The Upledger Institute (UI) has announced plans to launch a new dolphin-assisted therapy program this summer at The Dolphin Experience, situated on a 9+ acre lagoon called Sanctuary Bay on Grand Bahama Island. The intensive therapy format will focus on the use of CranioSacral Therapy in the presence of dolphins. The sessions will be conducted in shallow water where the dolphins will be free to make physical contact with patients and therapists. The new outpatient program builds on findings of a 1996 pilot project conducted by The Upledger Foundation at the Dolphin Research Center in the Florida Keys. That early program produced highly favorable outcomes in a diverse patient population. “The results were so compelling, we were convinced of the efficacy of working in the healing presence of dolphins,” says John Matthew Upledger, UI Chief Executive Officer. Dr. John Upledger, his father and developer of CranioSacral Therapy, has often written of the dolphin’s near-mystical healing ability, which translates into scientific terms of ultrasonic, biomagnetic energy, vibration and interspecies communication. “Having seen how dolphin interaction can enhance the therapeutic effects of CranioSacral Therapy, our goal now is to offer it to as many patients as possible.”

The new Bahama programs will run approximately $4,500 per patient. Each participant will be helped by multiple therapists, including visiting therapists and externs — and, of course, dolphins.

To learn more about dolphin-assisted therapy or to become an extern or visiting therapist in the program, please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0204. You’re also welcome to e-mail info@uile.com, or visit www.uile.com.

Dolphin-Assisted Therapy within the Healing Potential of Dolphins

The Upledger Institute has launched its 3rd annual raffle to benefit its nonprofit charities, including financial assistance for patient care and innovative community outreach programs. Tickets are available for a donation of $20 each, or $100 for 6.

Only 5,000 tax-deductible tickets will be sold. The winner will be drawn and announced on Saturday, April 24, at The Upledger Foundation Nancy Schaffer Memorial Golf Classic. You need not be present to win.

To purchase a ticket, call 1-800-233-9880. Ask for priority code N0204. You’re also welcome to visit www.upledger.com, or see the facilitator at any Upledger Institute or International Alliance of Healthcare Educators workshop before the drawing on April 24, 2004.

See page 2 to learn more about the 3rd Annual Golf Classic and other events commemorating CranioSacral Therapy Awareness Month in April.

Total prize including taxes set to exceed $45,000. In the event that not enough tickets are sold, the winner will receive a check payment of 50% of the stated value.
**The Visceral Manipulation Report**

**Learn From the Source**

**Books and Videos by VM Developer | jan-Pierre Barral, DO**

**Visceral Manipulation**
- co-authored with Pierre Marquet, DO
- Explores the central premise of Visceral Manipulation, detailing the relationship of organ structure and function and how it can affect health and well-being. (hardcover) $50.00 + s&h

**Visceral Manipulation II**
- Expands on the concepts and techniques presented in Visceral Manipulation. Provides additional perspectives on the pathology of visceral disorders, diagnosis, indications for treatment and therapeutic techniques. (hardcover) $48.00 + s&h

**The Thorax**
- Focuses on the thoracic cage and its contents. Gives a brief overview of the origins of the thoracic restrictions followed by detailed illustrations of the applied anatomy. (hardcover) $44.00 + s&h

**Urogenital Manipulation**
- Focuses on the pelvis, particularly of women. Topics include the relationship of the pelvis and spine; how the concepts of mobility, motility and listening apply to the spine; the bladder and incontinence; and the uterus and cervix. (hardcover) $48.00 + s&h

**Manual Thermal Diagnosis**
- Reviews the scientific understanding of body heat and the clinical significance of changes in surface temperature. Proceeds point-by-point to provide tools to transform a therapist’s hands into sensitive diagnostic instruments. (hardcover) $35.00 + s&h

**Trama: An Osteopathic Approach**
- co-authored with Alain Crozier, DO
- Offers a penetrating view of some of the common sequelae of trauma, including techniques to evaluate the dural tube, cranial sutures, craniofacial membranous junction, mastoid mastoid and splenial. (hardcover) $60.00 + s&h

**Visceral Manipulation: The Video**
- Volume 1 presents demonstrations of VM techniques for the thorax, liver, gallbladder, spleen and pancreas. Volume 2 focuses on techniques for the stomach, duodenum, small intestine, colon, kidneys, bladder, and uterus. Includes a personal interview with Jan-Pierre Barral. (2 videos, 2 hrs, 40 min. total) $125 + s&h

To order call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0204. You’re also welcome to e-mail info@aihe.com, or visit www.aihe.com.

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**The Upledger Foundation to Host CranioSacral Therapy Awareness Month Events in April**

The Upledger Foundation (UF) is celebrating CranioSacral Therapy Awareness Month with a Pirates of the Caribbean Casino Night and a Memorial Golf Classic in South Florida on April 23 and 24. Both events, which coincide with CranioSacral Therapy classes, will take place at Jupiter Beach, Florida.

The Casino on Friday, April 23, will kick off the weekend to raise awareness for UF nonprofit charities, including patient financial assistance and community outreach programs. Players will gamble with fun dollars to win prizes in a casino decked in Caribbean style.

The Upledger Foundation Nancy Schaffer Memorial Golf Classic on Saturday, April 24, will feature sports legends and local celebrities teeing off to raise funds for UF neuromuscular therapies. The golf classic is open to the public, and all interested golfers are invited to participate. Tickets are $225 per player. The fee includes entrance to all tournament events, including the Saturday evening awards ceremony.

To register for either of these special events, call Educational Services: 1-800-311-9204. Ask for priority code N0204. You can also register online at www.aihe.com. Highlight “About IAHE,” and click “Events & Press.”

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**The National Institutes of Health estimates that more than 48 million people suffer from chronic pain, with the low back cited as one of the most affected areas. A new Multidisciplinary Approaches to Low Back and Pelvic Pain conference will deliver an in-depth examination of therapeutic advances that are improving patient outcomes in this area. The conference is set for June 11-13, 2024, at the Safety Harbor Resort and Spa in Florida’s Tampa Bay Area. Six internationally recognized manual therapists will share their viewpoints and practical solutions to low back and pelvic pain. Each one is a leader in pain management who brings a unique perspective to the conference.**


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**Multidisciplinary Approaches Conference to Examine Low Back and Pelvic Pain Management**

John Downes, DC, will discuss “Hyperpronation and Reciprocal Limb Syndrome as Precipitators of Low Back and Pelvic Pain.” Dr. Downes is dean of the College of Chiropractic and former director of Sports Chiropractic at Life University. He will present various methods of analysis and management paradigms that relate the structure and function of the lower limbs—directly impacts the lumbo pelvic region. He will also demonstrate a practical application of orthotics, and discuss the implications of these devices to the entire postural framework.

Carolyn McMakin, MA, DC, CCE, will present “Microcurrent, Manual and Nutritional Treatment of Neuropathic and Myofascial Pain in the Pelvis and Lower Back.” Clinical director of the Fibromyalgia and Myofascial Pain Clinic of Portland, Oregon, Dr. McMakin has developed a frequency-specific microcurrent technique that helps address neuropathic pain and myofascial trigger points. The method uses a subsensory physiologic current and frequencies found to be effective in reducing inflammation and scar tissue. She will discuss ways to combine the techniques with manual therapies to address discogenic pain, facet-generated pain, nerve pain, and myofascial trigger points in the low back and pelvis.

Leon Chaitow, ND, DO, will present “Osteopathic Positional Release Approaches to the Care of Low Back and Pelvic Problems.” A Newcastle, Australia-based physiotherapist and lecturer with more than 35 years of experience, Chaitow will explore the practical application, methodology and theoretical models of two main Positional Release Technique (PRT) approaches: Strain-Counterstrain and Functional Technique. He will also discuss ways to combine PRT with other manual therapies, such as high-velocity manipulation, muscle energy techniques, myofascial techniques, neuromuscular therapy and massage therapy.

Judith DeLany, LMT, will discuss “Trigger Point Influences in Lower Back and Pelvic Pain.” Dr. DeLany is founder and director of the International Academy of NeuroMuscular Therapies, an educational group that sets standards for healthcare training in neuromuscular therapy. She will share her expansive knowledge of trigger point connections to lumbar and pelvic pain. In addition, she will explore trigger point locations and referral patterns, and how to release them.

Judith Aston, MFA, MT, will speak on “Significant Implications of Aston-Patterning for the Low Back and Pelvis.” A bodywork pioneer since 1963, Aston developed a unique biomechanical model that has shaped techniques in assessment, movement, bodywork, ergonomics, fitness and teaching. Using her Aston Mechanics’ paradigm of posture, she will present ways to relate body dimension to alignment and function. She will also cover body positions that can increase or decrease support for the pelvis in gait.

Jan Dommerholt, PT, MPS, FAAPM, will present “Back to Basics: An Integrated Approach to Chronic Low Back and Pelvis Pain.” A Dutch-trained physical therapist who has traveled the world lecturing on myofascial pain syndrome, fibromyalgia and biomechanical trauma, Dommerholt brings new insights into the role of the multitudes of muscles in stabilizing. He will present modern therapeutic options such as intramuscular trigger point stimulation, along with a successful approach to integrating the pain sciences into clinical practice strategies.

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**Join Florida’s CranioSacral Therapy Legislative Day**

Are you a Florida therapist inspired to demonstrate the power of a healing touch? Join us at The Upledger Institute’s 3rd annual CranioSacral Therapy Legislative Day at the state capitol in Tallahassee. Legislators, staff members and special visitors will receive free CranioSacral Therapy mini-sessions on Wednesday, March 27.

To take part in this important event, please call Beth Richmond, UF Community Relations Director, at 1-800-311-9204, ext. 1131.
Mrs. Moore is a 40-year-old woman who was referred to me for physical therapy for low back and right shoulder pain. The pain had started two weeks prior to the consultation and there was no history of injury. The pain was located over her left sacroiliac joint and down her left leg. The shoulder problem started eight weeks prior to her visit and seemed to coincide with an episode of bronchitis. The pain was located at the acromioclavicular joint.

Upon examination, Mrs. Moore showed a decreased range of motion of the thoracolumbar spine in all directions, as well as limitation in flexion and abduction of the right shoulder joint. Functionally she had significant difficulty sitting, standing, or walking secondary to increased pain when bearing weight over the left side. Getting in and out of the car was also a big issue for this patient.

I addressed Mrs. Moore using Mechanical Link as a global protocol. In Mechanical Link, the practitioner evaluates the whole body as eight functional units. They are the occipito-vertebro-pelvic axis, anterior and posterior chest, upper and lower extremities, lines of force, viscera and organs, vascular system, derma and cranium. Using a technique called the Inhibitory Balance, the practitioner then locates the dominant lesions of each functional unit. The goal is to discover which lesion is most dominant, affecting all other lesions. Once this “primary lesion” is eliminated, the body is able to readjust itself and adapt to newly regulated systems.

During Mrs. Moore’s first visit, the primary lesion was located and released from the left pahovascular ligament. The dominant lesions released were the neural tube (mid and low thoracic level) and left occiput in compression lesion. After the session Mrs. Moore was able to sit and stand comfortably without any pain. Her weight was equally distributed.

After the session there was significant improvement of the ROM of the left knee and hip, both actively and passively. Mrs. Moore was able to squat down without any pain. She was subsequently able to go on vacation and function in a normal manner with very little discomfort.

I saw Mrs. Moore for a few more visits to take care of some residual pain in her left knee and right shoulder, and to complete the therapeutic process. She was discharged free of pain and without any functional limitations.

“Name changed to protect confidentiality.”

Diane Beaudoin, PT, DO, holds a Bachelor of Science degree in physical therapy from Laurentian University, Quebec, (Canada), and a diploma in osteopathic manual practice from the Quebec College of Osteopathy, Montreal (Canada). In addition to practicing Mechanical Link since 1986 in Skagatine, Maine, Beaudoin has here a Mechanical Link teaching assistant since 1999.

Lynne was the intraosseous lesion of the foramen magnum. The dominant lesion released was the broncho-pericardic membrane.

After the session Mrs. Moore reported that her right shoulder felt much better. There was full ROM. Her postural alignment also improved, and there was a significant decrease of the axial compression. At this point Mrs. Moore remembered having been in a motor-vehicle accident 10 years earlier, which had not been mentioned in her initial evaluation.

New Injury Leads to New Releases

Three days before her next appointment, Mrs. Moore fell off her bicycle and hit her left knee. She complained of sharp pain in the postero-lateral aspect of her left knee that prevented her from squatting as well as going down stairs. Until that injury she had been free of pain in her low back and leg, and had resumed normal activities.

Upon examination of her left leg, I found the range of motion limited in flexion in both the knee and the hip by about 25-30%. Resisted knee flexion was painful, and Mrs. Moore had difficulty bearing weight on her left leg secondary to the pain. Using the Mechanical Link global approach, the primary lesion was discovered and released from the inferior left femoral artery. The dominant lesions released were the inferior rib headus distaas lesion and left occiput.

After the session Mrs. Moore was able to walk and stand comfortably without any pain. Her weight was equally distributed.

“After the session Mrs. Moore was able to sit and stand comfortably without any pain. Her weight was equally distributed.”

For more information visit www.upledger.com.

Recertification is required every three years, and may be earned by attending or serving as a teaching assistant in any Lymph Drainage Therapy II or higher-level class.

For details call Educational Services toll-free 1-800-311-9204. Ask for priority code LDT04. You’re also welcome to e-mail iahie@iahe.com, or visit www.iahe.com.

See page 11 for a roster of therapists newly certified in Lymph Drainage Therapy Techniques.
My intuition is enhanced by the meditations and my patients are also benefiting. The diaphragmatic breathing has been great for those with chronic pain and fibromyalgia syndrome.

I wanted to tell you how much I have benefited from Qigong. I have not had this much energy in a long time. My intuition is enhanced by the meditations and my patients are also benefiting. The diaphragmatic breathing has been great for those with chronic pain and fibromyalgia syndrome.

Qigong can also bring you to a conscious union with nature. The human body and natural world around it exist as an interrelated and inseparable unity. Imbalances in this unity can cause illness, discomfort and disease. Qigong helps you relax your body, calm your mind and follow your true nature.

Qigong is also helpful with chronic pains and conditions such as sleeping disorders, chronic fatigue, eating disorders, digestive disorders, breathing challenges such as allergies and asthma, obsessive-compulsive disorders, substance addictions, joint and muscle pain, tension, fibromyalgia, repetitive strain injuries, high blood pressure, cardiovascular problems and stroke. Qigong can even help with emotional imbalances such as anxiety, fear, anger, frustration and feelings of isolation.

In this two-day workshop, instructor Marie-Claude (Cla) Couturier uncovers the principles and teachings of Craniosacral Therapy, one of the most advanced Western systems of healthcare, with DaViit Medical Qigong, one of the most ancient Eastern systems of healthcare.
CranioSacral Therapy Curriculum Developed by osteopathic physician John E. Upledger, CST improves the performance of the central nervous system.

Vocal Manipulation AIA

Vocal Manipulation IA

LympH Drainage Therapy® Curriculum: Developed by French physiotherapist Bruno Chkly, LDT improves the performance of the immune and parasympathetic nervous systems.

IAHA Courses
Multidisciplinary Approaches to Low Back & Pelvic Pain I & II
FL: Tampa Bay — Mar. 11-12 MT: Pelvic Floor Gating

CranioSacral Therapy

Neuromuscular Therapy for the Upper Extremity

Neuromuscular Therapy for the Lower Extremity

IAHA 2004 Courses - CranioSacral Therapy - CranioSacral Therapy Program for the Cervical and Cranial Axial Structures I

IAHA 2004 Courses - CranioSacral Therapy - CranioSacral Therapy Program for the Cervical and Cranial Axial Structures II

IAHA 2004 Courses - CranioSacral Therapy - CranioSacral Therapy Program for the Cervical and Cranial Axial Structures III

IAHA 2004 Courses - CranioSacral Therapy - CranioSacral Therapy Program for the Cervical and Cranial Axial Structures IV
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 or call 1-800-311-9204. Ask for priority code N0204.

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 4 CEUs (introductory level, professional area) and CranioSacral Therapy II and CranioSacral Therapy for Pediatrics are offered for 2 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 your CEU coordinator at least 30 days before class begins for consideration. Call 1-800-311-9204, ext. 373.

USA: Approved as a Category A Provider (#229785-03) by the National Certification Board for Therapeutic Massage & Bodyworkers for all CranioSacral Therapy, Visceral Manipulation, Lymph Drainage Therapy and Mechanical Link workshops.

USA: American Medical Massage Association (AMMA) offers CEUs for Mechanical Link I, II & III, Visceral Manipulation I & II, and Lymph Drainage Therapy I, II & III.

Florida: Physical Therapists can earn CEUs for CranioSacral Therapy I.

Arizona: Physical Therapists can earn CEUs for CranioSacral Therapy I & II, Lymph Drainage Therapy I and Visceral Manipulation I.

California: Provider approved by the California Board of Registered Nursing, Provider Number CEP 4922. Call for the number of contact hours.

California: The California Acupuncture Board has approved CEUs for all Upledger Institute workshops.

Florida: Effective January 1, 2004, the Florida Department of Health instituted an electronic tracking system to manage CEUs completed by Florida healthcare professionals toward license renewals. This new system will be fully effective for the first complete license renewal reporting period, which varies by profession. For more information please call 1-877-FINCE-CE (1-877-447-3293) or visit www.CEBrook.com. UI will require license numbers of all Florida practitioners to provide accurate CEUs. Call 1-800-311-9204 to update our records.

Florida: Massage Therapists can earn CEUs for Visceral Manipulation Dissection. Physical Therapists can earn CEUs for CranioSacral Therapy II & III & SomatoEmotional Release I and Lymph Drainage Therapy I.

Earn CEUs continued on page 13

Mark Your Calendar for These Upcoming Speaking Engagements

FSMTA 2004 Annual Convention
Orlando, FL – June 24-26, 2004
• John E. Upledger, DO, OMM: The Use of CranioSacral Therapy for Scisces

AMTA Washington Convention
Wenatchee, WA – April 22-25, 2004
• Tim Hutton, PhD, LMT-CST-D: Intro to CranioSacral Therapy

AMTA Alabama Chapter Spring Meeting
Mobile, AL – April 30-May 2, 2004
• Roy Donajoski, LMT-CST-D: Overview of CranioSacral Therapy

AMTA Mid-Atlantic Conference 2004
Ocean City, MD – May 6-9, 2004
• Maitam Soco, PT, CST: Overview of CranioSacral Therapy and Intro to Visceral Manipulation
• Mya Brennan, MWW, LMT-CST-D: Overview of Lymph Drainage Therapy

International Symposium on the Science of Touch
Montreal, Canada – May 12-15, 2004
• John E. Upledger, DO, OMM: Post-Traumatic Stress Disorder in Vietnam Veterans
• Also Compassionate Touch With Children
• Don Ash, PT, CST: CranioSacral Therapy
• David Dolan, LMT: Biodynamic Exploration, Ocean Therapy

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

New Milestones

Congratulations and Well Wishes

Sheryl McGavin, OTR/L, CST-D, has been certified to teach CranioSacral Therapy II.

Nina Chemick, RMT, CST-D, has been certified to teach CranioSacral Therapy for Pediatrics.

Heartfelt Condolences

Several UI employees recently experienced the unexpected deaths of loved ones. Our hearts and prayers go out to Leslie Ockunzzi and Tara Tiusetto, who both lost their mothers, and Don Sebosebals, whose father-in-law recently passed away.

Registry of Schools Supports Educational Excellence

The Upledger Institute (UI) has enacted a new Registry of Schools program designed to equip teaching facilities with resources to increase their outreach capabilities. Florida: Effective January 1, 2004, the Florida Department of Health instituted an electronic tracking system to manage CEUs completed by Florida healthcare professionals toward license renewals. This new system will be fully effective for the first complete license renewal reporting period, which varies by profession. For more information please call 1-877-FINCE-CE (1-877-447-3293) or visit www.CEBrook.com. UI will require license numbers of all Florida practitioners to provide accurate CEUs. Call 1-800-311-9204 to update our records.

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• Sheryl McGavin, OTR/L, CST-D: Craniosacral Therapy
• Mya Brennan, MWW, LMT-CST-D: Lymph Drainage Therapy
• Alayna Chikly, CMT: Heart Centered Therapy — Mastering Dialoging Skills
• Don Ash, PT, CST-D: CranioSacral Therapy

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Basic Acupressure:
A New Evolution of Ancient Healing Techniques
by Aminah Raheem, PhD, and Susan Grant, CMT, CST

When ancient Chinese sages mapped the pathways of energy through the human body, they deposited a living gift into the stream of human understanding that has born fruit for thousands of years. Through the centuries, the understanding and application of these pathways — now known as meridians — are credited with saving millions of lives from countless illnesses. It has also brought humans closer to their potential as whole, balanced individuals.

We know about those ancient sages only through Chinese legend. Their names were lost long ago. Yet the brilliance of their discoveries endures to this day through Oriental medicine. Applied through acupressure, acupuncture and herbal remedies throughout the Far East, Oriental medicine is a broad holistic approach that has been steadily practiced for over 3,000 years.

In the early 20th century a rudimentary understanding of Oriental medicine migrated to the West. By the end of the century it had spread throughout Europe and the U.S. It is now one of the most highly respected methods of alternative medicine today.

Basic Acupressure Blends Oriental Medicine With Modern Bodywork

Meridians run up and down the body in a 24-hour cycle, feeding fresh energy to all parts of it, especially the organs they serve. Oriental medicine teaches us that when energy is flowing freely through all the meridians, then the body must be healthy and cannot hold disease.

This smooth flow of vital energy — chi — has a predetermined direction in each meridian in a healthy person. Yet if only one meridian becomes obstructed or weak, the body’s systems become more ineffective. The therapist must put energy in or take it out. Instead, the client’s energy system does the work of rebalancing.

Basic Acupuncture:
Clinical Applications

Basic Acupuncture primarily uses 36 master points. Most are located in the “extraordinary meridians,” as well as the commonly known organ meridians. Extraordinary meridians provide energy to balance the entire organism and ultimately the entire body. They are associated with specific systems and functions, such as the brain and spinal cord as well as hormonal, skeletal, nervous, circulatory, immune and lymphatic systems.

Two of the extraordinary meridians in particular make up a complete central energy flow, which begins at the coccyx and flows up the spine, over the top of the head, and down the midline to complete the circuit in the perineum. According to Eastern philosophy, this channel represents the most primary energy flow, affecting every system in the body. It connects directly with eight major chakras and allows us to connect with our crown and root energies.

As Basic Acupressure I progresses, practitioners realize this energy network is multidimensional and interconnected, almost as if it has its own intelligence. This energy source underlies all of our actions and supports the health of the other systems. When we open these vital pathways, we open to both earth energy and the universal source.

That’s when change happens, whether we intellectually grasp it or not. The human organism begins to function differently, possibly even in the spiritual and emotional fields, as well as in the physical.

“Treat yourself to a Therapist Rejuvenation Experience,” says Aminah Raheem, PhD, the originator of Basic Acupressure, a transpersonal psychologist, Zero Balancing and Balance Body Process.

“I feel blessed to have taken this class,” said Salt Wise, RN, CMT. “She demonstrated respect for my process by not interfering or trying to change anything. It was a safe and nurturing space in which the client can safely integrate new insights. Psychotherapy, SomatoEmotional Release and Process Acupressure are appropriate modalities for clients who need further work.”

“I really appreciated the practitioner being a facilitator only,” said Salt Wise, RN, CMT. “She demonstrated respect for my process by not interfering or trying to intervene anywhere. It also appreciated the practitioner keeping me present so the power of the process did not sweep me away. I believe the process will continue regardless of my level of emotional involvement.”

As in Basic Acupressure 1, this class does not focus on emotional or spiritual release, changes in energy restrictions allow for changes in all areas of life. As a result, emotional issues may be released during a session. The BA practitioner stays at interfaces and holds a grounded and centered space in which the client can safely integrate new insights. Psychotherapy, SomatoEmotional Release and Process Acupressure are appropriate modalities for clients who need further work.

Basic Acupressure 2: Meridians

Basic Acupressure 2: Meridians, introduced in January 2004, furthers the practitioner’s understanding and proficiency with specific energy pathways — the organ meridians — discovered by the ancients long ago.

This five-day workshop builds on techniques presented in Basic Acupressure 1. It introduces the 12-organ meridians and their associated organs with more acupoints for particular formulas. Specific protocols for each organ meridian are also covered, together with additional Great Central Channel alternatives. Students are shown how to facilitate clearer, stronger energy through the points and meridians to relieve symptoms and stresses while enhancing balance and health.

Both Basic Acupressure 1 and 2 workshops include clinical handbooks full of protocols for easy reference.

Students learn additional techniques for integrating the work into their own essential spirit, as well as the spirits of their clients. As the student works from a clearer central core, he or she can safely explore more expansive levels of existence. The class also provides many alternative self-care applications.

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