than an average bathtub. That was Memorial Day 1999.

Doctors reported Matty would be "severely spastic and a vegetable for the rest of his life." A social worker even told his parents, Paula and Jim Fitzsimons, "God's not going to do anything for you. You should be home with your other kids." The Fitzsimons family had four girls and two boys ranging from 2 to 12. But they refused to give up on Matty.

For two months Paula and Jim held vigil at the hospital while doctors tried to determine



Matty Fitzsimons enjoys a hug from brother Nick (right) and a cousin (left) after blowing out the candles at his 3rd-birthday party.

the source of Matty's spasms. "His body was completely arched backward," Paula says. "His head was turned to the right and locked. His teeth were clenched, his arms pulled back, his feet turned out in a ballerina position, and he screamed the whole time. The spasticity was so severe that he kept blowing out his IVs."

After a semipermanent IV line and feeding tube were inserted, Matty calmed down for a while. "But only because they had him on morphine, Valium, Haldol, clonidine and another three pages of drugs," Paula says. Eventually, surgeons inserted a pump into Matty's abdomen to dispense the powerful antispastic drug baclofen into his spine. It wasn't a solution, but it brought some relief.

### The Family Comes Across CranioSacral Therapy

The first real ray of hope for the Fitzsimonses came during a visit by one of the hospital's occupational therapists. While trying to work on Matty's unbending body, she said, "I've been taking some courses in CranioSacral Therapy. Do you mind if I try it on Matty?" Barely touching him, she placed one hand on his spine and the other on his stomach.

"The spasticity started to break a little bit and he stopped crying," Paula says. "She was the first person to get Matty to settle down without using medication." Encouraged, Paula phoned Dr. John Upledger, who helped her find CranioSacral Therapist Mable Sharp, PT, in their area.

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### New Upledger Website Offers Round-the-Clock Resources

Stay up to date on the latest news in the field of complementary care. Bookmark the new Upledger Institute website for fast information 24 hours a day. Review newsletters and articles, check class schedules, locate study groups, purchase books and much more.

Visit [www.upledger.com](http://www.upledger.com)

And stay in touch!

# The Visceral Manipulation Report

## Using Visceral Manipulation to Affect Global Changes

by Barbara Chang, CMT

In the field of complementary care, the more effective treatment tools we command, the more confidently we affect progress and improvements for our client base. In many diverse clinical applications, Visceral Manipulation is my modality of choice for precisely and efficiently “doing the least and getting the most” global therapeutic effects.

This aspect is especially evident when working on the trunk. Not only are all the viscera contained in the trunk, but the viscera’s interconnectedness to the rest of the body communicates a marvelous, expansive, global understanding of the body and its structures. To illustrate, here are three different clients who each benefitted from Visceral Manipulation.

### The Liver Transplant Recipient

Leslie\* arrived for her session wearing an elastic support belt around her sacrum. She complained that her sacrum had “gone out” and that she received had two chiropractic “emergency” treatments.

A woman in her mid-50s, Leslie had been the recipient of a liver transplant four years earlier. Recent events included: (1) attending a two-day, strenuous Kundalini Yoga workshop, (2) having a seemingly healthy friend her same age die of a stroke, and (3) helping pack and move her place of employment.

During our session, her body’s global responses to these mechanical-emotional stressors displayed an interesting visceral “network” of interconnected patterns. They indicated that the liver transplant surgery had made minute yet permanent mechanical alterations to her visceral ligamentous systems. Some were primary and some were secondary to the liver.

The particular areas of mechanical fixations included: the right, round ligament of the uterus; the firm fascial-osseous association of this ligament with the right pubic symphysis; the right lesser trochanter; and the right medial condyle of the tibia. The cumulative effect was a second and third lumbar vertebrae anteriorly displaced enough to cause lumbosacral symptomatic pain.

With visceral releases of the mechanical fixations, those vertebrae spontaneously repositioned back into optimal anatomical alignment. As she got on her feet, Leslie said, “Oh, that’s looser. I don’t think I need to wear the support belt!” (She put it on anyway for good measure.)

### The Lacrosse Player

Mike\* is 16 years old and an active lacrosse player whose mother reported numerous bilateral ankle sprains. At birth, Mike was delivered by C-section and born with clubfeet. He wore braces and splints from infancy through early childhood, and has had continual muscular discomfort in his hamstrings and ankles.

On this particular occasion, Mike overslept for his appointment and arrived with only 25 minutes remaining. As if unconsciously realizing our time constraints, his tissues gave a classic VM “hug the lesion” type of listening evaluation. His left kidney was suctioned superiorly into the spleen, which impeded optimal physiological gliding, rolling, and shearing of both organs in their visceral spatial environment.

Because of the precise nature of VM, over-treating is not advised. Indeed, most VM releases are achieved in 20 minutes or less. This lesional display was a perfect match for a VM adjustment, which quickly and easily remedied and improved normal motions of the left kidney and spleen.

The energetics of both organs was enhanced, and Mike affirmed the global effects upon neighboring organs, tissues and structures. They included the left ankle (muscular component), lumbosacral osseous structures, dural components, and pelvic plexi (a central nervous system component).

### The Marathon Runner

Darlene\* was in her mid-20s. She was a marathon runner who trained three to six times a week, averaging 8-16 miles per run. She complained of stomach bloating that lasted for long periods after eating. Although she appeared fit and trim, her viscera told a different story.

Darlene’s posterior abdominal wall was so rigid and inflexible that spatially the only

direction her viscera — especially the loops of the small intestine — could move to accommodate for digestive processes was forward. So she was distended and bloated. This, combined with each hip, knee, ankle and foot repeating the same continuous running motion 4,500-6,000 times in a typical 8-mile marathon, for example, contributed to her

symptomology.

After listening to her tissues, I used VM techniques to work on her mesenteric roots and sigmoid mesocolon. I also addressed all five transitional zones of the digestive process (cardia, pylorus, Oddi, duodenojejunal and ileocecal valve/sphincters). And I performed multiple recoils to release the gastrophrenic and left triangular ligaments (liver).

Later I demonstrated effective warm-up and warm-down exercises, and I emphasized the use of CranioSacral Therapy to relax the input to her sympathetic nervous system. The last

*continued on page 5*



Barbara Chang, CMT

## CST Eases Toddler's Spasticity

*continued from front cover*

In August 1999, Matty was finally released from the hospital and the CranioSacral Therapy (CST) sessions with Mable began. One of the first areas Mable focused on was Matty's skull.

Two days after the accident, Paula had found a large lump on the back of Matty's head. "The doctor informed me that it was part of his skull that had always been there." But Paula knew otherwise. As a mother she knew every nuance of her child's head. And with a degree in health education she also knew pathophysiology. She knew that lump was in the area of Matty's brain that controls motor activity.

Sure enough, with CST, the bump started going away — and with it the spasticity.

### Progress Opens Eyes and Hearts

Matty continued to progress through the coming months. Through subsequent rehabilitation he had the chance to work with several therapists who were performing CST. "I don't know where Matty would be without the CranioSacral," Paula says. "CranioSacral Therapy works with getting him reconnected."

Even Jim, the family skeptic, has come to appreciate the effects of CST in his son's life. After Matty participated recently in a "Cranio-

Sacral Therapy for Pediatrics" class, Jim commented to Paula, "Is it my imagination, or is Matty reaching better and fine-tuning his coordination with his eyes and hands?"

Until then Jim had maintained an "I'm not sure it wouldn't have happened anyway" attitude about CranioSacral Therapy. "Now it was obvious that CranioSacral had made a difference," Paula says. In particular, Matty had severe strabismus that "seemed to get better the more CranioSacral Therapy he had."

Matty, who turned 4 on June 23rd, is now learning to use a walker. "He has really started

to exert his independence," Paula says. "His speech is becoming more spontaneous, and so many things are coming back to him — including how to play many of his favorite games from before."

All this progress has come from a boy doctors said would be severely spastic for the rest of his life. Paula is quick to encourage parents. "Don't believe them," she says. "Educate yourselves. And try CranioSacral Therapy, especially if you're dealing with a head injury. We intend to make sure everyone knows how important finding the right therapy is."

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

Explore the special issues that surround the application of CranioSacral Therapy on infants and children.

- Find out how early therapeutic intervention can help reduce central nervous system problems that might otherwise manifest as learning disabilities, seizure disorders, palsies, neuromusculoskeletal and visceral problems — from asthma to colitis to scoliosis.
- Learn how releasing trauma from your own birth and childhood could improve the way you affect children therapeutically.
- Practice working with infants and children in a supervised environment.

- Discover a 10-Step Protocol you can use to evaluate a newborn.
- Discuss ways to apply CST to children with learning disabilities, cerebral palsy, seizures or other health challenges.

4 Days, 24 Contact Hrs.

Prerequisite: SomatoEmotional Release® I  
Tuition: \$595.00

For class dates and locations, please see the Course Calendar on pages 8 and 9. To register call Educational Services toll-free: 1-800-311-9204, ext. 89011, or visit us at [www.iahe.com](http://www.iahe.com).

## Advanced I CST Class Lucerne Valley, Calif. – July 30-Aug. 3, 2001



Back row (l-r): Gary Gailius, MT; Chas Perry, PhD, CST-D (instructor); Claire Hadley-Davis, MT (preceptor); Rhea Jacobson, PT; Lois Riley, CMT; Patricia Alomar, MS, PT; Marilyn Mountain, PT. Front row: Elizabeth DeLaBarre, Reiki Master; Cristiana Durante, LMT; Sarah Woodard; Samantha Vickery, OTR; Marigael Morris, CMT; Diane Petrie, CMT.

# When Symptoms Defy Logic: Using the Body as a Guide

by Signy Erickson, DC, CST-D

I have a vivid memory from my last few weeks of chiropractic college — a feeling that I was supposed to know everything about managing a patient's care, then realizing full well how little I really knew.

Experience has tempered that expectation. Yet what's helped me most has been learning to let the patient's body tell me what it needs instead of relying on my own knowledge and logic.

The concept of the body's "innate intelligence" is core to the foundation of chiropractic. While some may consider this merely a theory, practice has shown me that the body's ability to heal is at the heart of virtually all interventions that succeed on behalf of a patient. I believe each of us can use this innate intelligence to help direct our treatments.

For me, the key to following the body's lead was in refining my palpation skills. We all learn how to palpate in school. Most chiropractors are quite good at it. But even more than palpating joint play and muscle tone, I'm talking about tuning in to the fascial system — including the dura mater as a specialized form of fascia.

If one considers the fascia a continuous, three-dimensional web that envelops most body structures, it isn't hard to imagine how a restriction in one part of this system could affect other areas. Learning to palpate these restrictions is key to finding potential problems and being able to treat them.

## Palpating to Free Restriction

The training that put me on the path to increasing the subtlety and discernment in my palpation was CranioSacral Therapy (CST), developed by osteopathic physician John E. Upledger. Practitioners are taught to palpate and treat with pressures as little as 5 grams (the weight of a nickel).

It may seem impossible to accomplish anything with such delicate pressure, yet it's remarkably effective. Gentle palpation allows the practitioner to work at a level generally

quite comfortable for the patient, which leads to less guarding. It also enables the practitioner to acquire more sensitivity in the hands. With diligent training and practice, one can even learn to "feel" throughout the patient's body from any location. Once a tissue restriction is discovered, the practitioner can then release it using the same light forces.

How does this relate to innate intelligence? By using light touch and tuning into the patient's body, the body can tell you what it needs. In practice, it feels as if the fascia pulls me right to where the body needs me to be. Then it lets me know how firmly and how long to hold the position. Treatment becomes akin to a dance between patient and practitioner. My role is simply that of facilitator. I "listen" with my hands, "follow" the tissues where they take me, and "hold" to allow the tissues to release.

With CST, I no longer need to know everything, or even figure out what to do on my own. That's a good thing, because my hands are often drawn to areas that don't appear to have any logical relationship to a patient's symptoms. Now I continue to explore and, ultimately, find the connection.

## Working on All Ages

Case 1. A 55-year-old male presented with severe suboccipital pain and stiffness. He attributed the sudden onset to a stressful situation he had recently confronted. Treating the symptomatic area on the first visit provided some minor relief. At the second visit I was drawn to work intraorally. I found a significant compression and torsion in the bones of the hard palate.

Upon further questioning, the patient remembered an injury he had suffered previously. He had been holding a large nail in his mouth while working. Suddenly a board fell and hit the nail, jamming it into his palate. At the time he removed the nail and thought nothing more of it.

As I treated the remnant mechanical lesions in his palate, the suboccipital pain went away and he gained full cervical ROM. At the one-

week follow-up he reported that his neck pain and stiffness had completely resolved.

Case 2. A 3-month-old infant was brought in presenting with persistent colic. (Colic generally subsides by three months.) The child was crying and appeared to be uncomfortable.

Examination revealed multiple restricted sutures in his skull and very little amplitude to the cranial rhythm. As I gently treated each of the involved sutures, the baby cried less and less. By the end of the session he was asleep. At the follow-up one week later, his parents reported he had been doing fine ever since our first visit.

## Integrating Approaches for Better Patient Care

Using CranioSacral techniques in my practice has dramatically expanded my ability to treat patients like these.

I believe we as chiropractors excel at treating functional neurological problems, especially those stemming from the spinal cord and peripheral nerves. But why stop at C1? How about the cranium and its contents? What about the role of fascia in establishing and maintaining joint restrictions? In each of these cases, I would not have been able to adequately treat my patients had I only treated the area of symptoms or been unable to treat the cranium.

Certainly, a systematic and logical approach is often needed. But for the many patients whose signs and symptoms simply don't fit logical patterns, CST has been crucial in my ability to help with those especially challenging cases.

In my practice I generally treat adults in 45-minute sessions (30 for children). I use CST as the primary modality and then add anything else I feel may help — including high-velocity adjustments. Compared to some chiropractors, I see relatively few patients. And there's another wonderful side effect for the CST practitioner: It is much easier on the therapist's body than the traditional high-volume, high-velocity-adjustment practice.

If applying CST simply demands more time and patience than a chiropractor can provide, then referring to a CST practitioner — or simply setting up two or three CST days or afternoons — is a viable option.



Signy Erickson,  
DC, CST-D

In any event, I encourage you to think of the whole body, including the cranium, when treating patients. Keep in mind that the fascia is a complete system that travels throughout the body. Understand that a restriction in one area creates tensions in other parts of the system.

And above all, realize that the source of a patient's condition may well be distant to the symptomatic area. When you take this approach, I believe you, too, will come to more deeply appreciate the body's innate intelligence. Let your hands be your guide.

*Signy Erickson is a doctor of chiropractic with a private practice in Bend, Oregon. She is a graduate of Western States Chiropractic College and Linfield College, where she received a bachelor of arts in biology. Dr. Erickson is also a certified instructor for The Upledger Institute. She teaches several types of CranioSacral Therapy courses, and is an approved examiner for the CranioSacral Therapy Techniques certification program.*

## The VM Report

*continued from page 2*

I saw Darlene she was just fine, and I assume she's running comfortably about her life today.

### Talking and Listening to the Tissues

As you can see, Visceral Manipulation is a great asset to the palpation repertoire. Just as Dr. John Upledger likes to "talk" to tissues, French osteopath Jean-Pierre Barral, developer of Visceral Manipulation, is a magician at emphasizing the importance of "listening" to the viscera.

CST and VM palpation, techniques and releases are distinct and different. Yet together they blend beautifully into a comprehensive "talking-and-listening" program that respects the inner knowledge of structures to achieve noninvasive, tissue-specific, lasting releases for the body.

\*Names were changed to protect patient confidentiality.

*Barbara Chang, CMT, is a certified Visceral Manipulation teaching assistant with a degree in both fine arts and medical illustration. A teaching assistant for numerous Upledger Institute courses, she currently maintains a private practice in New York City.*

# Dear Dr. Upledger & Staff:

I am writing to give you some personal feedback about my post-SER I [SomatoEmotional Release® I] experiences.

Some background: I am a second-career chiropractor in practice for three years. (The first 20 years of my life I was a corporate human resources personnel director.) I spent 12 years in bioenergetic analysis doing extensive talk therapy and bodywork. I have recently taken the one-week Avatar program. For 16 years I have also been involved with the Life Training, one of the original human potential self-development programs. (Incidentally, one of the primary processes in Life Training involves a very similar dialogue approach to what is taught in SER.)

My first and only exposure to CranioSacral came with my participation at the seminars. At CST I and II last year I received some remarkable benefits, including the permanent realignment of my deviated septum for which I had two unsuccessful surgeries.

I am writing now because the amazing shifts I have experienced physically, emotionally, and as a practitioner are astounding to me!

On my first day back in the office, I experienced a clarity and connection with my patients that I had never felt before, even with conscious focus. My hands and whole body seemed so much more finely tuned than ever before. The results of my work seemed to be so much deeper with much less effort. I had more confidence, I felt more love for my patients, and I had so much more energy. I really felt like I was flying, and it lasted ALL week. I have no reason to believe that this will "wear off" as long as I con-

tinue to receive more CranioSacral Therapy.

Prior to SER, I had not made time to connect with some of the students I met at CST II so that we could work on each other. You can bet I will definitely begin and be regular about giving and receiving therapy now!

Since first taking CST I, I have used CranioSacral Therapy on almost every patient I've seen. My practice is transforming and so am I! I feel confident that I have enough tools to address every problem that is presented and make some improvement, if not complete problem resolution. I have also gotten an even more holistic understanding of the body, specifically the craniosacral system and its impact on the whole body.

CranioSacral Therapy has been the perfect adjunct to my nontraditional, low-force, gentle and primarily energywork-oriented practice approach.

Dr. Upledger: Thank you for your vision, your clarity, your willingness to continue to open further and further inward and outward. Thank you for creating a program with such quality and integrity, and presenting it with such consistent high quality. I have taken many chiropractic seminars and continuing education programs. None has equaled the quality and return on time and investment that I have experienced at all three Upledger seminars. I will keep coming back for more!

With love, honor, respect and gratitude,

*Dr. Fran Assaf*

Dallas, Texas



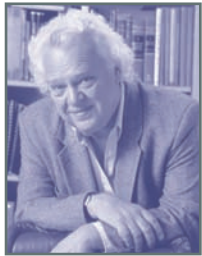
Gayle "Mya" Breman, MSW, LMT, demonstrates simple CranioSacral Therapy techniques that can be applied to horses and other animals at the FSMTA 2001 annual convention. To find out more about the Equine CranioSacral Techniques class, please call 1-800-311-9204, ext. 89011.

# The Upledger Foundation Update

Dear colleagues and friends,

Since early 2000, complementary therapies have piqued the interest of mainstream media like never before. Modalities such as CranioSacral Therapy and Visceral Manipulation have found an audience through *TIME* magazine, *CNN* news and other venues.

Now it is up to us to keep that momentum strong. Everything we do today will impact the way healthcare is practiced in the future. If we are to make a lasting difference, it will require daring on our part.



**John E. Upledger,  
DO, OMM**

We must continue to have the courage to step beyond the bounds of conventional wisdom and be open to exploring all the wonders of the human body. We must be willing to set aside our egos each day

to let the patient be the guide. And we must seek new ways to return the element of compassion to the healthcare equation.

You help us accomplish that by supporting The Upledger Foundation's research projects and community outreach programs. Your dedication combined with our innovative techniques has made a difference in countless lives. After all, true healing extends beyond body parts to encompass all of body, mind and spirit.

Please remember us with your gifts and donations this coming year. Your support makes a world of difference.

Sincerely,

A handwritten signature in black ink that reads "John E. Upledger, DO, OMM".

**John E. Upledger, DO, OMM**

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. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-HELPFLA WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.



## Compassionate Touch

Last year I told you about the Compassionate Touch program — our project to bring caring touch into schools, our goal of reducing violence among children, and the remarkable behavioral improvements at one Midwest school after just one program.

This year we took all that great work — and purposely took a step back. We've taken some time to put together a formal package for other therapists who want to bring Compassionate Touch to children in their own communities.

We've created a manual that outlines the program from beginning to end. It explains how to approach a school board. How to talk to parents, teachers, principals and kids. What terms to use (and which to avoid). Even how to use the evaluations. Now we're in the final stage of creating a visual presentation that can easily be implemented at school board meetings.

Once all this is finished, The Upledger Foundation will launch a two-day training class to teach healthcare practitioners precisely how to run this program. Our goal then is to fund the program, projected to cost about \$5,000 each, at 10 elementary schools over the 2001-02 school year. We believe those results will help us bring the benefits of Compassionate Touch to schoolchildren around the world.

## Post-Traumatic Stress Disorder

We've received a lot of publicity this year for our successful intensive therapy programs addressing Post-Traumatic Stress Disorder (PTSD) in Vietnam veterans. Now we're moving into the next phase of development: addressing the needs of many other people who may suffer from PTSD.

Some of the most common causes of PTSD are found not on battlefields but in homes and schools across the country. Women who have been raped or battered. Children who have been kidnapped or molested. People who have suffered unspeakable acts, and until now have had to live with the results for years — and sometimes lifetimes.

Through clinical research and hands-on results, we have shown the efficacy of using CranioSacral

Therapy and related modalities to relieve PTSD. Now we intend to help others benefit — but the costs are undeniably high. Each program requires about \$10,000 per person, for a total of \$60,000 per two-week program. Your contributions can make a real difference here.

## BioAquatic Explorations

Our BioAquatic Exploration programs aboard the Dolphin Star vessel are going beautifully. We now offer four classes structured for participants at different levels of experience — from the layperson to the advanced practitioner of CranioSacral Therapy.

Each four-day program is designed to help you develop a holistic, cooperative relationship with the ocean and its healing resources. It also brings an enhanced awareness of CranioSacral Therapy within the bioaquatic context. And each one begins with a structured dolphin swim, so therapists can explore the dynamics of dolphin-assisted therapy. [See "BioAquatic Exploration: An Adventure in Personal Discovery."]

The Upledger Foundation is also working on plans to reintroduce dolphin-assisted therapy. While all these projects cost a great deal to run, their educational and therapeutic value appears to be priceless.

## Your Support Makes a Difference in So Many Ways

As you see, the valuable research and community-outreach programs reported here cost thousands of dollars to run. Without the support, enthusiasm and financial backing of patrons like you, this work simply ceases. Let's join together to make sure it goes on.

Please consider The Upledger Foundation this year in your charitable giving. To make a tax-deductible contribution, please call the Foundation at 561-624-3888.

## Find Out More

A list of educational articles is available to help you learn more about our research programs and community-outreach projects. For a copy, please call Educational Services at 1-800-233-5880, ext. 89011, or visit the website at [www.upledger.com](http://www.upledger.com).

# BioAquatic Exploration: An Adventure in Personal Discovery

by Mariann Sisco, PT

The Upledger Foundation's BioAquatic Explorations provide excellent opportunities to experience new dimensions in healing using CranioSacral Therapy. While exploring is essentially a personal process, I discovered in a recent Bahamas workshop aboard the Dolphin Star boat how that exploration occurs at many levels for each of us.

## Seeing Ourselves in the Dolphins

The first day began with a structured swim with the dolphins. What a wonderful way to practice "being neutral." That swim set the tone for the four days by allowing each of us to connect with the characteristics of the dolphins that resonated most deeply within us.

Many of my classmates were exhilarated by the joy and playfulness of the dolphins. Others found their own strength and ability to be in the moment expanding within them as they connected with those traits in the dolphins.

Day two began with a group discussion in which we all shared our intentions for the exploration. After the session we proceeded to the ocean where we performed "multihands" therapy in groups, much as we did for the remaining days. Yet as each day progressed, we began relating more like a pod of dolphins ourselves. We worked together, shared together, ate and played together, enjoying each other and the sense of community the environment brought out in us.

## Inviting the Sea Into the Process

The therapeutic use of the water in multihands therapy was also unmatched. The sea allowed our bodies to assume more global, three-dimensional movements for releases that just aren't available on a table.

At one point my own body began to move as if in a ballet, complete with gracious leaps through the sea. Others found that the water facilitated deep releases associated with the birth process.

Indeed, the ocean seemed to accelerate the various stages of release, whether physical, emotional or spiritual. The result was deep healing with great ease. Noticeably absent was the struggle — a welcome change for us all.

The supportive energy of our pod also contributed to the effortlessness. As with all groups, we all saw some of ourselves in each other. Fortunately, when one heals, we all heal.

## Bringing the Benefits Back Into Practice

After attending any Upledger seminar, we take the knowledge, bodily experience and inner healing back to our practices. Our skills move up a notch and our patients are the benefactors.

These seminars are known for their quality, in part because the teaching staff is so rigorously trained. Our instructor, Roy Desjarlais, LMT, CST-D, provided an incredible energetic space that allowed each of us to embrace, trust, surrender, and easily be in the moment. Our preceptor, Terry Kalayjian, LMT, held a space of safety for us to process our personal work. Even our skipper saw to it that we stayed out of harm's way, both at sea and when docked.

The Upledger Foundation BioAquatic Exploration programs are offered for various levels of CST practitioners, from introductory to advanced. If you're ready to experience a



UI Community Relations Director Barb Richmond enjoys the personal benefits of a BioAquatic Explorations course. For class dates call 1-800-311-9204, ext. 89011, or visit [www.upledger.com](http://www.upledger.com).

new level of excellence within yourself and have fun discovering it, this adventure is for you.

Enjoy. It's time!

*Mariann Sisco is a physical therapist licensed in Florida and Kentucky. Also a Certified Breathworker, she divides her time between an outpatient clinic and a private practice in Boca Raton, Fla. She is an Upledger Institute teaching assistant, and an approved presenter for South Florida Hospital System's "Rehab Review Series."*

## BioAquatic Exploration, Adv. CST Freeport, Bahamas – July 12-15, 2001



Back row: Roy Desjarlais, LMT, CST-D (instructor). Front row (l-r): Pamela Shelline, LMT; Holly Berkley; Mariann Sisco, PT; Catherine Procopio, PT; Jill Mabry, LMT; Carol McLellan, CMT; Carrie Fisher, LMT; Charlene McLachlan, LMT, PT; Karin Day, PT; Terry Kalayjian, LMT (preceptor); Lori Curtis, RN, LMT, LCT.

# Course Calendar: Oct. 1, '01 - June 30, '02 (as of Sept. 19, '01)

**CRANIOSACRAL THERAPY CURRICULUM:** Developed by osteopathic physician John E. Upledger, CST improves the performance of the central nervous system.

## CRANIOSACRAL THERAPY I

AK: Anchorage — Oct. 11-14, '01	Orlando — Dec. 13-16, '01	Detroit — Mar. 21-24, '02	Rochester — Oct. 11-14, '01	WA: Seattle — Jan. 17-20, '02
AZ: Phoenix — June 20-23, '02	Palm Beach — Nov. 15-18, '01	Lansing — June 27-30, '02	Utica — June 13-16, '02	WI: Appleton — Dec. 13-16, '01
Tucson — Dec. 13-16, '01	Palm Beach — Apr. 25-28, '02	MN: Minneapolis — Nov. 15-18, '01	OH: Akron — Apr. 18-21, '02	Madison — Feb. 21-24, '02
CA: Big Sur — Feb. 10-15, '02	Sarasota — Jan. 5-8, '02	Minneapolis — May 30-June 2, '02	Cincinnati — Jan. 10-13, '02	Milwaukee — June 27-30, '02
Fresno — Oct. 18-21, '01	Tallahassee — Oct. 4-7, '01	MO: Kansas City — June 20-23, '02	Cleveland — Nov. 29-Dec. 2, '01	Australia: Sydney — Nov. 16-19, '01
Los Angeles — Feb. 21-24, '02	Tampa — June 13-16, '02	St. Louis — Jan. 17-20, '02	Toledo — May 16-19, '02	Canada: Calgary — Feb. 14-17, '02
Orange County — Nov. 29-Dec. 2, '01	GA: Atlanta — May 2-5, '02	MT: Bozeman — Feb. 14-17, '02	OK: Oklahoma City (Praxis College) — May 16-19, '02	Lethbridge — Nov. 1-4, '01
Sacramento — June 6-9, '02	HI: Oahu — Oct. 18-21, '01	NC: Charlotte — Nov. 1-4, '01	OR: Bend — Nov. 1-4, '01	London — Nov. 1-4, '01
San Francisco — Jan. 5-8, '02	The Big Island — Apr. 18-21, '02	Wilmington — Feb. 28-Mar. 3, '02	Grants Pass — Apr. 25-28, '02	Ottawa — Apr. 18-21, '02
San Francisco — May 16-19, '02	IA: Des Moines — Mar. 14-17, '02	ND: Bismarck — May 2-5, '02	Portland — Mar. 21-24, '02	Saskatoon — Apr. 11-14, '02
Santa Barbara — Mar. 21-24, '02	IL: Chicago — Oct. 4-7, '01	NE: Omaha — Nov. 1-4, '01	PA: Allentown — Nov. 29-Dec. 2, '01	Toronto — Dec. 13-16, '01
CO: Colorado Springs — Oct. 18-21, '01	Chicago — June 6-9, '02	NJ: Ft. Lee — Mar. 10-13, '02	Philadelphia — Jan. 24-27, '02	Toronto — May 23-26, '02
Denver — Feb. 7-10, '02	IN: Indianapolis — Nov. 8-11, '01	New Jersey Shore — Oct. 4-7, '01	Philadelphia — June 27-30, '02	Vancouver — Nov. 24-27, '01
CT: Hartford — Mar. 7-10, '02	KS: Wichita — Jan. 5-8, '02	NM: Albuquerque — Apr. 11-14, '02	State College — June 20-23, '02	Vancouver — Feb. 14-17, '02
DC: Washington — Jan. 31-Feb. 3, '02	KY: Louisville — Apr. 4-7, '02	Santa Fe — Nov. 8-11, '01	PR: San Juan — Oct. 18-21, '01	Winnipeg — Oct. 18-21, '01
FL: Ft. Myers — Oct. 25-28, '01	Boston — Dec. 6-9, '01	Albany — Feb. 21-24, '02	RI: Providence — Mar. 7-10, '02	India: Bangalore — Nov. 18-21, '01
Miami — Feb. 28-Mar. 3, '02	Boston — Apr. 4-7, '02	Buffalo — Mar. 14-17, '02	SC: Columbia — May 9-12, '02	
	MD: Baltimore — Feb. 7-10, '02	Ithaca — Dec. 6-9, '01	TN: Nashville — June 13-16, '02	
	ME: Portland — Mar. 21-24, '02	New York — Jan. 17-20, '02	TX: Dallas/Ft. Worth — Nov. 8-11, '01	
	MI: Detroit — Nov. 8-11, '01	New York — May 2-5, '02	Dallas/Ft. Worth — May 9-12, '02	
			Houston — Feb. 28-Mar. 3, '02	
			San Antonio — Jan. 10-13, '02	
			UT: Salt Lake City — Mar. 14-17, '02	
			VA: Charlottesville — Dec. 6-9, '01	
			Virginia Beach — Apr. 25-28, '02	

## CRANIOSACRAL THERAPY II

AZ: Phoenix — June 20-23, '02
CA: Big Sur — Dec. 9-14, '01
Orange County — Nov. 29-Dec. 2, '01
San Francisco — Jan. 5-8, '02
San Francisco — May 16-19, '02
FL: Ft. Myers — Mar. 14-17, '02
Orlando — Dec. 13-16, '01

**VISCERAL MANIPULATION CURRICULUM:** Developed by French osteopath Jean-Pierre Barral, VM improves the performance of the internal organs.

## VISCERAL MANIPULATION IA

CA: Orange County — Nov. 29-Dec. 2, '01	DC: Washington — Jan. 31-Feb. 3, '02	MN: Minneapolis — Nov. 15-18, '01	New York — May 2-5, '02	OH: Cincinnati — Jan. 10-13, '02	OR: Portland — Apr. 12-14, '02
CO: Denver — Feb. 7-10, '02	FL: Palm Beach — Apr. 25-28, '02	MO: St. Louis — Jan. 17-20, '02	OH: Cincinnati — Jan. 10-13, '02	OR: Portland — Mar. 21-24, '02	
CT: Hartford — Mar. 7-10, '02	Sarasota — Jan. 5-8, '02	NE: Omaha — June 27-30, '02	PA: Philadelphia — Jan. 24-27, '02	TX: Dallas/Ft. Worth — Nov. 3-6, '01	
	IL: Chicago — Oct. 4-7, '01	NM: Santa Fe — Nov. 8-11, '01	WA: Seattle — Apr. 11-14, '02	WA: Seattle — Apr. 11-14, '02	
	MI: Lansing — June 27-30, '02	NY: Buffalo — Oct. 25-28, '01	WI: Milwaukee — June 27-30, '02	Canada: Calgary — Feb. 14-17, '02	
			Edmonton — Mar. 7-10, '02	Toronto — Dec. 13-16, '01	
			Vancouver — Nov. 24-27, '01		

## VISCERAL MANIPULATION DISSECTION

CA: San Francisco — Jan. 5-8, '02
FL: Palm Beach — Oct. 12-15, '01
GA: Atlanta — Feb. 28-Mar. 3, '02
OR: Portland — June 13-16, '02

## VISCERAL MANIPULATION II

CA: San Francisco — May 16-19, '02
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**LYMPH DRAINAGE THERAPY<sup>SM</sup> CURRICULUM:** Developed by French physician Bruno Chikly, LDT improves the performance of the immune and parasympathetic nervous systems.

## LYMPH DRAINAGE THERAPY<sup>SM</sup> I

AZ: Phoenix — June 20-23, '02	CA: Big Sur — Apr. 14-19, '02	San Francisco — Jan. 5-8, '02	CT: Hartford — Nov. 30-Dec. 3, '01	DC: Washington — Jan. 18-21, '02	MA: Boston — Apr. 4-7, '02
	Los Angeles — Feb. 21-24, '02	CO: Colorado Springs — June 20-23, '02	DC: Washington — Jan. 18-21, '02	FL: Miami — Feb. 28-Mar. 3, '02	MD: Baltimore — Feb. 7-10, '02
			FL: Miami — Feb. 28-Mar. 3, '02	Palm Beach — Nov. 29-Dec. 2, '01	MI: Detroit — Mar. 21-24, '02
			Tampa — June 13-16, '02	GA: Atlanta — Nov. 15-18, '01	MN: Minneapolis — May 30-June 2, '02
			IA: Des Moines — Mar. 14-17, '02	IL: Chicago — June 6-9, '02	NC: Charlotte — Nov. 1-4, '01
					ND: Bismarck — May 2-5, '02
					NM: Albuquerque — Apr. 11-14, '02
					OH: Akron — Feb. 21-24, '02

## IAHE COURSES

### NEUROMUSCULAR THERAPY FOR THE POSTERIOR SPINAL MUSCLES

FL: Miami — Nov. 16-18, '01
MT: Missoula — May 17-19, '02
NC: Jamestown — Nov. 30-Dec. 2, '01

### NEUROMUSCULAR THERAPY FOR THE LOWER EXTREMITY

CA: Sebastopol — Dec. 7-9, '01
FL: Jacksonville — Feb. 8-10, '02
Orlando — Dec. 9-11, '01
LA: Baton Rouge — Dec. 7-9, '01
MN: Minneapolis — Feb. 15-17, '02
MT: Missoula — Oct. 26-28, '01
PA: Pittsburgh — Feb. 22-24, '02
Quakertown — Mar. 8-10, '02
TN: Nashville — Nov. 30-Dec. 2, '01
TX: San Antonio — Oct. 19-21, '01

WA: Seattle — Feb. 8-10, '02
WI: Appleton — Mar. 1-3, '02

### NEUROMUSCULAR THERAPY FOR THE UPPER EXTREMITY

CA: Sebastopol — Oct. 5-7, '01
FL: Jacksonville — Nov. 16-18, '01
Orlando — Oct. 7-9, '01
MN: Minneapolis — Nov. 2-4, '01
PA: Pittsburgh — Nov. 30-Dec. 2, '01
Quakertown — Nov. 16-18, '01
WA: Seattle — Nov. 16-18, '01
WI: Appleton — Nov. 30-Dec. 2, '01

### NEUROMUSCULAR THERAPY FOR THE CRANIUM & ANTERIOR SPINAL MUSCLES

CA: Sebastopol — Mar. 1-3, '02
CO: Colorado Springs — Oct. 12-14, '01
DC: Washington — Oct. 26-28, '01
FL: Jacksonville — May 3-5, '02

Melbourne — Nov. 2-4, '01
Orlando — Feb. 24-26, '02
St. Petersburg — Oct. 5-7, '01

LA: Baton Rouge — Mar. 1-3, '02
MA: Worcester — Nov. 9-11, '01
MN: Minneapolis — Apr. 19-21, '02
MO: St. Louis — Nov. 16-18, '01
MT: Missoula — Mar. 22-24, '02
NM: Albuquerque — Nov. 2-4, '01
PA: Pittsburgh — Apr. 19-21, '02
Quakertown — May 31-June 2, '02
TN: Nashville — Feb. 15-17, '02
WA: Seattle — May 3-5, '02
WI: Appleton — May 17-19, '02

### ADVANCES IN NEUROMUSCULAR THERAPY

### NEUROMUSCULAR THERAPY FOR THE UPPER EXTREMITY

MN: Minneapolis — Nov. 2, '01
NM: Albuquerque — June 28-30, '02

### NEUROMUSCULAR THERAPY FOR THE TORSO AND PELVIS

DC: Washington — Mar. 22-24, '02
FL: Miami — Apr. 12-14, '02
St. Petersburg — Feb. 22-24, '02
MA: Worcester — Mar. 15-17, '02
MO: St. Louis — Mar. 15-17, '02
NC: Jamestown — Feb. 22-24, '02
NM: Albuquerque — Feb. 8-10, '02
TN: Nashville — June 7-9, '02

### NEUROMUSCULAR THERAPY FOR CERVICAL AND CRANIUM

DC: Washington — May 31-June 2, '02
FL: Miami — June 28-30, '02
St. Petersburg — May 17-19, '02
MA: Worcester — May 17-19, '02
NC: Jamestown — May 3-5, '02
NM: Albuquerque — Apr. 19-21, '02

### APPLICATIONS OF THE FELDENKRAIS METHOD® FOR CST THERAPISTS

FL: Orlando — Apr. 25-28, '02
NY: Rochester — May 2-5, '02

### SELF-CORRECTIVE MECHANISMS II: POSTURAL ORGANIZATION

NC: Charlotte — Nov. 15-18, '01
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### SELF-CORRECTIVE MECHANISMS III: SPINAL MOBILIZATION

NC: Charlotte — Jan. 17-20, '02
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### SELF-CORRECTIVE MECHANISMS IV: FELDENKRAIS® AND CRANIOSACRAL THERAPY

NC: Charlotte — Mar. 14-17, '02
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### ZERO BALANCING®, CORE PROGRAM — SEGMENTS I AND II

AZ: Tucson — Nov. 29-Dec. 2, '01
Tucson — Apr. 4-7, '02



# For most current dates, visit [www.upledger.com](http://www.upledger.com)

Palm Beach — Nov. 15-18, '01  
 HI: The Big Island — Apr. 18-21, '02  
 IL: Chicago — June 6-9, '02  
 IN: Indianapolis — Nov. 8-11, '01  
 KS: Wichita — Jan. 5-8, '02  
 KY: Louisville — Oct. 25-28, '01  
 MA: Boston — Dec. 6-9, '01  
 MD: Baltimore — Nov. 8-11, '01  
 MI: Detroit — Nov. 8-11, '01  
 MN: Minneapolis —  
 May 30-June 2, '02  
 MT: Bozeman — Feb. 14-17, '02  
 NJ: Ft. Lee — Mar. 10-13, '02  
 NM: Albuquerque — Apr. 11-14, '02  
 NY: Buffalo — Oct. 25-28, '01  
 New York — Jan. 17-20, '02  
 New York — May 2-5, '02  
 OR: Portland — Mar. 21-24, '02  
 PA: Philadelphia — June 27-30, '02  
 TX: Dallas/Ft. Worth — Nov. 8-11, '01  
 VT: Burlington — Jan. 10-13, '02  
 WA: Seattle — Jan. 17-20, '02  
 WI: Madison — Feb. 21-24, '02  
 Australia: Sydney — Nov. 16-19, '01  
 Canada: Halifax — Jan. 25-28, '02  
 Ottawa — Oct. 11-14, '01  
 Toronto — Dec. 13-16, '01

Toronto — May 23-26, '02  
 Vancouver — May 23-26, '02  
 New Zealand: Christchurch —  
 Nov. 22-25, '01  
**SOMATOEMOTIONAL RELEASE® I**  
 AZ: Tucson — Dec. 13-16, '01  
 CA: Big Sur — June 2-7, '02  
 San Francisco — Jan. 5-8, '02  
 DC: Washington — Jan. 31-Feb. 3, '02  
 FL: Palm Beach — Nov. 15-18, '01  
 Tampa — June 13-16, '02  
 GA: Atlanta — May 2-5, '02  
 HI: The Big Island — Apr. 18-21, '02  
 MA: Boston — Apr. 4-7, '02  
 MI: Lansing — June 27-30, '02  
 MN: Minneapolis — Nov. 15-18, '01  
 NC: Charlotte — Nov. 1-4, '01  
 PA: Philadelphia — Jan. 24-27, '02  
 TX: Dallas/Ft. Worth — May 9-11, '02  
 WA: Seattle — Jan. 17-20, '02  
 Canada: Calgary — Oct. 25-28, '01  
 Toronto — May 23-26, '02  
**SOMATOEMOTIONAL RELEASE® II**  
 CA: San Francisco — Oct. 18-21, '01

FL: Palm Beach — Apr. 25-28, '02  
 MA: Boston — Dec. 6-9, '01  
 MI: Detroit — Nov. 8-11, '01  
 MN: Minneapolis — May 30-June 2, '02  
 WA: Seattle — Apr. 11-14, '02  
 Canada: Edmonton — Mar. 7-10, '02  
**ADV. CRANIOSACRAL THERAPY**  
 CA: San Francisco — Nov. 5-9, '01  
 FL: Palm Beach — Dec. 10-14, '01  
 NY: New York — Oct. 1-5, '01  
**CLINICAL APPLICATION OF CRANIOSACRAL THERAPY**  
 FL: Palm Bch. Grdns. — Oct. 22-26, '01  
**CLINICAL APPLICATION OF CST & SOMATOEMOTIONAL RELEASE**  
 FL: Palm Bch. Grdns. — Nov. 5-9, '01  
 Palm Bch. Grdns. — Dec. 5-7, '01  
**CLINICAL APPLICATION OF ADV. CRANIOSACRAL THERAPY**  
 FL: Palm Bch. Grdns. — Oct. 1-5, '01  
 Palm Bch. Grdns. — Nov. 12-16, '01

Palm Bch. Grdns. — Dec. 10-14, '01  
**CLINICAL APPLICATION OF ADV. CST FOR PEDIATRICS**  
 FL: Palm Bch. Grdns. — Oct. 22-26, '01  
 Palm Bch. Grdns. — Mar. 25-29, '02  
*Please call for additional 2002 Clinical Application course dates.*  
**CRANIOSACRAL DISSECTION**  
 OR: Portland — June 7-9, '02  
 TX: Galveston — Nov. 2-4, '01  
 Galveston — Mar. 1-3, '02  
**CRANIOSACRAL THERAPY FOR PEDIATRICS™**  
 CA: San Francisco — Oct. 18-21, '01  
 IL: Chicago — Oct. 4-7, '01  
 MI: Detroit — Mar. 21-24, '02  
 NY: New York — Mar. 14-17, '02  
 WA: Seattle — Apr. 11-14, '02  
 Canada: Vancouver — Nov. 24-27, '01  
**INTRODUCTION TO CRANIOSACRAL THERAPY**  
 MI: Ann Arbor — Mar. 16-17, '02

Lansing — Nov. 3-4, '01  
 Rochester Hills — Oct. 6-7, '01  
 Shepherd — Nov. 17-18, '01  
 NH: Rochester — Oct. 20-21, '01  
 NJ: Linwood — Nov. 10-11, '01  
 Washington — June 22-25, '02  
 NY: Ossining — Nov. 10-11, '01  
 Ossining — Feb. 23-24, '02  
 PA: Philadelphia — Oct. 20-21, '01  
 Philadelphia — Apr. 20-21, '02  
**EQUINE CRANIOSACRAL TECHNIQUES I**  
 CA: Silverado — May 18-21, '02  
**BIOAQUATIC EXPLORATIONS**  
*Please call for BioAquatic Explorations dates.*  
**SHARECARE®**  
 FL: Palm Bch. Grdns. — Oct. 6, '01  
 MA: Leominster — Oct. 6, '01  
 MN: Minneapolis — Nov. 3, '01  
 MO: St. Louis — Oct. 20, '01  
 NY: Ossining — June 15, '02  
 PA: Chambersburg — Mar. 9, '02  
 Williamsport — Oct. 7, '01

DC: Washington — Jan. 31-Feb. 3, '02  
 WA: Seattle — Jan. 17-20, '02  
**PRACTICAL INTEGRATION OF VISCERAL MANIPULATION**  
 WA: Seattle — Apr. 11-14, '02  
**ADV. VISCERAL MANIPULATION**  
 CA: San Francisco — Nov. 1-4, '01

**MECHANICAL LINK™ CURRICULUM:** Developed by French osteopath Paul Chauffour, ML improves the performance of each body system.

**MECHANICAL LINK™ I**  
 CA: San Francisco — May 16-19, '02  
 CT: Hartford — Nov. 30-Dec. 3, '01  
 FL: Palm Beach — Oct. 12-15, '01  
 IL: Chicago — June 6-9, '02  
 NY: New York — Mar. 9-12, '02  
**MECHANICAL LINK™ II**  
 FL: Palm Beach — Jan. 5-8, '02  
**MECHANICAL LINK™ III**  
 CA: San Francisco — Oct. 18-21, '01  
 NY: New York — Oct. 25-28, '01  
**ADV. MECHANICAL LINK™**  
 NY: New York — Jan. 10-13, '02

Cincinnati — Jan. 10-13, '02  
 OR: Portland — June 13-16, '02  
 PA: Philadelphia — June 27-30, '02  
 TX: Dallas/Ft. Worth — Nov. 3-6, '01  
 Houston — Feb. 28-Mar. 3, '02  
 UT: Salt Lake City — Mar. 14-17, '02  
 VT: Burlington — Jan. 10-13, '02  
 Canada: Calgary — Oct. 25-28, '01

Ottawa — Apr. 18-21, '02  
 Vancouver — May 23-26, '02  
 Winnipeg — Oct. 18-21, '01  
 Singapore: Singapore — Apr. 11-14, '02  
**LYMPH DRAINAGE THERAPY™ II**  
 CA: Big Sur — Oct. 28-Nov. 2, '01  
 DC: Washington — Jan. 18-21, '02

HI: The Big Island — Apr. 18-21, '02  
 MN: Minneapolis — Feb. 14-17, '02  
 NY: New York — Mar. 14-17, '02  
**LYMPH DRAINAGE THERAPY™ III**  
 FL: Palm Beach — Nov. 29-Dec. 2, '01  
*Please call for 2002 Lymph Drainage Therapy III course dates.*

**ADV. LYMPH DRAINAGE THERAPY™** New!  
 CA: San Francisco — May 16-19, '02  
 FL: Palm Beach — Oct. 12-15, '01  
**HEART CENTERED THERAPY: MASTERING VOICE DIALOGUE**  
 AZ: Scottsdale — May 2-5, '02

CA: Sacramento — June 27-30, '02  
 FL: Palm Beach — Oct. 18-21, '01  
 Mexico: Cabo San Lucas —  
 Nov. 14-18, '01  
**ADV. MECHANICAL LINK™**  
 NY: New York — Jan. 10-13, '02

CO: Boulder — May 4-7, '02  
 DE: Rehoboth Beach — May 9-12, '02  
 IL: Chicago — Nov. 8-11, '01  
 MA: Cambridge — Jan. 31-Feb. 3, '02  
 MD: Annapolis — Feb. 14-17, '02  
 Baltimore — Nov. 1-4, '01  
 Baltimore — Dec. 6-9, '01  
 Columbia — May 4-7, '02  
 NC: Asheville — Oct. 4-7, '01  
 NJ: Cape May Point — Nov. 1-4, '01  
 NY: New York — Mar. 14-17, '02  
 PA: Langhorn — Dec. 1-2, Dec. 8-9, '01  
 Philadelphia — Nov. 15-18, '01  
 TX: Austin — Jan. 17-20, '02  
 UT: Salt Lake City — Nov. 29-Dec. 2, '01  
 VA: Charlottesville — Apr. 6-7, 13-14, '02  
 WI: Hudson — Apr. 25-28, '02  
 Madison — Feb. 21-24, '02  
 Canada: Hollyhock — Oct. 12-17, '01  
 Victoria — Oct. 4-7, '01  
 India: Bangalore — Nov. 7-10, '01

**ZERO BALANCING® & KIDS**  
 ME: Poland Spring — May 2-6, '02  
**ZERO BALANCING® FORM AND FULCRUMS**  
 WI: Madison — Oct. 20-21, '01  
**ART OF ZERO BALANCING®, IN DESERT COLOR**  
 CA: Borrego Springs — Feb. 21-26, '02  
**CHINESE ROOTS OF ZERO BALANCING®** New!  
 MA: Boston — Oct. 4-7, '01  
 TX: Austin — Oct. 11-14, '01  
**FREELY MOVABLE JOINTS**  
 CT: Mansfield — Apr. 4-7, '02  
 WI: Madison — May 2-5, '02  
**ALCHEMY OF TOUCH**  
 AZ: Tucson — Feb. 21-24, '02  
 CO: Boulder — May 9-12, '02

MA: Boston — Oct. 25-28, '01  
 VA: Charlottesville — Oct. 11-14, '01  
 WV: Charles Town — Mar. 21-24, '02  
**SOUL LIGHTENING**  
 Mexico: Guadalajara — Feb. 2-8, '02  
**SPIRIT OF THE ORGANS: ZERO BALANCING® THE VISCERA**  
 AZ: Tucson — Nov. 15-18, '01  
 NY: Brooklyn — Nov. 29-Dec. 2, '01  
**GEOMETRY OF HEALING**  
 NY: New York — Oct. 4-7, '01  
**HARMONIOUS AWAKENING: ZERO BALANCING® THE CONSCIOUS BODY**  
 TX: Austin — Feb. 28-Mar. 3, '02  
**INTRODUCTION TO PROCESS ACUPRESSURE**  
 CA: Borrego Springs — Oct. 13-14, '01

**BASIC ACUPRESSURE: CLINICAL APPLICATIONS**  
 CA: Los Angeles — Feb. 21-24, '02  
 MA: Northampton — Nov. 1-4, '01  
 WI: Appleton — Oct. 11-14, '01  
 India: Bangalore — Nov. 7-10, '01  
**ANCESTRAL WORK WITH PROCESS ACUPRESSURE** New!  
 Switzerland: Orchieda Lodge —  
 June 26-30, '02  
**PROCESS ACUPRESSURE™ 1: ESSENCE**  
 NV: Reno — Apr. 11-14, '02  
 PA: Philadelphia — Nov. 8-11, '01  
 Philadelphia — May 2-5, '02  
**ADV. PROCESS ACUPRESSURE™ 1: PROGRESSED PROCESS**  
 MI: Lake Leelanau — Oct. 11-14, '01

**PROCESS ACUPRESSURE™ 4: TRANSPERSONAL INTEGRATION**  
 CA: Borrego Springs — Dec. 7-14, '01  
**INTEGRATIVE BODYWORK CONFERENCE: TOWARDS UNIFYING PRINCIPLES** Special Event!  
 England: London — Nov. 16-18, '01  
**ENERGY INTEGRATION™ I**  
 PA: Philadelphia — June 27-30, '02  
**ENERGY INTEGRATION™ AND FENG SHUI**  
 MA: Methuen — Nov. 3-4, '01  
**ENERGY INTEGRATION™ II**  
 MA: Methuen — Oct. 18-21, '01

# Study Groups

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

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

To receive an application to form a UI-approved study group, call 1-800-311-9204, ext. 89011. All study groups shown here were approved as of August 1, 2001. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than November 15, 2001.

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

### ARIZONA

Cave Creek:  
Nan Woodward, PT, CST-D  
480-488-5934

Focus: CSI-SERII

Sedona:  
Neil Pinholster, LMT  
520-541-0736  
E-mail: macpin@msn.com

Focus: CSI-II

Tucson:  
Candice Strack, OTR/L, CST-D  
520-546-9242  
Focus: CST-SERII

### CALIFORNIA

Albany:  
Sarah Woodard  
510-525-9012  
E-mail: sewoodard@sprynet.com  
Focus: CSI

Aptos:  
Germain Weaver, PT  
831-685-1516  
E-mail: gweaver@got.net  
Focus: CSI

Auburn:  
Melinda Tager, CMT  
530-889-0388  
E-mail: hands@altavista.net  
Focus: CSI-ADV

Berkeley, San Francisco Bay  
Area & Santa Cruz:  
Michael Wagner, CMT  
415-457-6392  
Focus: VMIA-VMII

El Cerrito:  
Nancy Burke, CMT  
510-236-1007  
Focus: CSI-SERI

Hayward:  
David Harnage  
510-582-2507  
Focus: CST

Los Angeles & Marina del Rey:  
Teresa Gaffin, BBA, LMT, CST  
310-422-7330  
Focus: CSI-ADV

Mill Valley:  
Aria Rose, MA, CMT, CST  
415-581-8314  
E-mail: rose\_aria@yahoo.com  
Focus: CSI-ADV

Oakland & Sacramento:  
Dean Chang, BS, CMT  
916-486-1420  
E-mail: dpchang@softcom.net  
Focus: LDT, CST

Oregon House:  
Karin Day, PT  
530-692-0601  
E-mail: backtobalance@syix.com  
Focus: CSI

San Diego:  
Ellen Gayle Sovinee, HHP, CST  
858-693-5677  
E-mail: holsymm@adnc.com  
Focus: CSI-SERII

San Luis Obispo:  
Celeste M. Varas de Valdes,  
CMT, CST  
805-995-2443  
E-mail: CranioSacralThpy@aol.com  
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## Legend

ADV =	Adv. I CranioSacral Therapy
ADVII =	Adv. II CranioSacral Therapy
AVM =	Adv. Visceral Manipulation
AVMII =	Adv. Visceral Manipulation II
CSI =	CranioSacral Therapy I
CSII =	CranioSacral Therapy II
CSP =	CranioSacral Therapy for Pediatrics
CST =	CranioSacral Therapy
LDT =	Lymph Drainage Therapy
OT =	Ocean Therapy
SERI =	SomatoEmotional Release I
SERII =	SomatoEmotional Release II
TBS =	The Brain Speaks
VM =	Visceral Manipulation
VMIA =	Visceral Manipulation IA
VMIB =	Visceral Manipulation IB
VMII =	Visceral Manipulation II
ZB =	Zero Balancing

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*continued on page 14*

# Milestones

## Congratulations

- The Upledger Institute has named the following instructors: Signy Erickson, DC, for CranioSacral Dissection; Chiara Bosi for CranioSacral Therapy I; Gadi Nelinger for CranioSacral Therapy II; Diego Maggio for SomatoEmotional Release II; and Sheryl McGavin, OTR/L, for Clinical Applications of CST, SER and Adv. CST.

Dear Friends,

It is with equal parts horror and hope that we reflect on the recent terrorist activity that's taken place in the United States. While these tragedies feel almost surreal, we cannot overstate the very real toll they are taking on thousands of American families and, through them, millions of others worldwide.

It is true, our lives will be forever changed as a result of the actions of a few heartless fanatics. Yet even as we grieve the most horrendous attack ever to take place on American soil, we are uplifted by the outpouring of support we have received from around the world. Upledger friends from Canada to Switzerland, from Great Britain to Brazil, from Spain to Singapore and scores of countries in between have phoned and e-mailed us with their messages of hope, love and prayer.

Ironically, through this devastating tragedy, it appears we have all become united like never before. Please join us in taking that spark of hope and allowing it to light our path as we continue to place one foot in front of the other — more determined than ever to make our lives and those around us more meaningful.

With love and encouragement,



Dr. John Upledger, President  
The Upledger Institute, Inc.



John Matthew Upledger, CEO  
The Upledger Institute, Inc.

# Earn CEUs for Classes in Complementary Care

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

To see a complete listing of courses that qualify for CEUs, visit [www.iahe.com](http://www.iahe.com) or call Educational Services at 1-800-311-9204, ext. 89011.

## New & Renewed CEUs

- **USA:** The Upledger Institute is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. CranioSacral Therapy I is offered for 2.4 CEUs (Introductory level, Professional area), CranioSacral Therapy II is offered for 2.4 CEUs (Intermediate level, Professional area). ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.



- **California:** Provider approved by the California Board of Registered Nursing, Provider Number CEP 9432. Call for the number of contact hours.
- **Oregon:** Chiropractic Examiners can earn CEUs for CranioSacral Dissection.

## Look for IAHE Speakers at These Upcoming Engagements

- Occupational Therapy Association of California Annual Meeting  
Sacramento, Calif. — Oct. 10-12, 2001  
Rebecca Hunt, OTR, SCP — Combining Sensory Integration and CST for Special-Needs Children
- American Massage Therapy Association National Meeting  
Quebec City, Canada — Oct. 18-20, 2001  
Signy Erickson, DC, CST-D — Understanding Tissue Memory and Its Implications
- Church of the Good Shepherd  
Tequesta, Fla. — Nov. 3, 2001  
Mya Breman, MSW, LMT — Accessing Your Inner Physician
- Florida Chiropractic Association Winter Meeting  
Naples, Fla. — Dec. 14-16, 2001  
Kerry D'Ambrogio, PT, DOM — Strain/CounterStrain
- 13<sup>th</sup> Annual Osteopathic Winter Seminar  
St. Petersburg, Fla. — Jan. 23-24, 2002  
John E. Upledger, DO, OMM
- American Massage Therapy Association of Vermont  
New England Regional Conference  
Boxborough, Mass. — Mar. 14-17, 2002  
John E. Upledger, DO, OMM — Cell Talk and Keynote Presentation  
Don Ash, PT, CST-D — CranioSacral Therapy Applications

See [www.iahe.com](http://www.iahe.com) for details.

# The UI HealthPlex Corner

## **Q** What is the Therapist Rejuvenation intensive program and how can it help me? **A.**

This program seems to be one of our best-kept secrets, yet it's one that virtually every therapist could benefit from. Practitioners come to UI HealthPlex for five days of therapy, yet this time they're on the receiving end.

With a team of skilled practitioners at their side, participants are treated to CranioSacral Therapy, SomatoEmotional Release®, and other approaches tailored to their individual needs. We've found that, as old issues and unproductive patterns clear out, therapists gain a renewed sense of clarity and inner peace. Then they can return to their practices refocused and able to perform at peak efficiency.

Here's what two therapists had to say of their personal experiences in the program:

"I just came from a week-long Therapist Rejuvenation intensive program. On the table for a week, receiving multitherapist CST, acupuncture, massage, and counseling with an incredibly creative therapist using sand play. A session with an amazing cellist who matched the frequency of the instrument to my body, clearing energy channels in such a fun and unique way. And an unforgettable session and osteopathic adjustment with Dr. John.

"I can't begin to tell you about the unconditional love, nurturing, encouraging and accepting energy of the entire staff. The therapists seem to be sent from above with an infinite supply of angelic energy. I've done the

Advanced classes, the BioAquatic Explorations, and I work in the intensive programs all the time. Yet I had no idea how valuable an experience this would be. It's an entire week of getting to know yourself. Visiting those nonconscious places that drive your life in ways you'd prefer to change.

"And change it does, in the softest, kindest way. You go through a challenging piece and then get a massage or a soft, rocking still point. You're not alone but surrounded with love, and supported and listened to with such care. Your body and spirit take you through an extraordinary adventure, bringing more peace, self-confidence and creativity into your life.

"There are no limits to the levels of achievement you can attain through Therapist Rejuvenation. It's truly a gift waiting for you."

— Swarn Khalsa, NCTMB, CST-D

"I, too, felt such safety and tender loving care from being in the program. I was able to go places I've avoided for a long time. I felt completely supported to be right where I needed to be without any editing.

"To have the option of the massage, acupuncture, sand play and cello therapy just added to the wonderful CST/SER work I received. I am eternally grateful to have had the experience of exploring a deeper level of self-acceptance, love and healing.

"This work never ceases to amaze me with its depth, mercy, intelligence and healing. I am deeply grateful to Dr. Upledger and the staff of The Upledger Institute for bringing it to therapists like me."

— Stephanie Murdoch, TP

I couldn't have said it better myself! Call 561-622-4706 to enroll in an intensive program. We offer them throughout the year.

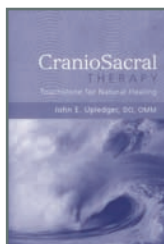
*Sheryl McGavin, OTR/L*  
Executive Co-Director,  
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### Advanced I CST Indianapolis, Ind. – July 17-21, 2000



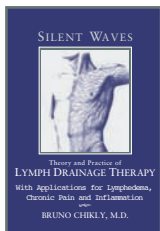
Back row (l-r): Hank Meldrum, PT, OMT (instructor); Rosan Hepko, MSN; Francine Wynkoop, CMT. Middle row: Cindy Stranahan, NCTMB; Steven Witters, DC; Elaine Stapleton, MT, CST (preceptor); Clare Cassity, LMT, NCTMB; Mary Beth Tanner, LMT. Front row: Patricia Terrell, MT; Nathalie Durand, LMT; Heather Bougie, PT; Cheri Gillham, MsT.

# Books and Products to Support Your Healthcare Practice



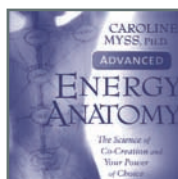
**CST: Touchstone for Natural Healing**  
by John E. Upledger, DO, OMM

In this insightful new book, Dr. Upledger recounts his development of CranioSacral Therapy. He shares poignant case stories of restored health: a 5-year-old autistic boy, a man with Erb's palsy, a woman with a 15-year history of severe headaches, and many others. This volume expands on concepts originally presented in "Your Inner Physician and You" to offer new insights into the promise of CranioSacral Therapy. It's packed with fresh information, repeating ideas from the first text only when it helps clarify the historical context within which the concepts were developed. (soft cover) \$14.95



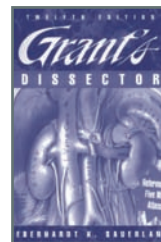
**Silent Waves: Theory and Practice of Lymph Drainage Therapy With Applications for Lymphedema, Chronic Pain and Inflammation**  
by Bruno Chikly, MD (France)

Learn more about Lymph Drainage Therapy from its developer, French physician Bruno Chikly. This long-awaited new book includes hundreds of pages of history, evolution, anatomy, physiology and pathophysiology of the lymphatic system, along with related topics. (hard cover) \$65

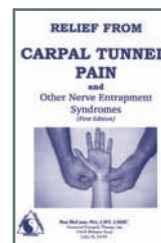


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**Grant's Dissector: 12th Edition**  
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**Relief From Carpal Tunnel Pain**  
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A factual introduction covering traits of carpal tunnel syndrome and how to read your client's physical misalignments and strain patterns is followed by a detailed explanation of each of the 12 most common traits, how they might manifest, and case-study examples of each. (soft cover) \$24.95



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*continued from page 11*

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