



Fall 2003

New York Senate Majority Leader Sponsors CranioSacral Therapy Legislative Day

Senate Majority Leader Joseph L. Bruno demonstrated an impressive dedication to health this past April when he sponsored a Cranio-Sacral Therapy Legislative Day in the Albany capitol. Even in the heat of tough budget negotiations, dozens of senators, representatives and staff members took time out to experience free mini-sessions. And hundreds of legislators, lobbyists and capitol visitors left with information on the benefits and effectiveness of light-touch manual therapy.

"I'm pleased that this year's CranioSacral Therapy Legislative Day was such a great success," says Senator Bruno. "Thanks to the participation of several skilled therapists, more than 200 people received valuable information about the benefits of this innovative therapy, and many enjoyed hands-on demonstrations that illustrated its healthful effects. This event was an excellent reminder of our state's continuing commitment to the health and wellness of all New Yorkers."

The daylong affair was organized by Diane Simpson, LMT, who conducted the mini-sessions with the help of Linda Thompson, LMT, Polly Karis, LMT, and Stephanie Foy, LMT. "The feedback was overwhelmingly positive," Diane says. "It was great to see such influential people discover firsthand why we believe so strongly in CranioSacral Therapy."

Inspired by the CranioSacral Therapy Legislative Days hosted by The Upledger Institute (UI) in Florida for the past two years, Diane says she still wasn't sure she was up to the task of coordinating a similar event in New York. "I thought it was going to be complicated," she recalls, "but it wasn't. I think people would be shocked if they knew how smoothly it went."

It was fun, too, Diane adds. "We had so many people stopping and talking with us. Not everyone had time for a session, but we spoke with a lot of people who took our information and business cards. All the therapists had a great time."

Florida Success Paved the Path for New York Legislative Day

Diane began organizing the New York CranioSacral Therapy Legislative Day with help from The Upledger Institute. "We walked her through the process step by step," says Barb Richmond, UI Director of Community Relations. "I also gave her a stack of brochures and a copy of the CranioSacral Therapy resolution passed by the Florida Senate last year."

Armed with her package and plans, Diane simply picked up the phone and called her district



Therapists volunteered to promote Cranio-Sacral Therapy in the New York Legislature this past April. From left: Diane Simpson, LMT, Polly McAlpine, LMT, Linda Thompson, LMT, and Stephanie Foy, LMT.

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The Visceral Manipulation Report

Listening to Torticollis

by Jean Anne Zollars, PT

Torticollis, by definition, is caused by tightness in the sternocleidomastoid muscle, which causes the head to turn to the opposite side as it laterally flexes to the same side. In my experience, no two children with torticollis are alike, and rarely have I found the sternocleidomastoid to be the primary or only area of concern. The obvious sign of a baby's head turning preferentially to one side is usually just a small piece of a whole-body pattern, which can involve the viscera.

Visceral "listening" is the most effective method I have found to decipher the specific structures involved in torticollis, as well as a

child's particular tension patterns. As Jean-Pierre Barral says, "Only the tissues know." When the organs are involved in these tension patterns, it's important to identify and treat them in relationship to their surrounding structures.

Here are three case histories of children diagnosed with torticollis — and how Visceral listening guided their treatments.

∞ Al ∞

I first saw Al* when he was 10 months old. His neck was rotated to the left, laterally flexed

to the right, and he had asymmetries in his cranium. The first listening brought me to the posterior aspect of his bladder and ureter. (Al had undergone surgery for a ureteroceles with hydronephrosis.) I proceeded to treat his right kidney, diaphragm, and the right side of his pleura. Each time I addressed the organ restrictions and their relationship to the ribs and spine, Al's spinal alignment and posture improved.

On subsequent visits, restrictions showed up in Al's posterior left 1st rib, right occipital-mastoid suture, and right sphenobasilar joint. Yet even as his spinal alignment improved he still turned his head to the left. Upon specifically evaluating his vision, I noticed he had difficulty turning his right eye in and down, indicating problems with cranial nerve III (the oculomotor nerve). It appeared that in order to focus on objects, Al turned his head to the left to compensate for his right eye.

Future visits focused on tensions around Al's pericardium associated with right parietal, temporal and cranial base tensions. In addition to receiving CranioSacral Therapy and Visceral Manipulation, Al saw a vision therapist and occupational therapist to assist with eye-foot coordination and sensory-integrative issues. While Al's vision continues to be an area of concern, his posture, balance and coordination have improved significantly.

∞ José ∞

When I first saw José* at 7 months old, his head was tilted to the left about 15 degrees and he had a cephalohematoma in his right parietal bone. Apparently he had had difficulty coming out of the birth canal.

Listening revealed a line of tension from José's right parietal bone through the left side of his neck to the left lower lung and diaphragm. Using gentle Visceral Manipulation techniques, I released this line of tension indirectly and his spinal alignment began to improve.

Study Visceral Manipulation With Developer Jean-Pierre Barral, DO

Take the opportunity to learn Visceral Manipulation from the distinguished French osteopath who started it all: Jean-Pierre Barral. Be sure to hold your space in one of his upcoming 2004-2005 workshops. These classes fill up fast.

Jean-Pierre Barral's 2004 U.S. Workshops:

- July 8-10, 2004, in Palm Beach – Advanced Visceral Manipulation II
- July 11, 2004, in Palm Beach – One-Day Symposium
- July 15-18, 2004, in San Diego – Visceral Manipulation: Peripheral Nerve Manipulation
- July 22-24, 2004, in Maui – Visceral Manipulation: Cranial and Thoracic Nerve Manipulation
- July 25, 2004, in Maui – One-Day Symposium

Jean-Pierre Barral's 2005 U.S. Workshops:

- July 7-9, 2005, in New York City – Advanced Visceral Manipulation II
- July 10, 2005, in New York City – One-Day Symposium
- July 14-17, 2005, in New Orleans – Visceral Manipulation: Peripheral Nerve Manipulation
- July 21, 2005, (location to be announced) – Visceral Manipulation: Cranial and Thoracic Nerve Manipulation
- July 24, 2005, (location to be announced) – One-Day Symposium
- July 28-30, 2005, in Los Angeles – New Material! Visceral Manipulation: Brain, Cranial and Thoracic Nerve Manipulation (Jean-Pierre's research partner and co-author Alain Croibier, DO, will also be presenting new VM material those same dates in L.A. Call and ask about this new workshop on Advanced Visceral Components of the Neck and Thorax.)
- July 31, 2005, in Los Angeles – One-Day Symposium

Prerequisites vary. To register, call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0903. You're also welcome to e-mail iahe@iahe.com or visit www.iahe.com.

Learn Mechanical Link From Its Developer Paul Chauffour

At the second visit, the listening guided me to the left subclavian artery, then the left vagus nerve, left phrenic nerve, and left side of the occiput. As I systematically treated each of these areas, José's head tilt lessened.

On the third visit the listening brought me to the gastroesophageal junction, occipital base and left tentorium. On the fourth visit I treated José for tightness in the left upper lung, 1st rib, and dural tension throughout the spine.

By our next appointment José had begun to walk. Even though his spinal alignment had improved, he exhibited increased left hip flexion. The listening that day took me to the left kidney and its relationship with the diaphragm and iliopsoas. This pattern required a few visits to shift. Because it had been so persistent throughout José's body, I recommended that he be monitored as he grew.

I saw José socially just a few days ago. He is now a very active and delightful 3-year-old boy with no obvious head tilt.

~ Eli ~

I saw Eli* when he was 5 years old for torticollis he had exhibited since birth. His mother informed me that he had been compressed under her left ribcage in utero. He was born via C-section because of a failure to drop.

Eli had been treated for torticollis as a baby, but apparently the physical therapy experience had been quite painful. He was very apprehensive about receiving more therapy, so I spent the first session establishing a relationship with him and gaining his trust. I did a lot of talking and listening, and I even treated his stuffed manatee until he felt okay being touched.

Listening revealed the following visceral restrictions: The right kidney was held superior under the liver and diaphragm. There was superior tension of the esophagus, tightness through the right lung, and vagal nerve tensions. Eli also exhibited cranial restrictions that included sphenobasilar torsions along with tightness in the temporal-parietal sutures, the occipital-mastoid sutures,

Enjoy a rare glimpse into Mechanical Link through the eyes of developer Paul Chauffour, DO, adjunct director of the International College of Osteopathy in St. Etienne, France.

In November he'll teach two upper-level workshops in the United States: Mechanical Link III and Mechanical Link Skill Review and Integration I, II and III.

Mechanical Link (ML) is an elegant system of manual therapy that helps your clients achieve whole-body health with a new dimension of effectiveness. The therapy allows you to locate and reduce the primary structural lesions within each body system that cause and maintain tensions throughout the rest of the body. Once you release the most dominant primary lesion, the body readjusts itself and adapts to newly regulated systems.

Mechanical Link III

Mechanical Link III gives you the tools and techniques to apply the ML protocol to address the urogenital organs, kidneys, spleen, pancreas,



liver and gallbladder. The course covers Phase III of Chauffour's signature Recoil technique — a gentle approach that helps attain

the spinal dura mater and tentorium, and between the occiput and atlas.

By treating the restricted areas using a combination of Visceral and CranioSacral techniques, I saw Eli's spinal and cranial alignment and mobility improve significantly. I still see Eli periodically, especially during growth spurts. He also receives occupational therapy for dyslexia and sensory-integrative dysfunction.

As these cases demonstrate, it sometimes takes time for tension patterns to dissipate. While they

comprehensive soft-tissue and joint mobility without force. It also readdresses the entire assessment process to help ensure therapeutic success.



Paul Chauffour, DO

- **New York, NY – Nov. 13-16, 2003**
4 Days, 24 Contact Hours
Prerequisites: Mechanical Link I and II
Tuition: \$642.60 US

Mechanical Link Skill Review and Integration I, II & III

This new Mechanical Link Skill Review workshop is designed to reinforce your skills both locally and globally — and help you effectively integrate the techniques into your practice and protocols. It delves deeper into the techniques you learned in the first three workshops, then allows you to update your skills for five functional units: spine and pelvis, thorax, extremities, esophago-gastro-intestinal viscera and cranium. You'll also practice techniques for urogenital organs as well as the kidneys, spleen, pancreas, liver and gallbladder.

- **San Francisco, Calif. – Nov. 7-10, 2003**
3 Days, 18 Contact Hours
Prerequisites: Mechanical Link I, II and III
Tuition: \$534.60 US

To register, call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0903. You're also welcome to e-mail iahe@iahe.com or visit www.iahe.com.

may even return in times of growth or stress, Visceral Manipulation remains a gentle, respectful method of restoring balance to the body.

*Name has been changed to protect confidentiality.

Jean Anne Zollars is a physical therapist in private practice in Albuquerque, N. Mex. She treats children and adults using Visceral Manipulation along with other manual therapies. She is also the proud mother of Isaac, now 7 months old.

Dr. Bruno Chikly Introduces Adv. II Lymph Drainage Therapy

Brain Tissue, Nuclei, Fluid and the Autonomic Nervous System

Bruno Chikly, MD, DO (hon.), has recently announced his latest addition to The Upledger Institute's Lymph Drainage Therapy curriculum. Advanced II Lymph Drainage Therapy offers new techniques to address specific structures — including the brain and spinal cord — as well as pathologies related to the central and autonomic nervous systems. These conditions include closed-head injuries, whiplash, headaches, dyslexia, cerebral palsy, cognitive behavioral dysfunctions, learning disabilities, ADD/ADHD, post-meningitis syndrome, birth difficulties or trauma, and feeding difficulties.

Program Highlights

- Identify and access precise areas of the brain that hold primary lesions and trauma.
- Learn techniques for the whole ventricular fluid system.
- Study the major components of the brain.
- Discover different techniques to help release restrictions in the corpus callosum, fornix,

thalamus, putamen, globus pallidus, lentiform nucleus, caudate nucleus, amygdaloid bodies, mamillary bodies, brain stem, cerebellum, red nucleus, substantia nigra, reticular formation, pituitary, hypothalamus, pineal gland, autonomic nervous system, cranial nerves and associated ganglion and nuclei.

- Practice techniques that address emotional trauma, cellular fear, and regulation of the reticular alarm system.

4 Days, 24 Contact Hours

Prerequisite: Advanced I
Lymph Drainage Therapy
Tuition: \$695* US

*Tuition in New York City and San Francisco may be slightly higher due to city surcharges.

For course dates and locations, call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0903. You're also welcome to e-mail iahe@iahe.com or visit www.iahe.com.

Dear Dr. John,

I am a PT in the Buffalo, New York, area. I had a patient, Lisa*, who came in with a diagnosis of calcification of the disc between T4-T5 via MRI. She was 12 years old at the time.

Lisa initially complained of L-sided headaches, neck pain, easy loss of balance and poor sleep. Her mom reported that her daughter had poor homework habits and generally had become a "couch potato." Normally she did very well in school and was extremely active in school sports.

At her initial evaluation I found the following:

1. Normal cervical AROM except for moderate L scapuli, levator scapula and upper trapezius myofascial restrictions.
2. Increased tonus in L temporalis, masseter and lateral pterygoid muscles.
3. Ability for her to stand on her L leg for 1-3 seconds before losing her balance.
4. Likely outer dural membrane adhesion at T4-5, with facilitated segments at this level as well.
5. Left-sided torque during flexion phase in cranium with specific dural restrictions in L tent, squamal portion of L temporal bone. L temporal bone with flexion lesion, sphenoid with left-sided flexion and sidebending lesions, left temporo-parietal suture restricted.
6. CSR at 15 in spinal dura below T5 and 8 above T5.

Initially I started with temporal rock/wobble and circumferential techniques, upon which she immediately went into a still point and started to unwind in her upper cervical region. After a few minutes of this she promptly vomited. I asked her if she wanted to stop until the morning, but she wanted to continue.

I was then drawn to the upper thoracics, where I began assisting her in unwinding with significant heat release. At this point she remembered that she had whacked the

Adv. I CranioSacral Therapy July 21-25, 2003 — Palm Beach, Fla.



Back row (l-r): Jerry Ruff, PT; Kitrina Kearfott, MD; Monica Gerez Fernandez, bodyworker; Hank Meldrum, PT, OMT, CST-D (instructor); Ellen Richards, MALS, RPT; Noelle Zulli-Adams, LMT; Julie Maizels, PT; Steven Shumelda, LMT. Center: Rayetta Bahl, NCTMB, LMT. Front row (l-r): Barbara Nelen, LMT; Holly Couret, MS, LMT; Alixandra Summit, PhD; Meredith Taggart, LMT; Stephanie Foy, LMT.

upper part of her back when she was 7 years old doing flips on a trampoline. We finished up. Her CSR normalized to 11 cycles per minute throughout the system.

At the next session she reported three days of total relief before her symptoms came back, though they were less intense. I continued working with her temporals and sphenoid, and I added O-A and sacral techniques for three more sessions. By then her pain had totally stopped, her vestibular symptoms had normalized, and she was able to return to her everyday activities.

I saw Lisa again three months later for two visits, as her symptoms had returned mildly. As it turned out she had undergone a growth spurt in that time (2 inches). Some residual upper thoracic dural restrictions were found and released, and she was able to return to her normal activities.

Working with Lisa has been very educational and rewarding.

David A. Wojtowicz, PT

* Name changed to protect confidentiality.

Strengthen your CranioSacral Therapy skills under the guidance of a certified clinical instructor. In Clinical Application classes, four therapists work alongside a staff therapist for five days at The Upledger Institute HealthPlex Clinical Services in Palm Beach Gardens, Fla.

For course dates, call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0903. You're also welcome to e-mail iahe@iahe.com or visit www.iahe.com.

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New York Senate

continued from front cover

senator. "His office staff was extremely helpful. They hooked us right up with a special-events organizer in the government. All I had to do was explain the therapy and send some information. Apparently it's a good time to be involved in health and wellness. They were very open."

So open, in fact, that Senator Bruno readily put his stamp of approval on the project. "His



Dozens of New York legislators and Capitol Hill staffers were treated to free CranioSacral Therapy mini-sessions to celebrate CranioSacral Therapy Awareness Month in April 2003. From left: Stephanie Foy, LMT, Linda Thompson, LMT, Polly McAlpine, LMT, and Diane Simpson, LMT (not shown).

staff created a beautiful sign to announce the event and highlight the senator's endorsement. They placed it in the legislative office building, which attracted a lot of attention," Diane says appreciatively. "When a man as powerful as the Senate majority leader sponsors a CranioSacral awareness day in such a public way, it gets noticed."

Next year Diane plans to organize an even bigger event. "We'd like the senator to sponsor a proclamation like the Florida Senate did," she says. "It's such an impressive way to get the word out about CranioSacral Therapy to people in a position to make a dramatic difference in our lives."

Join therapists who will be making a difference in the New York state capitol next April. If you live in New York and want to share your love of CranioSacral Therapy, e-mail Diane Simpson at diamemark@aol.com or call 518-283-6706.

Therapists Gear Up to Make an Impression on Legislators Countrywide

Thanks to the success of the Florida and New York programs, therapists across the country are showing an interest in coordinating CranioSacral Therapy Legislative Days of their own. With CranioSacral Therapy Awareness Month coming up next April, the timing couldn't be better.

To get your Legislative Day packet complete with step-by-step instructions to guide you through the process, e-mail Barb Richmond at The Upledger Institute: barb@upledger.com.

In Florida this past April, the state Senate passed a resolution stating that CranioSacral

Therapy "is increasingly used as a preventative health measure for its ability to bolster resistance to disease and to address a wide range of medical problems associated with pain and dysfunction, including migraine headaches, chronic neck and back pain, learning disabilities, post-traumatic stress disorder, chronic fatigue, scoliosis, infantile disorders, motor-coordination impairment, and other problems."



Dialogue, Imagery, CranioSacral Therapy & Synchronicity

by Stan Gerome, LMT

Synchronicity — experiential coincidences with meaning — abound in the use of Imagery, Dialogue and CranioSacral Therapy.

Carl Jung, the eminent 20th century psychiatrist, and Wolfgang Pauli, Nobel Prize winner in physics (1945), both realized the importance of this concept. Their relationship, which began as doctor-patient, developed into a lifelong friendship that united the two worlds of psychology and quantum physics.

Together, Jung and Pauli recognized synchronicity as being a level of reality where matter and mind are undifferentiated.

Here is a present-day example: A former U.S. soldier attended an intensive therapy program for Vietnam veterans at The Upledger Institute HealthPlex Clinical Services in Palm Beach Gardens, Fla. Deep into a “multihands” CranioSacral Therapy session, he saw himself walking through the jungle feeling kill-crazy, tired and confused. Through eyes burning with hate he saw a hole in the ground. Aware of the possibility of mines, he cautiously approached the hole and peered deeply into the darkness. “That hole is a mile deep,” he said. Yet his instincts knew there was someone at the bottom.

As his eyes adjusted to the darkness, he saw the vague outline of a young blond soldier. Fear struck at his core because he knew he had to save his comrade. Without thinking twice he began to work himself downward, straddling the round walls that surrounded him. Inch by inch he slowly sacrificed himself to the depths of the earth until he eventually reached the bottom.

There, injured and dying, was his fellow veteran. Placing him on his back, he began to carry his injured brother back toward the top. After some time he saw the first welcome ray of light. Too weary to carry his new friend any farther, the soldier began to push him upward toward the dim light. Step by step, higher and higher, light growing brighter, they neared the top. Breathless and exhausted, he made one last effort and pushed the wounded soldier through the opening in the earth and into the light of day. He saved his fellow warrior.

After a period of silence the veteran opened his eyes, looked at his therapists and said, “I felt like I just went into purgatory, and the young blond soldier was me!”

Following this and subsequent sessions, the personality and pain symptomology of this man changed drastically. Even his sense of humor, which had been repressed for 30 years, began to emerge. He took off his sunglasses so that people could see his eyes. He no longer felt threatened by those around him. His physical and psychic life had been totally modified. It was a tremendous synchronicity.



Stan Gerome, LMT

What Is Happening When We Employ Imagery, Dialogue and CranioSacral Therapy?

When imagery, dialogue and CranioSacral Therapy come together, we seem to enter a level of consciousness where physical and psychic reality meet. In this case it allowed the Vietnam veteran to bring forth images from his non-conscious that helped save him from “purgatory.” A profound decrease in physical pain and freedom from emotional guilt ensued. In essence, his reality was changed.

Jung called this transformative experience a “synchronicity,” a change in the psyche that produces a change in physical reality. As Jung also pointed out, “It is the nature of synchronicity to have meaning and, in particular, to be associated with a profound activation of energy deep within the psyche. It is as if the formation of patterns within the unconscious mind is accompanied by physical patterns in the outer world.”

It appears that the flow of imagery is a way for nonconscious information to emerge into consciousness. An open dialogue with these images (finding out what they need and what they want to bring to us) can induce incredible change — a psychophysical restructuring.

F. David Peat, an investigator into quantum mechanical structure and quantum theory, says, “It is as if this internal restructuring produces external resonances, or as if a burst of ‘mental energy’ is propagated into the physical world.”¹ This restructuring goes on to affect not only the individual but his relationships with family, friends, society, the earth, the universe and the Creator. It is a kind of inner atomic explosion.

But from where do these images unfold? A reductionist might say they unfold from a network of chemical and neurological functions in the brain. Jung, however, hints in his writings

at a deeper psychic reality where matter and mind are not separate, and an ordered intelligence exists. He termed this level of reality the “psychoid.” Peat explains the psychoid as containing matter and mind, yet going beyond them.²

These ideas may seem quite abstract. Yet they are also where Heisenberg, founder of Quantum Mechanics, believes the universe may have had its beginnings, where even fundamental particles themselves are “realizations of underlying abstract symmetries.”³

What Practical Purpose Does All This Have?

Imagine that a client, John, goes to a CranioSacral Therapist for the treatment of back pain. Using the arcing technique (a way of finding active lesions in the body), the therapist finds a spot at T-6. He asks if an image wants to come forward from that spot. John says, “Yes, I see a stone.” Does this stone have a color? “Yes, it’s black.” Does this black stone have a shape? “Um, it looks pretty round.” How big does this black, round stone look? “It looks to be about an inch in diameter.” Does this black, round, one-inch stone have a name? There’s a quieting in the session and John softly says, “Grief.”

The image has now been personified. It has shown us its size, shape, texture, and even given its name. The image now has all the elements that something in material existence has — even a life of its own.

The therapist then asks permission to speak to Grief directly. Grief says, “Yes, that would be okay.” Grief, how long have you been in John’s body? “A long, long, time.” How did you get in there? “John put me here.” Does John know he put you there? “I don’t think so, but I tried telling him.” How did you try telling him? “By making him uncomfortable at first, then turning into pain.”

John knows you’re there now. Grief, do you have a reason for being there that you would be willing to share with us? “Yes, I’ve protected him for a long time from events in his life that he couldn’t acknowledge at the time.” How does it feel to have John acknowledge you now? “It feels good.” What would you like to happen next? “I’d like to be free.” What would

you need in order to be free? "I need for John to feel me as grief."

Turning the dialogue back to John, we ask him if it's okay to feel grief. John says yes. As he gives permission, he begins to see a series of unpleasant past events that caused him a great deal of emotional pain. With these memories comes a corresponding softening of tissues at T-6, as well as sighs and tears.

This softening of tissues is the dissolving of an energy cyst, a place where energy is stuck in the body.⁴ As the tissue relaxes, John's back pain also releases. The result is synchronistic. Through the acknowledgment of his grief, John has allowed a change in the energy of his psyche, which also altered his physicality.

We then ask Grief if there is anything else he needs right now. Grief says no. Asking John if he needs anything, John says, "I'm grateful for the information Grief showed me." They thank each other and the session closes.

Small, Subtle Releases May Affect the Whole Body-Mind Function

Edward Lorenz, a researcher on weather patterns, offers a parallel known as the "butterfly effect." He describes weather patterns as being so sensitive that even the slightest variable, such as the flapping of a butterfly's wings, might affect tomorrow's weather.⁵

Peat uses the "straw that broke the camel's

back" analogy when describing small loads of weight that may eventually cause drastic effects resulting in the collapse of metals.⁶

Dr. H. Peters, a biologist who explores phosphorous and plankton levels in lakes, believes that small modifications in a lake's normal phosphorous levels, such as may be caused by fertilizers and pollutants, can change the entire ecology of the lake.⁷

And John E. Upledger, DO, OMM — who has expanded the common mechanistic view of cranial osteopathy to include the release of emotions and blocked bodily energy — constantly says that "less is more" when dealing with changes in the craniosacral system.

Synchronicities, therefore, may be extreme or subtle. What should be realized is that we are now expanding into a vast and wonderful paradigm that further unites psychology and physics. This view of the universe is not just dependent on Newtonian cause and effect, but rather on a paradigm in which treatment may be looked upon as being an event as wonderful as the unfolding and enfolding of the universe itself.

This is a universe of unlimited potentials. It is a universe unfolding from a well of creativity. If we are willing enough to traverse deep below our own repressions, it is a universe where a new order may be found — a place where synchronicity dwells.

References:

- ¹ F. David Peat, *Synchronicity, The Bridge Between Matter and Mind*, p. 27.
- ² Peat, p. 187.
- ³ Peat, p. 195.
- ⁴ John E. Upledger, DO, OMM, *SomatoEmotional Release and Beyond*, pp. 13-14.
- ⁵ Peat, p. 45.
- ⁶ Peat, p. 72.
- ⁷ Peat, p. 46.

Other Resources:

David Bodanis, *E=mc²*
David Darling, *Zen Physics*
Evan Harris Walker, *The Physics of Consciousness*
Fred Alan Wolf, *Taking the Quantum Leap*

Stan Gerome, LMT, is an instructor with The Upledger Institute and a visiting therapist at the UI HealthPlex clinic in Palm Beach Gardens, Fla. He maintains a private practice in Ft. Lauderdale, which he established in 1984. Mr. Gerome worked for 10 years under the guidance of Poldi Orlando of the Psychosynthesis Institute of Miami. He has been a CranioSacral Therapy and SomatoEmotional Release practitioner since 1986.

Learn more through a Therapeutic Imagery & Dialogue workshop. For details, dates and locations, call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0903. You're also welcome to e-mail iahe@iahe.com or visit www.iahe.com.

Mark Your Calendars: Upcoming IAHE Speaking Engagements

➤ Sacro Occipital Technique Organization-USA 2003 Clinical Symposium

Washington, DC — October 9-12, 2003

- John E Upledger, DO, OMM:
CranioSacral Therapy and Beyond
- Panel Discussion on Cranial Concepts with
John E. Upledger, DO, OMM; George
Goodheart, DC; Marc Pick, DC;
Jonathen Howat; and Charles Blum

➤ American Massage Therapy Association 2003 National Convention

Richmond, VA — October 22-26, 2003

- Bruno Chikly MD, DO (hon): Lymphatic
Mapping: Breakthrough Techniques in
Lymph Drainage Therapy

➤ Association of Massage Therapists and Wholistic Practitioners Conference 2003

Calgary, Alberta, Canada —
October 30-November 2, 2003

- Signy Erickson DC, CST-D:
CranioSacral Therapy: Anatomy, Physiology
& Dissection, and CranioSacral and Its
Applications to Massage Therapy
- David Malin DD, PT: Visceral
Manipulation Overview

➤ Compass Massage & Bodywork's "Worlds of Wellness, Advanced Integrated Care"

Atlantic City, NJ — November 10-12, 2003

- David Malin, DD, PT: Introduction to
Visceral Manipulation

- Linda H. Foster, MT, CST-D:
Introduction to CranioSacral Therapy
and CranioSacral Therapy Case Studies



Visit www.iahe.com for the most current schedule of speaking engagements.

Milestones

Congratulations and Well Wishes...

- Welcome to the world, Miranda Skye Upledger (right) and Taige Kennedy Tomlinson (bottom right)! Miranda was born June 23 to Donna and John Matthew Upledger, and Taige was born July 6 to Kate Kennedy, PT, and David Tomlinson, RMT, CST-D.
- Tim Hutton, PhD, LMP, CST-D, is now certified to teach The Brain Speaks workshop.



Now Certified in Lymph Drainage Therapy Lymphedema/CDP Certification, Level 1 (LLCC)

- Vickie Clark, NCTMB, LLCC
- Angela Peterson, RMT, LLCC

New Certified CST Teaching Assistants

- Gerylyn Gruzowski, NCTMB, CST
- Susan Hartzog, RMT, CST
- Sally Morgan, TTEAM, PT

New Certified VM Teaching Assistants

- Jeffrey Burch, CR, MS

New Certified LDT Teaching Assistants

- Youree Holloway, RMT, LLCC

Now Certified in CranioSacral Therapy

Diplomate Level:

- Rein Bartlema, DO, CST-D
- Lida Bervoets, CST-D
- René Blind, CST-D
- Martin Boon, CST-D
- Hetty Broeders, CST-D
- Gerda Buys, CST-D
- Gea Brouwer, PT, CST-D
- Tino Corver, CST-D
- Winnie Cuypers, DO, CST-D
- Marijke Dammingh, CST-D
- Anna de Boer-Amels, PT, CST-D
- Nicolette de Hoop, CST-D
- Willeke Derksen, CST-D
- Hans de Rooij, CST-D
- Philippe Deschrijver, DO, CST-D
- Margreet Dreier, CST-D
- Axel Duenk, CST-D
- Die Feijtes, CST-D
- Ananda Hunsche, CST-D

See Milestones on page 13

Earn Continuing Education Credits for Classes in Complementary Care

The International Alliance of Healthcare Educators offers 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. Highlight "Courses" at the top and click "Earn Your CEUs" on the pull-down menu. You're also welcome to call toll-free: 1-800-311-9204. Ask for priority code N0903.

New and Renewed CEUs

USA: Chiropractic Physicians in most states can now earn CEUs for CranioSacral Therapy I.

USA: The Upledger Institute is also 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), and CranioSacral Therapy II and CranioSacral Therapy for Pediatrics are offered for 2.4 CEUs each (intermediate level, professional area). ASHA CE Provider approval does not imply endorsement of course content, specific products, or clinical procedures. If you are a member of ASHA and are interested in receiving CEUs for participating in this program, you must contact our CEU coordinator at least 30 days before class begins for consideration. Call 1-800-311-9204, ext. 1376.



USA: The National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) has approved CEUs for Applying Acupuncture Principles to CranioSacral Therapy.

USA: Approved as a Category A Provider (#025785-00) by the National Certification Board for Therapeutic Massage & Bodyworkers for all CranioSacral Therapy, Visceral Manipulation, Lymph Drainage Therapy and Mechanical Link workshops. Approved as a Category A Provider (#025786-00) for Zero Balancing workshops.

California: Provider approved by the California Board of Registered Nursing, Provider Number CEP 9432. Call for the number of contact hours.

Florida: Massage Therapists earned CEUs for Beyond the Dura 2003. They can also earn CEUs for Advanced Lymph Drainage Therapy I, BioAquatic Exploration (Shared Connections) and Mechanical Link Skill Review and Integration I & II.

Michigan: Doctors of Chiropractic can earn CEUs for CranioSacral Therapy I & II, and CranioSacral Therapy for Pediatrics.

Minnesota: Doctors of Chiropractic can earn CEUs for CranioSacral Therapy II, SomatoEmotional Release I and Visceral Manipulation IA.

Missouri: Doctors of Chiropractic can earn CEUs for CranioSacral Therapy II and Lymph Drainage Therapy I.

Montana: Doctors of Chiropractic can earn CEUs for nearly every workshop offered by The Upledger Institute.

Ohio: Physical Therapists can earn CEUs for CranioSacral Therapy I, SomatoEmotional Release I, Lymph Drainage Therapy I and Visceral Manipulation IA.

The Upledger Foundation Update

Dear friends,

This was the year I was reminded of an important fact about human nature: Slow and steady growth almost always outpaces those bursts of energy that instantly sizzle then rapidly burn out. Upledger Foundation programs we launched years ago have continued to flourish and touch people in ways we could only have speculated about when we started them.

This was also the year that demonstrated so distinctly how even the smallest amount of financial assistance can add up to profound benefits. Case in point: The Upledger Foundation was called upon to help the World Craniofacial Foundation raise funds for Egyptian conjoined twins Ahmed and Mohamed Ibrahim. They needed \$125,000 to start the process of

separation surgery in Dallas.

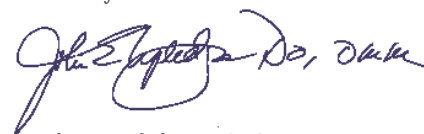
Thanks to supporters of complementary care — donors just like you — we collected so many \$10, \$20 and \$50 contributions that we were able to add more than \$10,000 to the surgery fund within just a few days. With assistance coming from all over the country, the World Craniofacial Foundation swiftly deemed the fund-raising efforts a success. The boys are being prepared for surgery as I write this letter. There was a need. You helped provide.

Now consider the modest percentage that comes to us every time someone applies and uses The Upledger Foundation MasterCard. The amount we receive may seem like mere pennies. But tell that to people who attend intensive therapy programs with financial aid from the Foundation.

I'm sure they'll say their gains in health and well-being make every cent worthwhile.

There are so many examples of people who desperately need the healing touch of Cranio-Sacral Therapy that you help provide. Please keep them in mind this year when you decide where your next tax-deductible donation will be spent.

Sincerely,



John E. Upledger, DO, OMM

To get your application for The Upledger Foundation MasterCard, call toll-free: 1-866-GET-MBNA (438-6262). Be sure to ask for priority code S9BH.

Post-Traumatic Stress Disorder Program

Since 1993, select intensive therapy programs have been tailored to the needs of Vietnam veterans to help relieve the disabling effects of post-traumatic stress disorder (PTSD). The unfortunate events of September 11 and the recent economic downturn, however, have continued to adversely affect many small charitable foundations, including ours. For that reason, we were unable to offer a dedicated PTSD intensive therapy program in 2003.

In lieu of the high cost of a two-week intensive program, we decided to individualize treatments for those affected by PTSD. We brought them into our regular intensive therapy programs, allowing us to take advantage of the program dynamics while minimizing scheduling and financial issues. The patients received the same attention from therapists while the Foundation was able to reduce the total cost of therapists involved.

This year we also expanded our program to address PTSD symptoms in children. We have recently become involved with Kids In Distress (KID), a community-supported agency in Ft. Lauderdale, Fla., that has been caring for abused and neglected children since 1981. Local CranioSacral Therapists and concerned friends will be teaming up with The Upledger Foundation to develop a program to offer CranioSacral Therapy to children there.

The Foundation is now seeking assistance in the amount of \$100,000 for further work in PTSD. This will enable us to continue to implement and fund such programs while helping those on our lengthy wait-lists for financial assistance. To make a contribution, please call 1-800-725-5880. Ask to designate your donation to The Upledger Foundation's PTSD programs.

Compassionate Touch Helping Hands Program

To date, 885 kids have now gone through the Compassionate Touch program, which teaches school children how to use simple CranioSacral techniques to help relieve pain — and learn about the positive power of a healing touch. Thanks to schools and volunteers in Texas, California, Florida, Michigan, Wisconsin and Minnesota, we're well on our way to reaching the 1,000 children we originally targeted for statistical-research purposes.

Now we're working on developing another aspect of Compassionate Touch that will bring the program to the next level. It's designed to teach children in every grade how to recognize the difference between positive and negative energies — and how to transform negative feelings into something positive.

The annual cost associated with each school that hosts this program is \$2,500. To make a contribution, please call 1-800-725-5880. Ask to designate your donation to The Upledger Foundation's Compassionate Touch Helping Hands Program.

BioAquatic Explorations

Perhaps nowhere is the need for funding so urgent as in the BioAquatic Exploration programs, particularly relating to the Dolphin Star research vessel. The Dolphin Star plays a central role in our ability to teach practitioners how to tap into the resources of the ocean to enhance the therapeutic effects of CranioSacral Therapy. Therapists at UI HealthPlex Clinical Services have used those skills to work in the water with patients who had hit plateaus in their regular therapy programs. The positive results have been dramatic.

Annual costs to continue running BioAquatic Explorations exceed \$150,000. To make a contribution, please call 1-800-725-5880. Ask to designate your donation to The Upledger Foundation's BioAquatic Explorations.

Making a Tax-Deductible Donation is Easy

Toll-Free Telephone: 1-800-725-5880. Ask for priority code N0903.

Website: www.upledger.com. Type "Upledger Foundation" in the Search bar.

Mail: The Upledger Foundation, 11211 Prosperity Farms Rd., D-223, Palm Beach Gardens, FL 33410-3487.

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Integration and Balance: Using Zero Balancing® to Enhance Body-Mind Stability

by Mary Murphy, NCTMB, CST-D, CZB

Jillian* is a 57-year-old college instructor who was interested in receiving bodywork to address work-related stress and some ongoing physical symptoms. She had pain in her back, shoulders, hands, legs and feet. Her right shoulder was especially tight, with a slight anterior rotation and elevation.

Jillian's main complaint was the pressure of taking on work responsibilities that weren't her own. She felt depleted, fatigued, mentally scattered, and had gone through several bouts with minor colds and skin rashes. Her joint pain was moderate, especially at the metatarsal heads in both feet.

When I asked for her self-assessment, Jillian said she felt "out of balance," and wondered if her immune system was functioning optimally. She also noted that her breathing was shallow, which seemed to contribute to her general feelings of anxiety and tension.



*Mary Murphy,
NCTMB, CST-D, CZB*

I noted further restrictions at the bilateral tarsal bones, metatarsal-phalangeal joints, the left acetabular ridge in the hip, right dorsal hinge, right scapulae, right posterior ribs, and in the suboccipital muscles.

Zero Balancing works with a specific kind of touch called "interface" in which the structure and energy of the practitioner meet the structure and energy of the client. Interface touch requires a clear, respectful boundary between the practitioner and

client. The practitioner's awareness is in the hands at interface, with a quiet mind.

Fulcrums Orient the Body Around a Sense of Balance

The evaluation, balancing and reevaluation process in ZB is performed through the placement of fulcrums at key foundation and semi-foundation joints within the body. Fulcrums are geometric forms made by the practitioner's hands that, when held stationary, become points around

Core Zero Balancing® Workshops, Segments I and II

Zero Balancing is a simple yet powerful hands-on method of integrating body energy with body structure. Taught internationally since 1973, it integrates a Western anatomical view of structure with Eastern concepts of energy into a powerful ZB protocol.

The Core Zero Balancing program is taught in two 25-hour segments (Zero Balancing I and II) separated by a period of practical experience. The course objectives are: to establish an optimal balance between energy and structure of the whole body; open an optimal flow of energy in and through structure; introduce clearer, stronger vibratory fields within the body; release held configurations of energy and vibration; and address the strongest and deepest energy currents of the body — those within the skeletal system.

All course material was written, organized or approved by Zero Balancing founder Fritz Smith, a medical doctor, osteopath, acupuncturist, Rolfer, meditator and world-renowned teacher.

4 Day Courses, 25 Contact Hours
Tuition: \$595* US each segment

* Select cities may have additional taxes or surcharges. Call for details.

For course dates and locations, see the Course Calendar on page 8. To register, call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0903. You're also welcome to e-mail iahe@iahe.com, or visit www.iahe.com.

Program Highlights

- Learn the theory and application of the ZB Protocol, which you can immediately put to use after Zero Balancing I.
- Integrate Western anatomical views of the body and mind with Eastern concepts of energy and healing.
- Explore ZB's unique interface touch, which enables you to work at the power-point between energy and structure while maintaining clear energetic boundaries with the client.
- Discover energetic implications of anatomy, with special emphasis on the skeletal system and the foundation joints of the body.
- Practice contacting, evaluating and balancing energy in the body through touch.
- Learn to read and monitor the client's response to bodywork.
- Work with expanded states of consciousness.
- Enhance your ability through Segment II to help anchor your skills, experience and knowledge.
- Observe skilled demonstrations and benefit from hands-on practice.
- Take home a comprehensive, illustrated study guide for future reference.

ZB Integrates Energy With Structure

Zero Balancing (ZB) was chosen to help lead Jillian to a greater sense of internal unity, balance and groundedness. This gentle, hands-on bodywork system is designed to balance body structure with body energy. It focuses on the skeletal system — the deepest, densest tissue in the body, which conducts the strongest energy flow of the body through the bones. Performed on a massage table with the client fully clothed, Zero Balancing affects the whole person and has a therapeutic impact on many levels. A session lasts approximately 30 minutes.

In a typical ZB session, the practitioner does a brief seated evaluation to gain information about the shoulders, scapulae, ribs and sacroiliac joints. In Jillian's case, her right shoulder had slightly reduced circumferential ROM from restrictions in her upper back and thoracic ribs. As the session continued (with Jillian laying supine now), I addressed her lower body from the base of her ribs through the lower back, pelvis, hips and tarsal bones.

which the client's body can reorganize. According to Fritz Smith, MD, developer of Zero Balancing, the simplest fulcrum is created by using one or more fingers to place direct pressure into the body to form a firm support around which the body can orient and balance. A well-placed fulcrum releases the held bone energy, which then recirculates within the body. Ideally, after a ZB session the client feels more relaxed yet also energized.

A fulcrum also needs to be deep enough in the body to take up the physical slack of tissues. That's the point at which any additional finger pressure would meet resistance in the tissue. Placing and holding a fulcrum brings a clearer, stronger field of energy into the body around which a person can release and rebalance areas of held tension.

As Jillian's ZB session progressed, she exhibited the involuntary, physiological signs that told me she was responding to the fulcrums. These working signs accompany the internal processes and expanded state of consciousness that frequently occur as the client is reorganizing and integrating energy and structure within her system. By remaining focused and attentive to a client's working signs, the practitioner can pace and refine the rhythm of the sessions.

Jillian's breathing mechanism freed up considerably as I addressed her lower rib cage and dorsal hinge area. After I placed fulcrums into her feet, she experienced an increase in dorsiflexion ROM at the tarsals and ankle joints. Placing fulcrums into the left SI joint, right A/C joint and scapulae resulted in a visible relaxation and softening of both the soft tissue and skeletal components of those particular structures. With the placement of several neck fulcrums, tension in her suboccipital muscles decreased and cervical ROM increased.

ZB Helps Transcend Physical Relief to Embody Psychological Well-Being

Following the ZB session, Jillian said she felt "lighter, happier and more centered." Her joint pain was significantly reduced, her gait more fluid, and her diaphragmatic breathing greatly improved. Her foot pain was alleviated and her postural alignment improved. She noticed feeling taller and more able to move her joints with greater ease. She also reported feeling much clearer about work responsibilities

and boundaries.

Jillian's case exemplifies how the therapeutic impact of Zero Balancing can transcend physical symptom relief to include an enhanced feeling of psychological well-being as well as a spiritual sense of being in harmony with the universe. When our energy body feels aligned with our structural body, we feel clear, whole, integrated and grounded. Zero Balancing supports the wellness and wholeness of the individual at both physical and energetic levels, offering an experience of stability at the core.

*Name changed to protect confidentiality

A certified massage therapist, Mary Murphy practices massage, CranioSacral Therapy and Zero Balancing at the Advocate Medical Group's Center for Complementary Medicine at Lutheran General Hospital in Park Ridge, Illinois. She also teaches there in the residency program in complementary medicine, and she supervises the therapeutic bodywork division of a multidisciplinary team of practitioners. A certified Upledger Institute presenter and an adjunct faculty member at the Soma Institute, National School for Clinical Massage Therapy, Ms. Murphy is an instructor-in-training for the Zero Balancing Association.

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International Alliance of Healthcare Educators®

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E-mail: iahe@iahe.com

Upledger's International Association of Healthcare Practitioners®

Website: www.iahp.com
E-mail: iahp@iahp.com

The Upledger Institute, Inc.® HealthPlex Clinical Services

Website: www.upledger.com
E-mail: uihealthplex@upledger.com

American CranioSacral Therapy Association

Website: www.acsta.com
E-mail: acsta@acsta.com

The Upledger Foundation

Website: www.upledger.com
E-mail: foundation@upledger.com

Milestones

continued from page 10

Now Certified in CranioSacral Therapy

Diplomate Level:

- Carla Kerkhoffs, PT, CST-D
- Wim Kwakman, CST-D
- Ank Oud-Brugman, CST-D
- Margriet Schoot, CST-D
- Okke Tadema, PT, CST-D
- Bianca van Duin, CST-D
- Gradus van Beek, CST-D
- Hans van Laarhoven, CST-D
- Cees van Nes, CST-D
- Peter Vanderschueren, DO, CST-D
- Elke Vermuyten, CST-D
- Marit Vriens, PT, MTC, CST-D
- Maria Weyer, CST-D

- Imma Wolfs, CST-D

- Paula Wustefeld-van Adrichem, CST-D

Techniques Level:

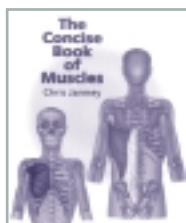
- Ellen Constantino, BSMT, CST
- Lucy LeBeau Eigen, LMT, CST
- Elizabeth DeLaBarre, CST
- Kim Keifrider, MPT, LMT, CST
- Sally Morgan, TTEAM, PT, CST
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- Eleanor Seccombe, SRN, SCM, CST
- Melinda Tager, CMT, CST
- Robyn Walpert, PT, CST
- Francine Wynkoop, CMT, CST

Books and Products to Stimulate Your Practice

The Natural Medicine Guide to Autism

by *Stephanie Marohn*

This book outlines the reasons for our autism "epidemic" and details therapies that might successfully treat or reverse the disorder. Unlike the grim prognosis from conventional medicine, evidence here convincingly shows that when you identify and remove specific triggers using natural therapies, many of the symptoms of autism can disappear — and a normal life is possible. (softcover) Price: \$15.95 + s&h



The Concise Book of Muscles

by *Chris Jarney, MCSP, DS, MRSS*

This compact, illustrated reference guide clearly identifies all the major

muscles, showing the origin, insertion, action and innervation of each one. By uniquely illustrating examples of stretching and strengthening

exercises for each muscle, the guide allows you to develop an understanding of the mechanics of movement. (softcover) Price: \$29.95 + s&h



Beyond the Dura 2003

Live Presentation Videos

For practitioners specializing in CranioSacral Therapy and other modes of complementary care, nothing compares to the educational and networking opportunities of Beyond the Dura biennial research conferences. Live, unedited videos are now available of your favorite presentations. They're nice reinforcement for the segments you saw — and just a hint of what you may have missed. Price: \$50 for each video or \$595 for a complete set (plus s&h). To select and order a video, visit www.iahe.com.

Vital Therapy Copper Cream

This patent-pending topical cream was formulated to relieve pain associated with inflamed joints,

connective tissues, ligaments and tendons. It also offers powerful antioxidant properties that can help neutralize free radicals that cause tissue damage. (2.5 oz. tube) Price: \$39.95 + s&h

Penetran Plus

Pleasantly scented, soothing pain relief without menthol, methyl salicylate, capsaicin or aspirin. Neutralizes pain instead of distracting with hot and cold ingredients. (2.5 oz. tube) Price: \$12.50 + s&h



Sacro Wedgy

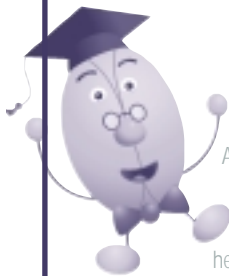
Designed to improve hip alignment and posture, the Sacro Wedgy elevates

the sacrum and allows the hips to drop, muscles to stretch, and nerve endings in the sacroiliac area to relax. Ask for "male" or "female" Sacro Wedgy. Price Each: \$29.95 + s&h

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Dr. John E. Upledger's

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Or visit www.iahe.com today.



The UI HealthPlex Clinic Corner

Dear Dr. John,

In 2002 I attended a weeklong CranioSacral Therapy intensive program at The Upledger Institute HealthPlex Clinical Services. A 52-year-old married woman, I am also a practicing psychotherapist with a masters degree in social work and a doctorate in psychology. I have turned to the medical profession in several life-threatening crises, as well as in provocative mundane matters. For the past 10 years, I have also derived enormous benefit from alternative therapies.

Prior to enrolling in the intensive program, I experienced two CranioSacral sessions that had such a profound effect on my sense of well-being that I immediately completed The Upledger Institute's CranioSacral Therapy I workshop. I have found CranioSacral Therapy to be noninvasive and harmless. Because it is based on alignment of such fundamental aspects as the brain and spinal column and, ultimately, our entire being, it can trigger dramatic mental, emotional, spiritual and energetic insights that assist in actualizing our unrecognized potential.

The program's day ran from 10 a.m. to 5 p.m., and the majority of time was spent in a group setting. This worked beautifully to provide a safe, encouraging atmosphere. Each morning, staff and patients met to share and process the previous day's events, and then dedicate the healing of the current day. Patients were then assigned a therapist who led their program of care.

My primary therapist changed daily, yet each had specific gifts that seemed to build upon those of others. I usually had a second therapist and sometimes even a third. Everyone received enormous amounts of individual attention.

I was impressed with how the staff saw each patient as a teacher for them, and how they honored the patients' bodies as the true directors of healing. All are extremely well-trained in this medium and exceptional in their ability to work together supporting each patient's innate transformation. The therapists were also adept at processing the thoughts, emotions and inner experiences that arose as bodies untangled and attuned.

I was amazed by, and gained deep respect for, my body's capacity to unfold and resurrect itself, leading me to mental, emotional and spiritual truths lying beyond the mere discovery of trauma or my inherent capacity for forgiveness. The indivisible oneness and brilliant blessing of life became an undeniable and dynamic reality.

The entire experience at The Upledger Institute provided a masterful tune-up and tune-in to CranioSacral Therapy's yet unrecognized capacity for multidimensional healing.

Sincerely,

Ricki Baer, PsyD, LISW

Find out more about how one- and two-week intensive therapy programs can help you and your clients achieve greater levels of health and well-being. Call The Upledger Institute HealthPlex Clinical Services at (561) 622-4706.

Share Your CranioSacral Stories in a New Book

You're invited to become a contributing author to a book that has the potential to touch people in all walks of life. In commemoration of UI's 20th anniversary in 2005, we're compiling a collection of CranioSacral Therapy anecdotes similar in concept to the popular "Chicken Soup" series of books.

The common thread running through all the stories will be how CST made a difference in someone's life. So think about your most impacting, heartwarming, life-changing experiences involving the use of CST. Then consider putting one down in writing.

Submission Guidelines: Length should not exceed 1,000 words. UI reserves the right to edit for content and space. Story must be received no later than July 1, 2004, on diskette in Word format or by e-mail to: The Upledger Institute, Attn: 2005 CST Book, 11211 Prosperity Farms Rd., D-325, Palm Beach Gardens, FL 33410-3487; debbie@upledger.com.

Find a Study Group 24/7

To make your educational experience more complete, contact information for Upledger Institute-sanctioned study groups are now available on the Web. Joining a study group is a smart way to expand your horizons by working with therapists who share your common goals. Visit www.upledger.com to learn more.

IAHE Connection

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Therapists Put Stamp of Approval on IAHP Therapist Profile Program

Find out why therapists like Chicago's Patrick Speer, CMT, have been giving the new Therapist Profile Program from Upledger's International Association of Healthcare Practitioners® (IAHP) a thumbs up.

With his own web page, Patrick showcases his skills and services to potential clients. "It only took 15 minutes to gather the information and put it onto the website," he says. "It was easy, simple and straightforward. Ten people called me the first month. I've already gotten a couple hundred website hits since I started the program."

Now find out what having your own web page can do for your practice. Visit www.iahp.com today.



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