

I A H P

CONNECTION

INTERNATIONAL

ASSOCIATION of

HEALTHCARE

PRACTITIONERS®



Volume Four

Fall 1999

Vietnam Vets Embrace Real Change in Intensive Therapy Program

The tears around the conference table on the closing day of a recent intensive therapy program for Vietnam veterans spoke louder than words. Six vets had just completed 10 days of intensive, hands-on CranioSacral Therapy at The Upledger Institute HealthPlex Clinical Services in Palm Beach Gardens, Fla. "It seems like such a subtle thing that happens," said army veteran Nic. "Yet it gets down to the core and allows you to release energy, to release emotions."

Indeed, the success of the program has been backed by preliminary test results from an independent licensed psychologist. The veterans, as indicated by pre- and post-test scores, "experienced fewer symptoms, most notably those related to obsessive/compulsive thoughts and behaviors, depression, lack of motivation, feelings of alienation and with-drawal, and total number and severity of general symptoms." What's more, the report rated these milestones

as statistically significant: there was more than a 90% correlation between the improvements and the CranioSacral Therapy the vets received at UI HealthPlex.

The report went on to say, "The test results... are quite encouraging and strongly supportive of CranioSacral Therapy and SomatoEmotional Release® as effective therapies for reducing physical pain and dysfunction, releasing pent-up trauma, diminishing intrusive thoughts and

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IAHP Offers Extended Membership Special!

Join or renew your membership in The International Association of Healthcare Practitioners by January 1...and enjoy the benefits for an extra six months!



The IAHP is a league of health-care professionals dedicated to therapies that offer innovative solutions. It was formed to provide a united voice in the field of complementary healthcare — one that would be heard by legislative bodies, insurance regulators, patients, clients and other healthcare providers.

Now — when you join or renew your membership by January 1, 2000 — you stay an active

member of the IAHP for a full year and a half. That's an extra six months to enjoy benefits like these...

- Professional listing on IAHP website
- Link from the IAHP website to yours
- Information-packed newsletters
- Bold listing and advertising opportunities in the IAHP Directory
- Discount vouchers for seminars and products
- Membership card and certificate
- And much, much more!

Call toll-free to join today: 1-800-311-9204, ext. 8918.

The Visceral Manipulation Report

Osteopathic Approach to Trauma by Jean-Pierre Barral, RPT, DO and Alaine Croibier, DO

The long-awaited textbook by the co-developers of our latest Visceral Manipulation class — Visceral Approach to Trauma and Whiplash — offers a penetrating view of some of the common sequelae of trauma. The book includes techniques to evaluate the dural tube, cranial sutures, cranio-facial membranous junction, mediastinum and spleen. It concludes with a description of manual techniques to treat some of the more resistant conditions. Hardcover, \$60.00. Please call toll-free to order: 1-800-311-9204, ext. 8918.

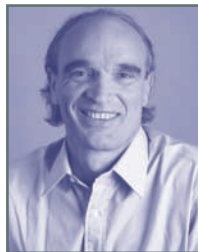


Spend a Day With Jean-Pierre Barral

Discover the latest Visceral Manipulation applications from modality developer Jean-Pierre Barral, RPT, DO. He'll conduct only two U.S. symposiums in the summer of 2000:

- July 23, 2000, in Palm Springs, Calif.
- July 30, 2000, in Jupiter Beach, Fla.

You'll observe his evaluation and treatment style firsthand through demonstrations. And you'll glean new insights from question-and-answer sessions after each treatment.



VM Developer
Jean-Pierre Barral,
RPT, DO

Tuition for this one-day symposium is only \$150 U.S. Space is limited so reserve yours today. Call Educational Services toll-free: 1-800-311-9204, ext. 8918.

New VM Teaching Assistant Liaison Named

Michael Wagner, CMT, was named Teaching Assistant Ambassador at the latest Visceral Manipulation teacher's meeting held on July 25-26, 1999, in Santa Fe, New Mexico. He will act as the official liaison between VM teaching assistants, teachers and administrative staff members.

If you're a teaching assistant and you have questions about the program, feel free to call Michael at 415-457-6392. If you're interested in becoming a teaching assistant, call Educational Services for a copy of the guidelines: 1-800-311-9204, ext. 8918.

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Visceral Approach to Trauma and Whiplash I

Prerequisite: Advanced Visceral Manipulation

Required Reading: *Osteopathic Approach to Trauma*

- New York, N.Y. - July 15-17, 2000
- Palm Springs, Calif. - July 20-22, 2000
- San Francisco, Calif. - July 11-13, 2002
- San Antonio, Tex. - July 18-20, 2002

New Class! Visceral Approach to Trauma and Whiplash II

Prerequisite: Visceral Approach to Trauma and Whiplash I

Expand your understanding of the effects of trauma to the visceral system.

- Palm Beach, Fla. - July 25-27, 2002

Call Educational Services toll-free to register, or for additional class dates and information: 1-800-311-9204, ext. 8918.

Advanced I CST Class

Big Sur, Calif. (Easlen Institute) — Aug. 2-6, 1999



Back row (l-r): Deanne Aronson; Hank Meldrum, PT, OMT (instructor); Jean Mitchell, BN, RMT; Virginia Ericson, MT (preceptor); Horatius Hwang, CST. Middle row (l-r): Sheila Horowitz, MT, nutritionist; Gerilyn Gruzwalaki; Marian Hennigan, CMT; Yvonne Wright, Rolfer. Front row (l-r): Joanne Brauman, CFP; Celeste Varas de Valdes, CMT (preceptor); Celine Germain; Julie Brown, MT.

CranioSacral Therapy Receives Nod of Approval From Blue Cross/Blue Shield of Michigan

Physical Therapists can finally bill Blue Cross/Blue Shield of Michigan for performing CranioSacral Therapy, says Mable Sharp, MS, PT, CM, CST.

"In the guidelines under the PT benefits only, they've listed CST as one of the manual therapies that they approve and pay for, like Myofascial Release," says Mable,



a UI-certified CranioSacral Therapy I instructor and IAHP member. If you're a PT, she notes, you'd have to bill it under code 97140 because CST still doesn't have a code of its own. "But it's a step in the right direction," she says.

We heartily agree, and thank Mable for her continued support and diligence.

Revised "Access to Medical Treatment Act" Puts More Control in the Hands of Consumers

A new and improved version of the Access to Medical Treatment Act has been introduced in the 106th Congress by Representatives Peter DeFazio and Dan Burton, along with over 20 original cosponsors. The bill — H.R. 2635 — would create a federal statutory right for consumers to access and use any therapy they desire, as long as they're fully informed and under the supervision of an authorized practitioner.

In essence, the new bill restores consumers' rights to make their own decisions about how they'll prevent and treat disease, and removes the federal bureaucracy from the doctor-patient relationship.

For more information about the Access to Medical Treatment Act, please call the American Preventive Medical Association at 703-759-0662. You can also visit their website at www.apma.net.

Internet Directory

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Website: www.upledger.com
E-mail: upledger@upledger.com
- INTERNATIONAL ASSOCIATION OF HEALTHCARE PRACTITIONERS (IAHP)
Website: www.iahp.com
E-mail: iahp@iahp.com
- INTERNATIONAL ALLIANCE OF HEALTHCARE EDUCATORS® (IAHE)
Website: www.iahe.com
E-mail: iahe@iahe.com
- A TRAVEL CONCIERGE, INC.
Website: www.tc-travel.com
E-mail: tc-travel@tc-travel.com



New Class! Energy Integration and Feng Shui

Developed by Tom McDonough, MDiv,
founder of Energy Integration

An ancient Chinese art and science, Feng Shui examines the environmental influences on health and well-being. Its popularity today is often cloaked in superstition. Yet it's a serious discipline, says Tom McDonough, MDiv.

"Think of it as acupuncture for the environment," he says. "Most of us intuitively know how profoundly our environment influences us.

An ancient Chinese art and science, Feng Shui examines the environmental influences on health and well-being.

Feng Shui [pronounced fung shway] has studied those energetic and psychological influences for thousands of years." Rooted in traditional Chinese medicine and philosophy, Feng Shui combines yin/yang and five-element theories

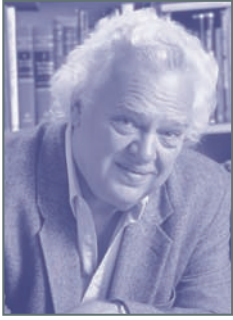
with mathematical formulas to understand the influences of space and time on health, wealth and prosperity. The new Energy Integration and Feng Shui course offers a common sense approach to applying these principles to your home and work space.

The class provides guidelines for evaluating and enhancing your space to promote health and well-being. The result is an environment tailored to your specific needs. "The healthier we are, the better choices we tend to make," Tom says. "As health becomes compromised, we need all the leverage we can get to help turn things around."

Find out how Energy Integration and Feng Shui can provide that leverage. Please call Educational Services toll-free to receive a class schedule: 1-800-311-9204, ext. 8918.



Energy Integration Developer
Tom McDonough, MDiv.



Dear
Colleagues and
Friends,

These are exciting times for CranioSacral Therapy. We are witnessing an increase in popularity that we could only dream about — and long for — in the past.

Over the years I've shared with you why I think people are taking note. To put it simply, CranioSacral Therapy works. And, it has a wide range of applications.

As recognition has grown, exciting new opportunities to share information and develop a reliable network have come about. We're discussing a thrilling array of projects with schools, residency programs and hospitals concerning the teaching and use of CranioSacral Therapy.

Inquiries from patients have also grown, as well as requests for financial aid. We're pleased to say donations to The Upledger Foundation have helped many patients achieve new levels of health. Sadly, we receive many more applications than we can financially grant.

Yet all our positive and long-awaited developments have been possible, in large part, due to your continued support of our work. I hope you will again include The Upledger Foundation among the charitable organizations you choose to favor with a tax-deductible gift.

Regards and good health!

John E. Upledger DO, OMM

The Upledger Foundation Update on Current Research Projects

Dolphin-Assisted Therapy

The remarkable optimism generated by our pilot study continues to guide our efforts. We're now having a houseboat custom built that will offer a stimulating environment for exploring the healing potential of dolphins.

This vessel has been carefully planned with the needs of patients, therapists and dolphins in mind. All living and work space sits above sea level on a wide platform deck to maximize stability. And the boat will be environmentally sensitive, using an automobile engine rather than a typical boat engine to keep oil from polluting the ocean.

The houseboat will likely be stationed in the Bahamas, making trips out to the ocean to find resident pods of dolphins. Our researchers and students may then have the opportunity to work on each other in close proximity to these magnificent creatures.

Later, when we see patients on board, we'll document their experiences through independently designed patient-outcome measures. Our intention is to further our understanding of dolphin-human communication and its healing potential.

At this time, the boat is well along the way. A special thanks to Ruth Smith and Viorel Iliescu for their generous support! However, due to its advanced design, the cost of the boat is exceeding our original projections. We are now required to seek an additional \$100,000 in funding.

New Intensive Therapy Programs

UI HealthPlex Clinical Services will host several new Intensive Therapy programs this year supported in part by your donations to The Upledger Foundation. They include Grief

& Depression, Substance Abuse, and a Shared Healing program that takes an innovative approach to working on two people side by side. These are just the latest additions to a full roster of one- and two-week Intensive Therapy programs supported in part by your donations. These out-patient programs include those addressing Brain & Spinal Cord Dysfunction, Therapist Rejuvenation, Post-Traumatic Stress Disorder, Learning-Disabled Children and Autism.

Defusing Violence by Enhancing Self-Esteem, Self-Worth and Self-Image in Children

This program, which teaches children how to use compassionate touch to help others, may help reverse the alarming level of violence seen among youth in recent years.

Based on the success of our pilot study last year, the superintendent of the New Glarus, Wisconsin, school system invited us to teach their kindergarten and first grade students the power of a compassionate touch. The program proceeded beautifully once again. We even received a letter about a little girl who used the techniques we taught her to help relieve her mother's headache!

The good folks of New Glarus have welcomed us back again next year. That program requires roughly \$10,000 to run.

We Value Your Support

As always, your efforts are central to helping us nurture the growth and development of Cranio-Sacral Therapy and community-outreach projects. Thank you for continuing to keep us at the top of your list as you consider your end-of-year tax planning and charitable donations.

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.

Call The Upledger Foundation to Help.

561-624-3888

Website: www.upledger.com • E-Mail: foundation@upledger.com

The Upledger Institute HealthPlex Clinical Services Intensive Therapy Programs 2000

Brain & Spinal Cord Dysfunction: Improving Structure and Function

Two-Week Programs: Jan. 3-14, Jan. 17-28, Feb. 7-18, Feb. 21-Mar. 3, Mar. 6-17, Apr. 3-14, Apr. 24-May 5, May 15-26, May 29-June 9, June 12-23, July 10-21, Aug. 7-18, Aug. 21-Sept. 1, Sept. 4-15, Sept. 18-29, Oct. 2-13, Nov. 6-17, Nov. 27-Dec. 8, Dec. 11-22

Therapist Rejuvenation: Replenishment and Renewal

One-Week Program: Jan. 31-Feb. 4, May 8-12, July 31-Aug. 4, Oct. 30-Nov. 3

Learning-Disabled Children: Facilitating Success

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

Autism: Initiating Developmental Gain

One-Week Program: June 26-30

Post-Traumatic Stress Disorder: Vietnam Vets

Two-Week Program: Please call for dates.

Grief & Depression

One-Week Program: Mar. 27-31, Oct. 23-27

Shared Healing

One-Week Program: Mar. 20-24

Substance Abuse

One-Week Program: Oct. 16-20

The University of Texas Medical Branch at Galveston



Jason H. Calhoun, M.D., FACS
Chairman

FOOT & ANKLE, AND INFECTIONS
Jason H. Calhoun, M.D., FACS
Christopher K. Herbert, M.D.
Tina P. Oliver, D.P.M.

HAND SURGERY
J. Pat Kearney Jr., M.D.
Steven F. Viegas, M.D.

JOINT ARTHROPLASTY & GENERAL ORTHOPAEDICS
Stanley D. Allen, M.D.
E. Burke Evans, M.D.
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William A. Phillips, M.D.
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Sally J. Borucki, M.D.
Byron E. Strain, M.D.

SPINE SURGERY
Alexander G. Hadjipavlou, M.D.
Donald F. Wagner, M.D.
Darcie R. Barclay, Ph.D.
Clarence L. Nicodemus, Ph.D.

SPORTS MEDICINE, AND KNEE & SHOULDER SURGERY
Frank M. Ivey Jr., M.D.
Steven M. Kane, M.D.

BIOMECHANICS RESEARCH
William L. Buford Jr., Ph.D.
Rita M. Patterson, Ph.D.

PHYSIOLOGY RESEARCH
David J. Simmons, Ph.D.

Aug. 4, 1999

John E. Upledger, DO, OMM
Upledger Institute
11211 Prosperity Farms Road, D-325
Palm Beach Gardens, FL 33410-3487

Dear John:

About six weeks ago, I was fortunate to be one of the six participants in your two week Vietnam Veteran's Intensive Clinic. I would like you to know that the clinic changed my life in several ways. One of the most important ways was to stop my back pain.

I have had low back pain for over thirty years, including during my tour of Vietnam. Clinically, I have been diagnosed with an L4-5 spondylolisthesis, verging on a stenotic canal, however I did not have radiating pain, just the localized low back spasms that accompany an unstable lumbar spine.

As a result of your work and that of your wonderful staff at the clinic, my back pain has been reduced to an occasional nuisance after a heavy workout, instead of the unbearable pain as before. The fact is, that I now can do a heavy workout and not suffer for a week as in the past. As a secondary result, I can regularly workout and I have lost 10 pounds and feel much better, overall.

I write this letter not only as a personal thank you, but also from the standpoint of a researcher in spine biomechanics. I am involved in the contemporary medical approach to treating chronic low back pain, including surgery, chiropractic and/or months of physical therapy; and I do not see much success overall. I was genuinely impressed by the effectiveness of your work, not only on me, but with the other Vets that were with me during the clinic.

Please feel free to use this letter, if it will help in spreading the word about your work. I know I will be doing so.

Thank you,

Clarence L. Nicodemus, Ph.D.
Director of Spine Research

DEPARTMENT OF ORTHOPAEDICS AND REHABILITATION

301 UNIVERSITY BOULEVARD GALVESTON, TEXAS 77555-0792 (409) 772-2565 FAX (409) 772-2266

For more information on Intensive Programs, please call 561-622-4706, ext. 8918.

2000 IAHE Course Calendar

CRANIOSACRAL THERAPY I

AK: Anchorage — Oct. 7-10
 AL: Birmingham — June 22-25
 AZ: Phoenix — June 15-18
 Tucson — Dec. 14-17
 CA: Big Sur — Feb. 20-25
 Fresno — Aug. 24-27
 Los Angeles — Feb. 10-13
 Orange County — Nov. 9-12
 Sacramento — Mar. 16-19
 San Diego — July 27-30
 San Francisco — Jan. 13-16
 San Francisco — May 11-14
 San Francisco — Sept. 28-Oct. 1
 Santa Barbara — Apr. 6-9
 CO: Boulder — Aug. 17-20
 Colorado Springs — Oct. 5-8
 Denver — Feb. 17-20
 Ft. Collins — Dec. 1-2, Dec. 8-9
 CT: Hartford — Mar. 23-26
 Hartford — Sept. 14-17
 DC: Washington — Jan. 27-30
 Washington — Aug. 10-13
 FL: Ft. Lauderdale — July 13-16
 Ft. Myers — Oct. 19-22
 Gainesville — May 11-14
 Jacksonville — Sept. 21-24
 Miami — Feb. 10-13
 Orlando — Dec. 14-17
 Palm Beach — Apr. 27-30
 Palm Beach — Nov. 16-19
 Pensacola — Oct. 5-8
 Sarasota — Jan. 27-30
 Tampa — June 15-18
 GA: Atlanta — June 15-18
 HI: Oahu — Mar. 9-12
 The Big Island — Sept. 7-10
 IA: Des Moines — Mar. 30-Apr. 2
 IL: Chicago — May 18-21
 Chicago — Nov. 2-5
 IN: Indianapolis — Aug. 10-13
 KS: Kansas City — July 13-16
 Wichita — Jan. 13-16
 KY: Louisville — Apr. 13-16
 LA: New Orleans — Mar. 23-26
 MA: Boston — Apr. 13-16
 Boston — Aug. 3-6
 Boston — Dec. 7-10
 MD: Baltimore — Mar. 9-12
 ME: Portland — Mar. 23-26
 MI: Detroit — Apr. 27-30
 Detroit — Nov. 9-12
 Grand Rapids — Aug. 24-27
 Lansing — June 22-25
 MN: Minneapolis — June 8-11
 Minneapolis — Nov. 16-19
 MO: St. Louis — Jan. 27-30
 MT: Bozeman — Mar. 16-19
 Missoula — Oct. 26-29
 NC: Charlotte — Oct. 12-15
 Raleigh — July 6-9
 Wilmington — Mar. 2-5
 NE: Omaha — Oct. 12-15
 NJ: Atlantic City — June 8-11
 Denville — July 6-9
 Ft. Lee — Mar. 9-12
 New Jersey Shore — Oct. 5-8
 NM: Albuquerque — Feb. 24-27
 Santa Fe — Sept. 28-Oct. 1
 NY: Albany — Mar. 30-Apr. 2

Buffalo — Mar. 2-5
 Ithaca — Dec. 14-17
 New York — Jan. 20-23
 New York — May 4-7
 New York — Oct. 26-29
 Rochester — Sept. 7-10
 Utica — Apr. 27-30
 OH: Cincinnati — Feb. 3-6
 Cleveland — Nov. 16-19
 Columbus — Sept. 28-Oct. 1
 Dayton — July 20-23
 Toledo — May 11-14
 OK: Oklahoma City — Apr. 27-30
 OR: Grants Pass — Mar. 9-12
 Portland — Mar. 30-Apr. 2
 Portland — Dec. 7-10
 PA: Allentown — Apr. 6-9
 Philadelphia — Jan. 27-30
 Philadelphia — June 1-4
 Pittsburgh — Aug. 17-20
 State College — June 10-13
 RI: Providence — May 4-7
 SC: Myrtle Beach — May 4-7
 TN: Nashville — July 13-16
 TX: Austin — Sept. 28-Oct. 1
 Dallas/Ft. Worth — May 18-21
 Dallas/Ft. Worth — Nov. 9-12
 Houston — June 1-4
 San Antonio — Feb. 3-6
 UT: Salt Lake City — Jan. 20-23
 Salt Lake City — July 6-9
 VA: Charlottesville — Dec. 7-10
 Virginia Beach — Apr. 8-11
 VT: Burlington — July 20-23
 WA: Seattle — Feb. 10-13
 Seattle — Sept. 14-17
 Spokane — June 22-25
 WI: Appleton — Dec. 7-10
 Madison — Feb. 17-20
 Milwaukee — July 27-30
 Australia: Melbourne — Apr. 6-9
 Melbourne — Nov. 2-5
 Sydney — June 24-27
 Canada: Calgary — Feb. 24-27
 Edmonton — Sept. 21-24
 London — Oct. 26-29
 Montreal — Oct. 12-15
 Ottawa — Apr. 6-9
 Saskatoon — Apr. 27-30
 Toronto — Mar. 2-5
 Toronto — May 25-28
 Toronto — Sept. 7-10
 Toronto — Dec. 7-10
 Vancouver — May 25-28
 Vancouver — Nov. 25-28
 Winnipeg — Oct. 19-22
 New Zealand: Christchurch —
 Apr. 20-23
 Singapore: Singapore — March 16-19

CRANIOSACRAL THERAPY II

AK: Anchorage — Oct. 12-15
 AZ: Phoenix — June 15-18
 CA: Los Angeles — Feb. 10-13
 Sacramento — Aug. 17-20
 San Francisco — Jan. 13-16
 San Francisco — May 11-14
 CO: Denver — Feb. 17-20
 CT: Hartford — Sept. 14-17

DC: Washington — Jan. 27-30
 FL: Ft. Lauderdale — July 13-16
 Palm Beach — Nov. 16-19
 Sarasota — July 6-9
 GA: Atlanta — Oct. 19-22
 IL: Chicago — May 18-21
 IN: Indianapolis — Aug. 10-13
 KS: Kansas City — July 13-16
 MA: Boston — Apr. 13-16
 Boston — Dec. 7-10
 MI: Detroit — Nov. 9-12
 Lansing — June 22-25
 MN: Minneapolis — Nov. 16-19
 NC: Charlotte — Oct. 12-15
 NJ: Ft. Lee — Mar. 9-12
 NM: Santa Fe — Sept. 28-Oct. 1
 NY: Ithaca — Dec. 14-17
 New York — Jan. 20-23
 New York — July 14-17
 Rochester — Sept. 7-10
 OH: Dayton — July 20-23
 PA: Philadelphia — June 1-4
 Pittsburgh — Feb. 3-6
 TX: Dallas/Ft. Worth — Nov. 9-12
 Houston — June 1-4
 UT: Salt Lake City — Jan. 20-23
 VA: Charlottesville — June 8-11
 Virginia Beach — Sept. 21-24
 WA: Seattle — Sept. 14-17
 WI: Milwaukee — July 27-30
 Australia: Melbourne — Nov. 2-5
 Canada: Edmonton — Sept. 21-24
 Toronto — May 25-28
 Toronto — Dec. 7-10
 Vancouver — May 25-28

CRANIOSACRAL DISSECTION

TX: Galveston — Feb. 25-27
 Galveston — Mar. 17-19
 Galveston — June 23-25
 Galveston — Aug. 25-27
 Galveston — Sept. 15-17
 Galveston — Nov. 3-5

INTRODUCTION TO CRANIOSACRAL THERAPY

IA: Cedar Rapids — Jan. 21-22

CLINICAL SYMPOSIUM WITH JOHN E. UPLEDGER, DO, OMM

FL: Palm Beach — May 1-2
 Palm Beach — July 29-30
 Canada: Toronto — May 27-28

CLINICAL SYMPOSIUM: ORGAN TRANSPLANT FOCUS

FL: Palm Beach — May 2

CLINICAL APPLICATION OF CRANIOSACRAL THERAPY

FL: Palm Beach Gardens — May 8-12

SOMATOEMOTIONAL RELEASE® I

CA: San Diego — July 27-30
 San Francisco — Jan. 13-16
 CO: Boulder — Aug. 17-20
 DC: Washington — Aug. 10-13
 FL: Ft. Lauderdale — July 13-16
 Orlando — Dec. 14-17
 Palm Beach — Nov. 16-19
 IL: Chicago — Nov. 2-5

MN: Minneapolis — June 8-11
 NJ: Ft. Lee — Sept. 21-24
 NM: Albuquerque — Feb. 24-27
 NY: New York — Oct. 21-24
 PA: Philadelphia — Jan. 27-30
 WA: Seattle — Feb. 10-13
 Australia: Sydney — June 24-27
 Canada: Toronto — Sept. 7-10
 Vancouver — Nov. 25-28

CLINICAL APPLICATION OF CST & SOMATOEMOTIONAL RELEASE

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

CRANIOSACRAL THERAPY FOR PEDIATRICS™

AZ: Phoenix — Oct. 5-8
 CT: Hartford — Sept. 14-17
 DC: Washington — Aug. 10-13
 FL: Palm Beach — Jan. 13-16
 Palm Beach — July 27-30
 MA: Boston — June 29-July 2
 MN: Minneapolis — Feb. 10-13
 UT: Salt Lake City — July 6-9
 WA: Seattle — May 18-21
 Canada: Toronto — Mar. 2-5
 Vancouver — Nov. 25-28

SOMATOEMOTIONAL RELEASE® II

CA: San Francisco — May 11-14
 FL: Palm Beach — Apr. 27-30
 Palm Beach — July 27-30
 MA: Boston — June 29-July 2
 NY: New York — Oct. 26-29
 OH: Columbus — Sept. 28-Oct. 1
 WI: Madison — Feb. 17-20

THE BRAIN SPEAKS™

CA: San Francisco — Oct. 26-29
 FL: Palm Beach — Feb. 17-20

ADV. CRANIOSACRAL THERAPY

CA: Big Sur — July 24-28
 Lucerne Valley — Oct. 2-6
 FL: Palm Beach — Jan. 17-21
 Palm Beach — Aug. 14-18
 Palm Beach — Dec. 3-7

IN: Indianapolis — July 17-21

NM: Santa Fe — Mar. 27-31

NY: New York — Feb. 14-18

VA: Madison — Feb. 21-25

Canada: Sechelt — July 10-14
 Toronto — Oct. 30-Nov. 3

CLINICAL APPLICATION OF

ADV. CRANIOSACRAL THERAPY

FL: Palm Beach Gardens — Feb. 14-18
 Palm Beach Gardens — Sept. 11-15

ADV. CRANIOSACRAL THERAPY II

FL: Palm Beach — Mar. 27-31
 Palm Beach — Sept. 11-15

ADV. III CRANIOSACRAL THERAPY

Please call for dates and locations.

THERAPEUTIC IMAGERY & DIALOGUE™ I

CA: San Francisco — Oct. 27-29

SHARECARE®

FL: Altamonte Springs — Feb. 26
 Palm Beach Gardens — Feb. 12

Palm Beach Gardens — May 13
Palm Beach Gardens — Aug. 12
Palm Beach Gardens — Nov. 11
MN: Minneapolis — Mar. 11
Minneapolis — July 15
Minneapolis — Nov. 4
NJ: Cape May — Mar. 18

VISCERAL MANIPULATION IA

AZ: Tucson — Dec. 14-17
CA: Big Sur — Apr. 16-21
Orange County — Nov. 9-12
San Francisco — Sept. 28-Oct. 1
CO: Boulder — Aug. 17-20
CT: Hartford — Mar. 23-26
DC: Washington — Aug. 5-8
FL: Palm Beach — Feb. 17-20
HI: The Big Island — Sept. 7-10
IL: Chicago — Nov. 2-5
MA: Boston — Aug. 3-6
NM: Albuquerque — Oct. 12-15
NY: New York — May 4-7
OH: Dayton — July 20-23
WA: Seattle — May 18-21
Canada: Edmonton — Mar. 23-26
Toronto — Dec. 7-10
Vancouver — Nov. 25-28

VISCERAL LISTENING TECHNIQUES

CA: San Francisco — Feb. 4-6
NY: New York — May 5-7

VISCERAL MANIPULATION IB

CA: San Francisco — Jan. 13-16
CT: Hartford — Sept. 9-12
MA: Boston — Apr. 13-16
NM: Albuquerque — June 29-July 2
NY: New York — Jan. 20-23
Canada: Edmonton — Sept. 21-24

VISCERAL MANIPULATION II

CA: San Francisco — May 11-14
MA: Boston — Aug. 3-6
NM: Albuquerque — Nov. 30-Dec. 3

PRACTICAL INTEGRATION OF VISCERAL MANIPULATION

CA: San Francisco — Sept. 29-Oct. 1
NM: Albuquerque — Feb. 25-27

ADV. VISCERAL MANIPULATION

NM: Albuquerque — Nov. 30-Dec. 3

VISCERAL APPROACH TO TRAUMA AND WHIPLASH

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

VISCERAL APPROACH TO TRAUMA AND WHIPLASH II

Please call for dates and locations.

ADV. VISCERAL MANIPULATION II

FL: Palm Beach — July 27-29

CLINICAL SYMPOSIUM WITH JEAN-PIERRE BARRAL, RPT, DO

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

MECHANICAL LINK™ I

CA: Los Angeles — Feb. 10-15
San Francisco — Feb. 3-6
DC: Washington — Jan. 27-30
MN: Minneapolis — Feb. 10-15
NY: New York — July 14-17

Canada: Montreal — Oct. 12-15

MECHANICAL LINK™ II

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

MECHANICAL LINK™ III

CA: San Francisco — Feb. 3-6

ADV. MECHANICAL LINK

CA: San Francisco — Oct. 26-29

LYMPH DRAINAGE THERAPY™ I

AZ: Phoenix — Oct. 5-8
CA: Big Sur — Apr. 30-May 5
San Diego — July 27-30
San Francisco — Jan. 13-16
CO: Colorado Springs — Apr. 6-9
Denver — Feb. 17-20
CT: Hartford — Sept. 9-12
DC: Washington — Aug. 5-8
FL: Palm Beach — Nov. 30-Dec. 3
Sarasota — Jan. 27-30
Tampa — June 15-18
HI: Oahu — Mar. 9-12
MA: Boston — June 29-July 2
MI: Detroit — Nov. 9-12
MN: Minneapolis — June 8-11
NM: Santa Fe — Sept. 28-Oct. 1
NY: New York — May 4-7
OH: Cincinnati — Feb. 3-6
Dayton — July 20-23
OR: Portland — Mar. 30-Apr. 2
PA: Philadelphia — June 1-4
TN: Nashville — July 13-16
TX: Austin — Sept. 28-Oct. 1
Dallas/Ft. Worth — May 18-21
UT: Salt Lake City — July 6-9
WA: Seattle — Feb. 10-15
Canada: Edmonton — Mar. 23-26
Toronto — Mar. 2-5

LYMPH DRAINAGE THERAPY™ II

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

LYMPH DRAINAGE THERAPY™ III

CA: San Francisco — May 11-14
FL: Palm Beach — Nov. 30-Dec. 3
MA: Boston — Aug. 3-6

HEART-CENTERED THERAPY

FL: Palm Beach — Sept. 9-12
TN: Nashville — July 8-11
TX: Austin — Apr. 27-30

ADV. LYMPH DRAINAGE THERAPY

FL: Palm Beach — Aug. 24-27

BANDAGES, GARMENTS & OTHER TOOLS FOR COMPRESSION THERAPY

CA: San Francisco — Oct. 26-29
MA: Boston — Dec. 7-10

LYMPHATIC BREAST CARE™

OH: Columbus — Apr. 8-10

MULTIDISCIPLINARY APPROACHES TO NECK, HEAD & FACIAL PAIN CONFERENCE (SPONSORED BY THE JOURNAL OF BODYWORK AND MOVEMENT THERAPIES)

DC: Washington — Oct. 13-15

NMT FOR THE POSTERIOR SPINAL MUSCLES

DC: Washington — Mar. 10-12
FL: Melbourne — Mar. 31-Apr. 2
Miami — Mar. 10-12
Orlando — Aug. 20-22
St. Petersburg — Feb. 25-27
Tallahassee — Aug. 25-27
MA: Worcester — Apr. 14-16
MO: St. Louis — Apr. 7-9

NMT FOR THE UPPER EXTREMITY

DC: Washington — June 2-4
FL: Melbourne — June 2-4
Miami — May 19-21
Orlando — Oct. 8-10
St. Petersburg — Apr. 28-30
Tallahassee — Nov. 3-5
MA: Worcester — June 23-25
MO: St. Louis — July 7-9

NMT FOR THE LOWER EXTREMITY

CT: Newington — Feb. 11-15
DC: Washington — Aug. 25-27
FL: Melbourne — Aug. 11-15
Miami — July 21-23
Orlando — Dec. 10-12
St. Petersburg — July 28-30
IL: Chicago — Mar. 31-Apr. 2
LA: Baton Rouge — Feb. 25-27
MA: Worcester — Aug. 18-20
ME: Waldoboro — Feb. 11-13
MN: Minneapolis — Feb. 18-20
MO: St. Louis — Sept. 15-17
PA: Quakertown — Mar. 3-5
WA: Seattle — Feb. 4-6
WI: Appleton — Mar. 3-5

NMT FOR THE CRANIUM & ANTERIOR SPINAL MUSCLES

CT: Newington — Apr. 14-16
DC: Washington — Nov. 10-12
FL: Melbourne — Oct. 13-15
Miami — Sept. 22-24
Orlando — Feb. 6-8
St. Petersburg — Oct. 6-8
IL: Chicago — June 23-25
LA: Baton Rouge — Apr. 28-30
MA: Worcester — Oct. 20-22
ME: Waldoboro — May 19-21
MN: Minneapolis — Apr. 7-9
MO: St. Louis — Nov. 17-19
PA: Quakertown — June 2-4
WA: Seattle — May 5-7
WI: Appleton — May 5-7

FELDENKRAIS METHOD® FOR CRANIOSACRAL THERAPISTS

FL: Palm Beach — Apr. 27-30

CORE ZERO BALANCING® — SEGS. I & II

AZ: Tucson — Mar. 1-4
CA: Solana Beach — Mar. 30-Apr. 2
CO: Boulder — May 6-9
CT: Hartford — Mar. 23-26
DE: Rehoboth Beach — May 18-21
FL: Jacksonville — Jan. 20-23
IA: Des Moines — Mar. 2-5
IL: Chicago — May 18-21
Chicago — Nov. 9-12
KY: Louisville — Feb. 17-20
Louisville — Oct. 5-8
MD: Columbia — May 4-7
Columbia — Oct. 5-8
ME: Blue Hill — Sept. 13-17
NJ: Cape May Point — Dec. 9-12
NY: New York — Jan. 20-23

New York — Oct. 5-8
TX: Austin — Jan. 13-16
Austin — July 20-23
Jamaica: Negril — Mar. 9-16

ZB FORM AND FULCRUMS

AZ: Tucson — Jan. 29-30

ART OF ZB, IN DESERT COLOR

CA: Borrego Springs — Feb. 3-9

FREELY MOVABLE JOINTS

AZ: Tucson — Apr. 13-16
CA: San Francisco — Mar. 9-12
CO: Boulder — May 11-14
IL: Chicago — July 6-9

BEYOND EDGE

Mexico: Guadalajara — Mar. 18-25

MASTER ZERO BALANCING

Mexico: Guadalajara — Mar. 10-17

ALCHEMY OF TOUCH

MD: Baltimore — May 11-14

GEOMETRY OF HEALING

MD: Baltimore — Oct. 12-15
TX: Austin — Apr. 13-16

ADV. ZERO BALANCING®

Jamaica: Negril — Mar. 16-23

PROCESS ACUPRESSURE™ I: ESSENCE

CA: Santa Cruz — Feb. 3-6
Santa Cruz — Aug. 10-13
GA: Gainesville — Mar. 16-19
PA: Philadelphia — May 18-21

ADV. PROCESS ACUPRESSURE™ I: PROGRESSED PROCESS

CA: Santa Cruz — Oct. 5-8
FL: Coral Gables — Feb. 10-13
MD: Baltimore — May 11-14

PROCESS ACUPRESSURE™ 2: PARTS OF THE WHOLE

CA: Santa Cruz — June 8-11

PROCESS ACUPRESSURE™ 3: THE HOLOGRAM

Canada: Ottawa — May 2-7

PROCESS ACUPRESSURE™ 4: TRANSPERSONAL INTEGRATION

CA: Borrego Springs — Apr. 7-14

SELF-CORRECTIVE MECHANISMS I

CA: Orange County — Jan. 20-23

SPIRITUAL CHANNEL

CA: Borrego Springs — Feb. 17-20

SUPPORTING THE COMPASSIONATE HEART - CORE BUILDING

NC: Raleigh — Feb. 25-27
PA: Allentown — Apr. 7-9
TX: Austin — Feb. 4-6
VA: Reston — Mar. 23-25

SUBTLE ENERGY AS A THERAPEUTIC INSTRUMENT™

**MANY COURSES REQUIRE PREREQUISITES,
AND ADDITIONAL DATES AND LOCATIONS
ARE FREQUENTLY ADDED. PLEASE CALL
1-800-311-9204, EXT. 8918, FOR DETAILS.**

Earn Continuing Education Credits for Classes in Complementary Care

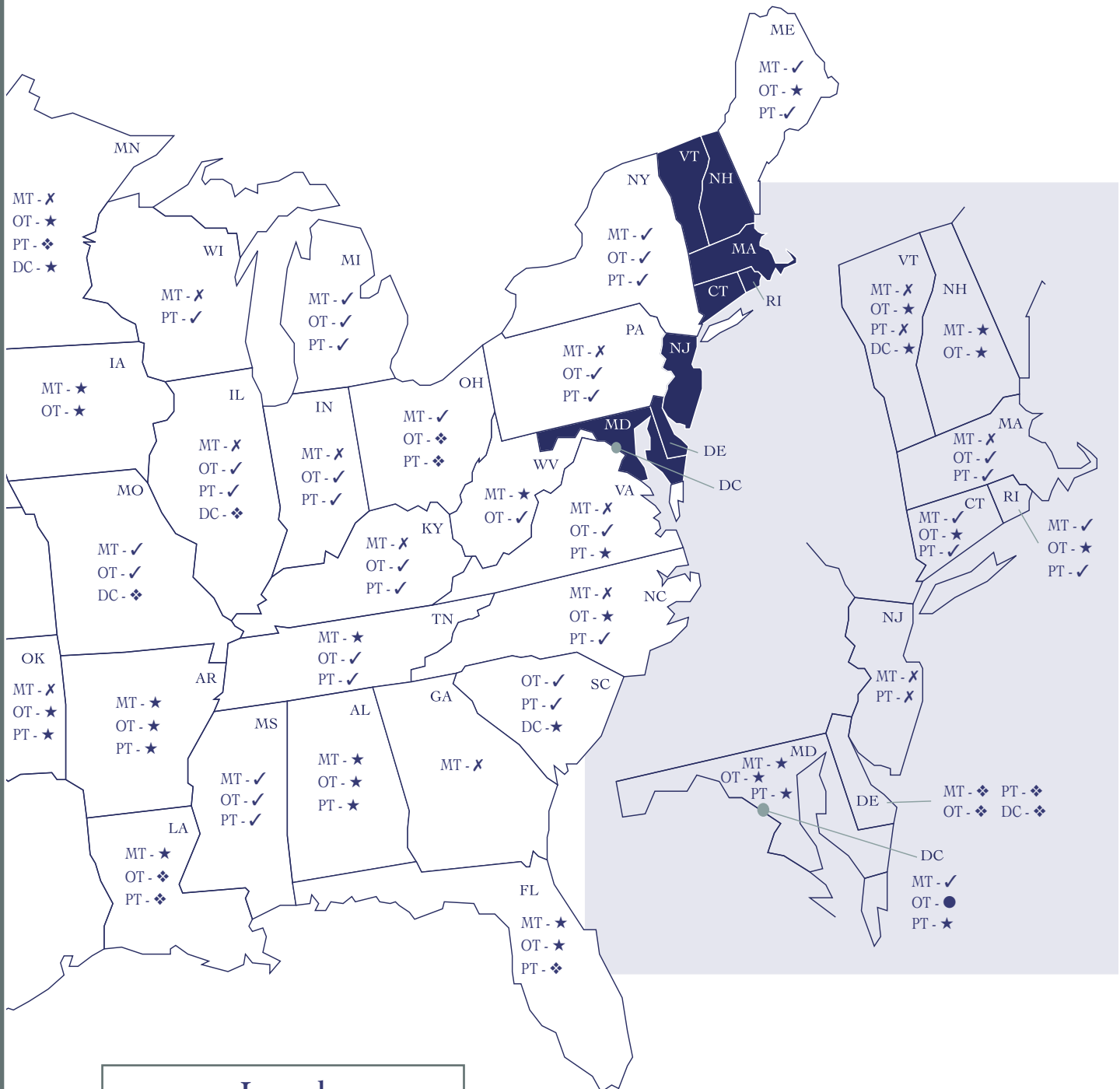


Latest CEU Approvals by Professional State Boards –

- Delaware:** Physical Therapists can now earn CEUs for Mechanical Link I.
- Florida:** Acupuncturists can now earn CEUs for nearly every course offered by UI and IAHE. Massage Therapists can now earn CEUs for Lymphatic Breast Care, Esthetic Lymph Drainage Therapy, and Clinical Symposium: Organ Transplant Focus.
- Maine:** Speech and Language Pathologists and Audiologists can now earn CEUs for CranioSacral Therapy I & II.
- Ohio:** Occupational Therapists can now earn CEUs for CranioSacral Therapy I & II, Somato-Emotional Release I, and Visceral Manipulation IA. Physical Therapists can now earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I & II, Lymph Drainage Therapy I, and Visceral Manipulation IA.
- Oregon:** Naturopathic Examiners can now earn CEUs for nearly every course offered by UI and IAHE.
- Vermont:** Chiropractic Physicians can now earn CEUs for nearly every course offered by UI and IAHE.

The International Alliance of Healthcare Educators and The Upledger Institute offer classes that satisfy CEU requirements for many different professions.

Before attending a workshop, simply verify CEU acceptance with your professional state board.



Legend

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

Map not to scale.

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

Study Groups

Share Your Experiences and Sharpen Your Techniques

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. 8918. All study groups shown here were approved as of September 30, 1999. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than December 15, 1999.

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

ARIZONA

Cave Creek
Nan Woodward, PT - 602-488-5934
Focus: CSI-SERI

Scottsdale
Cynthia Velez, CMT - 602-591-3200
Focus: CSI

Sedona
Neil Pinholster, LMT - 520-541-0736
Focus: CST

Tempe
Keira Ufalusi-West, LMT - 602-762-5382
Focus: CSI

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

CALIFORNIA

Berkeley
Michael Wagner, CMT - 415-457-6392
Focus: VMIA-VMII

El Cerrito
Nancy Burke, CMT - 510-526-0115
Focus: CSI-SERI

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

Ventura
Tricia Fortina, MT, BSW, CST - 805-933-1023
Focus: CSI-ADVII

DISTRICT OF COLUMBIA
Washington
Ronald Murray, PT - 202-237-7000
Focus: CSI-SERII

FLORIDA
Aventura
Harvey Grossbard, OMD, AP - 305-937-2281
Focus: CSI-ADV

Jacksonville
David Dolan, LMT, NMT - 904-448-9499
Focus: CSI-ADV, TBS, CSP

Orlando
Jill Mabry, LMT - 407-774-7744
Focus: CST

Palm Beach Gardens
The Upledger Institute HealthPlex
Clinical Services - 561-622-4706
Focus: CSI-ADV

Sarasota
Jacqueline Riker, LMT - 941-922-8874
Focus: SER-ADVII

Marina del Ray
Teresa Gaffin, MsT - 310-915-3054
Focus: CSI-ADV

Mill Valley
Aria Rose, MA, CMT - 415-381-8314
Focus: CSI-ADV

San Diego
Ellen Gayle Sovinee, HHP - 619-693-3677
Focus: CSI-CSII

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

San Luis Obispo
Celeste M. Varas de Valdes, CMT - 805-995-2443
Focus: CSI-SERI

Santa Cruz
Michael Wagner, CMT - 415-457-6392
Focus: VMIA-VMII

Tampa
Dottie Marvel, MT (ASCP), LMT - 813-839-7864
Focus: CSI-CSII

Tampa
Betty Lamb, BS, LMT - 813-876-5114
Focus: CSI

GEORGIA

Atlanta
Maureen Grady, MT, CMT - 770-394-5692
Focus: CSI-ADV

HAWAII

Honolulu
Glenn Thering, LMT - 808-951-4278
Focus: CSI-SER

ILLINOIS

Chicago
Rosan Hepko, MSN - 847-733-9900
Focus: CSI-SERI

Chicago
Nancy Westphal, LMT - 312-266-1680
Focus: SERII

Woodstock
Dodie Corcoran, CMT - 815-337-5704
Focus: CST

INDIANA

Indianapolis
Carol Fienhage, OTR/L - 765-287-1843
Focus: CSI-SERII

IOWA

Fairfield
Michael Morgan, LMT and
Karen Schele, RN - 515-472-0939
Focus: CST

MARYLAND

Baltimore
Tom Nichols, PT - 410-840-0760
Focus: CSI

MASSACHUSETTS

Fall River
Susan Cotta, PT - 508-677-0626
Focus: CST

Great Barrington
Randi Haskins, PT - 413-644-9474
Focus: CSI-SERII

Hanover
Dorinda Galbraith, PT - 781-982-2654
Focus: CSI-ADV, VMIA-AVMII

Northampton
Avadhan Larson, LAc, LMT - 413-582-0123
Focus: CSI-ADV

MICHIGAN

Shepherd
Charles Ulmer, CMT - 517-828-4776
Focus: CSI-SERI

MINNESOTA

Minneapolis
Carolyn Liarakos, CMT - 612-922-9582
Focus: CST

MISSOURI

Columbia
Sherry Borcharding, MA, OTR - 573-449-1570
Focus: CST

St. Louis
Susan Costa, CMT - 314-832-0279
Focus: CSI

Legend

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

St. Louis
Constance Perretta, LMT, RMT - 314-984-8265
Focus: CSI-CSII

MONTANA
Billings
Dana Karbassi, PT - 406-259-6532
Focus: CST

NEBRASKA
Omaha
Tricia Fortina, MT, BSW, CST - 805-933-1023
Focus: CSI-ADVII

NEW JERSEY
Cape May Court House
Linda Foster, NCTMB - 609-465-4723
Focus: CSI-ADV

Madison
Linda Heisler-Clancy, LMT - 973-822-2444
Focus: CSI-CSII, MFR

Morris County
Peg Dougherty, MA, CMT - 973-822-3110
Focus: CSI-CSII

Red Bank
Cindy Bloom, CMT - 732-747-9290
Focus: CST

Summit
Holly Berkley - 908-665-2731
Focus: CSI-ADV

Tenafly
Phyllis Gordon, OTR - 201-569-6288
Focus: CSI-ADV

NEW MEXICO
Corrales
Maggie Mathisen, LMT - 505-898-7853
Focus: CST

NEW YORK
Hicksville
Hollie Stott, BA, CAT - 516-598-3865
Focus: CSI

Hudson & New York City
Phyllis Hjorth, LMT - 518-822-0556 or 212-265-1020
Focus: CSI-CSII

New York City
Barbara Chang, CMT - 212-242-1432
Focus: SERI-ADVII and VMIA-VMII

New York City
Kenneth I. Frey, PT - 212-245-1700
Focus: CSI-ADV, VMIA-VMII

New York City
Anne Hammel, CAT - 212-254-3442
Focus: CSI-SER

Rochester
Nancy Wierowski, PT - 716-787-9798 or 716-461-8840
Focus: CSI-SERII

NORTH CAROLINA
Charlotte
Joan Farrenkopf, CST - 910-763-6878
Focus: CST

Salisbury
John Green, LMT - 704-647-0060
Focus: CST

Wilmington
Joan Farrenkopf, CST - 910-763-6878
Focus: CST

OHIO
Cincinnati
Elaine Stapleton, MT - 513-271-3976
Focus: CSI-SERII

Columbus
Elisa Holway, LMT - 614-326-3504
Focus: CSI-ADV

Cuyahoga Falls
Richard Earle, MT - 330-929-8801
Focus: CST

Toledo
Gregory Miller, DO - 419-578-2133
Focus: CSI-ADV

OREGON
Ashland
Judith Sanford, LMT - 541-858-4459
Focus: CSI-ADV

Portland
Carol A. Gray, LMT, Doula - 503-236-2999
Focus: CSI-ADV

PENNSYLVANIA
Bethlehem
Penny Reiss Rhodes, CMT & Gene Miller, AHP - 610-398-0803
Focus: CSI-ADV

Chambersburg
Ethel Nelson, PT - 717-267-7715
Focus: CSI-II

King of Prussia
Zora Natanblut, PhD, PT - 610-989-1777
Focus: CSI-ADV

Philadelphia
Dinnie Pearson - 215-923-1632
Focus: CSI-SERII

State College
Beth Shafranko, CMT - 570-321-8440
Focus: CSI

Williamsport
Beth Shafranko, CMT - 570-321-8440
Focus: CSI

RHODE ISLAND
Providence
Susan Steiner, OTR/L - 401-831-0985
Focus: CSI-SERI

SOUTH CAROLINA
Charleston & Hilton Head
Susan Wing-Stier - 843-681-6527
Focus: CSI

TENNESSEE
Memphis
Juanell Lemon, LMT - 901-624-5757
Focus: CST

Nashville
Christine Ackerson, MT - 615-591-9996
Focus: CST

TEXAS
Dallas
Joanne Bond, RMT - 972-278-3700
Focus: CST

VERMONT
Rutland
Chris Adams, MT & Sheryl Rapee-Adams, MA, LMT - 802-775-0354
Focus: CSI-SERI

South Royalton
Priscilla Downey, PT - 802-763-2604 or 802-763-9900
Focus: CSI-ADV

VIRGINIA
Charlottesville
Maureen O'Neil, MT - 804-977-4417 & Sue Bovenizer - 804-984-0764
Focus: CST

Reston
Suzanne Scurlock-Durana, CST-D - 703-620-4509
Focus: CSI-ADV

Virginia Beach
Linda Tingle, CNMT - 757-431-0711
Focus: CSI-ADV

WASHINGTON
Olympia
Lois Blank, OTR - 360-705-3373
Focus: CST

Port Angeles
Joan Gloor, LMP, PTA - 360-452-3633
Focus: CSI

Seattle
John Myers, PTA/LMP - 206-314-6202
Focus: CSI-SERII

Tacoma
Jim Sullivan, LAc, LMP - 253-564-7020
Focus: CST

WISCONSIN
Milwaukee
Karla Mueller, MsT - 414-273-7980
Focus: CSI-ADV

CANADA
Kamloops, BC
Cassie Caroline Williams, PhD, RPOB - 250-372-1663
Focus: VM

Montreal, PQ
John Glenn, CPWE, NMT - 514-332-0183
Focus: CSI-SERI

Saskatoon, SK
Linda Fisher, RMT - 306-665-2424
Focus: CSI-SERI

Toronto, ON
Teresa Stebbing, RMT - 416-365-1016
Focus: CST

Toronto, ON
David Tomlinson, RMT - 416-485-0904
Focus: CSI-SERII

Vancouver, BC
Annabel Mackenzie - 604-261-9588
Focus: VM

Vancouver, BC
Brenda Pulvermacher, BSc, CSP - 604-922-7242
Focus: CSI

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

Certified Practitioners Help Maintain Integrity of Zero Balancing

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

Founded by ZB originator Fritz Smith, MD, the Zero Balancing Association conducts a rigorous certification program designed to maintain the integrity of this vital practice in the field.

In addition to attending at least 100 hours of class time, applicants must perform 50 ZB sessions, submit essays relating ZB principles to daily life, and receive and perform numerous ZB sessions with certified practitioners or faculty members.



A hearty congratulations to the following healthcare providers who were recently certified in Zero Balancing...

- Christine Arbor, MT
- Gerri Bowen
- Teresa Bushey, LMT, CST
- Nancy Cocagne, MA
- Mary Beth Curreri, PT
- Vipul Dedhia, PT
- Bettina Dohrmann
- Michele Doucette, DC
- Tom Gentile, LAc
- Judith Goedeke
- MaDonna Hill, MT
- Dorothy Hornby, MT
- Mark Lumpkin, RMT
- Sean Lynch
- Amy Malloy, NCMT
- Athena Malloy, LMT
- Sheryl Markley, PT, NCB
- Sue Maurer, PT
- Mark Montgomery
- Jim Mutch, CMT
- Ethel Nelson, PT
- Melinda Paul
- Pamela Pettinati, MD
- Joseph Soprani
- Cyndonna Tefft, LMT
- Benjamin Watts, MT
- Anna Wiedeler, PT, MS, CACST
- Stephen Yates

Congratulations

New Certified VM Teaching Assistants

- Lisa Polec, DC
- David Young, DC



New Certified CST Teaching Assistants

- Ellie Brown-Gee, BS
- LuviaJane Swanson, DC

Now Certified in CranioSacral Therapy

Techniques Level:

- Sharon Borcharding, MA, OTR/L, CST
- Teresa Bushey, LMT, CST
- Donna Busse, RPT, LMT, CST
- Cloé Couturier, LMT/CO, CST
- Elisa Holway, LMT, CST
- Horatius Hwang, CST
- Don Jarboe, PT, OCS, CST
- Kim Juroe, AP, OMD, CST
- Liza Katz, PT, CST
- Swarn Khalsa, NCTMB, CST
- Michael Macy, AcT, CST
- Patricia McGurn, LMT, CST
- Mark Misiewicz, PT, CST
- Angela Newman, AcT, NT, CST
- Clarence Nicodemus, PhD, ND, RMT, CST
- Judy Osborne, PT, RMT, CST
- Dan Phelps, LMT, CST
- Richard Popp, MT, CST
- Sandy Prantl, OTR/L, CST
- Leslie Quier, CMT, CST
- Aria Rose, MA, CMT, CST
- Joan Rose, MT, CST
- Brenda Rosenberg, PT, CST
- Carol Siciliano, PhD, LMT, CST
- Gill Tomlinson, ND, CST
- Ilene Watrous, PT, CST
- Nancy Westphal, LMT, CST
- John Worcester, LMT, CST

Milestones

Congratulations and Well Wishes...

- Candice Strack, OTR/L, has been named UI-certified CranioSacral Therapy I instructor.
- A.J. de Koning, DO, president of Upledger Institute Europe, has been named UI-certified instructor for Practical Integration of Visceral Manipulation.
- Judith (Walker) DeLany, LMT, has been named Massage Therapist of the Year by the Florida Chiropractic Association. She was also featured on the cover of AMTA Florida, Fall 1999.



- John Worcester, LMT, CST, and Nina Chernick, BA, RMT, CST, have been named UI-certified CranioSacral Therapy II instructors.

Sheryl Rapée and Christopher Adams were married on June 13, 1999. The ceremony was performed by certified UI instructor Avadhan Larson, who first introduced the couple. The newlyweds are co-owners of Dynamic Energy Therapy in Rutland, Vermont. Together they practice massage and CST.

- Fred Stahlman, PT, and Martine Rini, PT, just welcomed a new baby, Alexander, into their home.



Vietnam Vets Embrace Real Change in Program

continued from front cover

memories, and lowering depression as well as the level of overall distress.”

This dramatic shift from hopelessness to optimism has long been missing from many of the programs available to vets. Though the U.S. Veterans Administration currently treats tens of thousands of vets for Post-Traumatic Stress Disorder (PTSD), the results reported often fall short of real change.

Standard approaches like medication and talk therapy don't touch the deeper issues, according to Dr. John Upledger, founder of the PTSD intensive therapy program. After years of working with physicists and bioengineers, Dr. Upledger said he has every reason to believe emotional memories have the ability to reside in body parts other than the brain. “You can talk all you want but you still won't get the memory out of the liver or the leg or wherever it may be lodged.”

That's why he and his team rely on a structural approach to mobilize bones and their membranes, and increase fluid flow. “We ease the vets into positions that help bring back experiences that have been buried,” Dr. Upledger said. “Once the patient begins to get symbolic images, we can use dialogue to slowly convert the image into something like the exact experience.”

“I was right back there,” said veteran Nic.

“Once the patient begins to get symbolic images, we can use dialogue to slowly convert the image into something like the exact experience.”

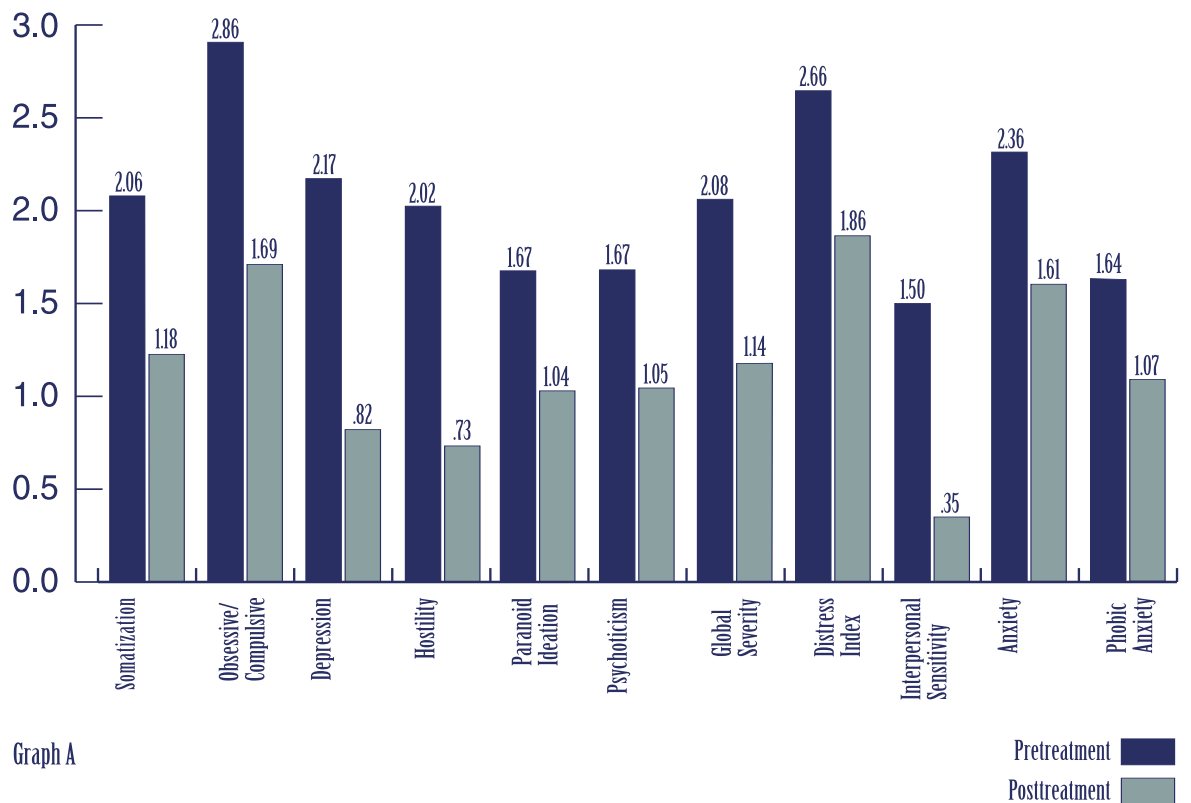
“I was stepping off the chopper. I just burst out in tears. I was able to express some of the emotion I knew I felt at the time but absolutely clamped over.” According to Dr. Upledger, once the patient relives a buried experience under these circumstances, it's often released from the tissues — and gone for good.

Dr. Upledger's next goal is to gain wider recognition that intensive therapy programs like these can be effective in a significant number of cases. “I'd love to see this in every V.A. hospital,” he said. The vets agreed. “I've never been around such a bunch of people since I've been home that really care for Vietnam vets,” veteran Ed said of his HealthPlex experience.

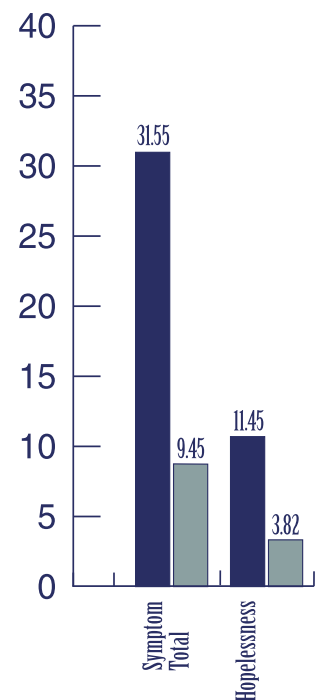
“It shocked me. The staff here, where were they 20, 30 years ago?”

For more information about the Post-Traumatic Stress Disorder Program for Vietnam Veterans, please call The Upledger Institute HealthPlex Clinical Services at 561-622-4706.

Vietnam Veterans Intensive Program Pre-Post Data Summary



Graph A



Graph B

Self-Corrective Mechanisms I: Introduction to Feldenkrais®

by Susan Pinto,
MA, CFP, CST-D

Over and over, our bodies naturally compensate for our daily habits. The way we sit, the way we stand, even the way we sleep can cause muscles to stiffen and weaken, eventually causing pain and discomfort.

The Feldenkrais Method® uses the body's same natural tendencies to heal itself. It's based on simple, gentle exercises that tap in to the interconnectedness of the brain and musculature. These movements release contracted muscles and entice lazy ones to work. The result is often the release of pain and a heightened sense of well-being.

The new Self-Corrective Mechanisms series consists of five workshops based on the common principles of Feldenkrais and CranioSacral Therapy. You'll begin by immersing yourself in the sensory-motor learning experience taught

by Moshe Feldenkrais. These practical lessons give you and your patients a variety of techniques that create and sustain positive changes.

The first Self-Corrective Mechanisms workshop is scheduled for Jan. 20-23, 2000, in Orange County, Calif. Call Educational Services toll-free to register: 1-800-311-9204, ext. 8918.

Susan Pinto, creator of the Self-Corrective Mechanisms series, has developed her work through years of exploring the synthesis of CranioSacral Therapy and Feldenkrais. A UI-certified instructor for SomatoEmotional Release® II and Advanced I CranioSacral Therapy, she is also an internationally recognized teacher in Feldenkrais professional training programs. With this expertise, she is uniquely qualified to blend both therapeutic systems and stress their common elements.

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Classified Ad Rates and Deadline

The *IAHP Connection* reaches more than 40,000 therapists interested in the field of complementary healthcare. The cost to run a classified ad is \$5.00 per 30 characters, which includes punctuation marks and spaces.

The deadline to submit a classified ad for the next newsletter is December 15, 1999. Call the Editor at 561-622-4334, or fax your request to 561-622-4771.



See Saw Breathing

The Feldenkrais Method uses exercises like this one submitted by Ann Harman, DO. She is the developer of The Feldenkrais Method for CranioSacral Therapists class currently scheduled for April 27-30, 2000, in Jupiter Beach, Fla.

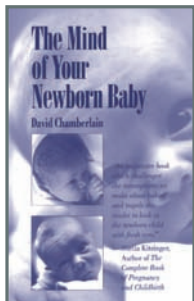
To register, please call Educational Services toll-free: 1-800-311-9204, ext. 8918.

1. Place one hand on your chest, the other on your belly. Inhale until your lungs are half full of air. Hold your breath.
2. Move the air down so your belly expands. Then contract your abdomen and allow your chest to expand, filling with air.
3. Move the air back and forth like this without inhaling or exhaling. One hand will move up and the other down, like a child's seesaw. Do this without either inhaling or exhaling; the air moves between the compartments of the thorax and belly.

4. Rest and breathe when necessary. Resume seesaw breath at your own pace when you're ready. After you've practiced this for awhile, try the more advanced version: Continue breathing while doing the seesaw. See if you can breathe normally without getting out of breath. Can you talk and still do the seesaw?

Ann Harman, DO, is board-certified in Osteopathic Manipulative Medicine. She is also an advanced CranioSacral Therapy practitioner, a UI teaching assistant, a member of the International Alliance of Healthcare Educators, and a Guild Certified Feldenkrais Practitioner.®

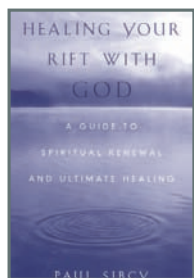
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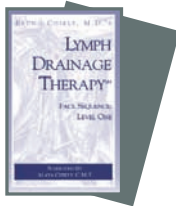
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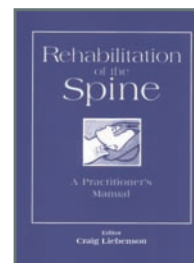


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