Beyond the Dura '05
April 27-May 1, 2005

John E. Upledger, DO, OMM
Host of BTD '05

“Inflammation: A Doubled-Edged Sword”

Jonathan Cayle, MD, FACOG and Carol McLellan, CMT


Don Ash, PT, CST-D, and Roy Desjarlais, LMT, CST-D

“CranioSacral Dissection: New Discoveries and Validations”

Andrew Fryer, MD

“Cell Talk in Clinical Medicine — Objective Results and Implications”

Suzanne Scurock-Durana, CMT, CST-D

“Developing a Strong Therapeutic Presence in All Areas of Your Life”

Sally Fryer, PT, CST-D

“The Journey of Formerly Conjoined Twins and the Role of CranioSacral Therapy”

The Year Was 1985...

• Ronald Reagan takes oath for second term as 40th U.S. president.
• Mikhail Gorbachev becomes Soviet leader and initiates a broad program of reform and liberalization.
• Madonna launches her first road show: The Virgin Tour.
• Amadeus wins Best Picture at Academy Awards.
• John Matthew Upledger cuts the top off a Ford Mustang and calls it a convertible.
• Dr. John E. Upledger starts a little institute in South Florida to spread the word about the benefits of CranioSacral Therapy.

A lot has happened at The Upledger Institute (UI) since our humble beginnings with a small staff of just a few people, we’ve grown to some 75 on-site staff members plus 2,000+ instructors, teaching assistants and course facilitators worldwide.

Here’s what we’re most proud of: More than 75,000 people from 56 different countries have studied CranioSacral Therapy and other light-touch modalities at UI seminars.

Now we’re ready to celebrate! Join us for our 20th anniversary at Beyond the Dura 2005 Research Conference. Sponsored by The Upledger Foundation, it takes place in Jupiter Beach, Fla., on April 27-May 1, 2005. A long list of popular presenters and panelists will treat you to days of enlightening discussions, demonstrations, presentations and camaraderie.

Keynote speakers are Jonathan Cayle, MD, an OB/GYN and retired U.S. naval aviator and captain, and Carol McLellan, CMT, a UI instructor and labor coach who owns and directs a wellness center in California.

At BTD ‘05 they’ll share stories of patients whose labors and deliveries have been enhanced through the use of CranioSacral Therapy. They’ll also highlight data that demonstrates how their program frees newborns from restrictions that may occur in utero and during the peripartum period.

“Birth is a traumatic experience,” Dr. Cayle says. “We believe that working with infants in utero and in the seconds after birth helps ease this trauma and minimize its lasting effects. We also find that applying CranioSacral Therapy during the second stage of labor actually reduces labor and recovery time for mothers.”

Come Celebrate 20 Years of Touch at Beyond the Dura 2005
On behalf of The Upledger Institute and all Visceral Manipulation (VM) program instructors, I’m pleased to introduce the new VM curriculum. The program has been carefully designed to enhance your understanding of the visceral system and teach you how to apply hands-on techniques that result in superior patient gains.

For two years our VM instructor team has been hard at work analyzing every VM workshop. We’ve streamlined the program to make it among the very best in the continuing education arena. After taking a nationwide survey of past participants, we gathered vital information that allowed us to restructure the curriculum to offer more class options and far greater flexibility.

Enjoy an In-Depth Learning Experience

Following are the new VM classes complete with course highlights.

**Abdomen 1 (VM1):** Topics include the liver, stomach, duodenum, gallbladder, small and large intestines, and listening.

**Abdomen 2 (VM2):** Topics include the kidneys, pancreas, spleen, peritoneum, omentum, sphincters, and a review of all Abdomen 1 organs.

**Pelvis (VM3):** Topics include the bladder, ureters, kidneys review, uterus, ovaries, prostate, rectum, abdominal and pelvic plexuses, and the coccyx/sacrum.

**Thorax (VM4):** Topics include pleura, lungs, pericardium, heart, mediastinum, thoracic plexuses, sternum, rib cage, thyroid, trachea, esophagus, visceral fascia of throat and thoracic cavity, biomechanics of the cervical, thoracic and shoulder girdle complex, thoracic inlet and hyoid apparatus, thoracic plexus nerve evaluations, listening techniques within the thoracic cavity, and the practical integration of the thoracic cavity organs.

**Manual Thermal Evaluation and Viscero-Emotional 1 (VM5):** Topics include the eyes, dura of cranium, Manual Thermal Diagnosis, and visceroeomotional integration of the whole-body organ system.

**VisceroEmotional 2 (VM6):** Topics include the body and the organism, physical energy, psychoemotional energy, release techniques, three levels of Manual Thermal Diagnosis, and active/passive tissuloemotional and psychoemotional liberation.

**Advanced Visceral Components of the Neck and Thorax (VMT):** Topics include the anatomy, breathing mechanism, function and physiology of the thorax.

Skill-Enhancing Workshops

**Listening Techniques: An Osteopathic Approach to Evaluation Procedures (LT1):** Topics include specific palpation procedures that help guide you to the proper manipulation site, indicate which body structures are involved, and identify the correct approach and amount of force to use. It’s open to all past participants of Visceral Manipulation, CranioSacral Therapy, Lymph Drainage Therapy, Mechanical Link, and Healing From the Core workshops.

**Visceral Manipulation Dissection (VMD):** Topics include hands-on dissection of the abdomen, pelvis, thorax, and the liver, kidneys, spleen, heart and lungs (time permitting).

New Nervous System Classes Add to the Core Program

Visceral Manipulation developer Jean-Pierre Barral, DO, is forever fascinated by the human nervous system. He has added New Nervous System classes to the core program, providing an in-depth study of the nervous system and its relationship to the body and emotion.

For workshop dates and locations, see the Course Calendar on page 8. To register or for more information, call Educational Services toll-free at 1-800-311-9204 and ask for priority code N0205, or visit www.iahe.com.
Sophia came to my office with gastrointestinal symptoms. I was a bit concerned. A longtime patient about 50 years old, she never had such problems before. Yet in the previous two weeks of May she experienced three episodes of alternating diarrhea and constipation with severe flatulence.

During my clinical evaluation I found an area of stagnation in the renal pelvis. I also discovered a severe restriction on the right side of the abdomen in the area of the kidney/ascending colon that called for more investigation.

I have some experience with visceral problems and explained my findings to her. I also advised her to contact her internist and get a referral for a gastroenterologist. She followed through and scheduled an appointment for the following day.

During his examination, the gastroenterologist also found abnormalities and prescribed ultrasound and X-rays. The X-rays showed a very large renal calculus (1 cm long) with sharp and pointy edges that was embedded in the walls of the inferior third of the left ureter. [See X-ray #TP1.] The calculus was transversal to the long axis of the ureter. The superior two-thirds of the ureter were extremely dilated by the urine reflux. [See X-ray #TP2.]

The gastroenterologist urged Sophia to remove the calculus surgically. He told her she had virtually no chance of passing it naturally since it was so embedded in the ureter walls. The problem was that with her kind of reflux, Sophia was also in danger of developing pyelonephritis and having her left kidney severely damaged. Surgery was scheduled to take place four days later.

**Advanced LDT Techniques Address Structures Deep Within the Body**

Twenty-four hours before her surgery, Sophia came to see me. She brought her diagnosis X-rays with her. I decided to try changing the long axis of the renal calculus and move the urine flow back to the urinary bladder.

I primarily used LDT [Lymph Drainage Therapy] procedures for microscopic structures that I learned in my Advanced LTD1 workshop. These particular techniques allow you to manually work on structures such as cells, organelles, molecules, atoms, particles.
Correction of adverse strain patterns within the craniosacral system can naturally elevate the structure and function of the central nervous system. These corrections travel to the deepest regions of the brain and spinal cord.

By what route does CranioSacral Therapy effectively reach such cellular depth? The answer may lie in the direct connection of the craniosacral membrane system and the glial cells of the central nervous system (CNS).

The craniosacral membrane system and cerebrospinal fluid surround, protect and nourish the brain and spinal cord. The three membrane layers are continuous within the cranium where they cover the brain, and within the spinal canal of the spinal column where they cover the spinal cord and a portion of the spinal nerve roots. The deepest membrane layer is the pia mater membrane.

On the underside of the pia mater membrane is another continuous layer of cells: the glial membrane layer. It’s formed by a type of glial cell called an “astrocyte.” Astrocytes interconnect with each other, with other glial cells, and with CNS neurons and axons to create glial interconnections that form a framework throughout the entire central nervous system.

This framework interconnects the CNS cells, from the surface layers to the innermost regions of the brain and spinal cord. The interconnected structure may be referred to as the neuro-glial complex.

Enhancing the quality, freedom, integration and movement of the craniosacral system is a primary element of CranioSacral Therapy. The increased membrane balance and motion does not stop at the pia mater — it may move throughout the entire brain and spinal cord tissue.

As the pia mater moves, the glial membrane layer moves with it. In turn, this mobilizes the neuro-glial complex. As restrictions are released within the neuro-glial complex, the structure and function of the neurons and glia can be enhanced.

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**Glial Cells: Astrocytes, Oligodendrocytes, Microglia and Ependymal Cells**

Astrocytes are part of the central nervous system cell family called “glia.” The glial cell types are: astrocytes, oligodendrocytes, microglia and ependymal cells.

The astrocytes that form the interface between the craniosacral system and the neuro-glial complex have numerous functions. They are star-shaped with many processes. The end of each process flares out to form a slightly expanded area called an “end foot.”

The end feet completely wrap around the capillary vessels and contribute to the blood-brain barrier. They help control the composition of the blood that nourishes the CNS by secreting factors that maintain capillary permeability. They attach to neurons and axons, wrap around the synapses, and assist in modulating neural activity. They also connect with each other to create long-range brain-region communication networks.

Oligodendrocytes create and maintain the insulation, called myelin, which covers the axons. Myelin helps speed up the transmission of signals and maintain signal order.

Microglia are the immune-system cells of the CNS. Central nervous system cells are delicate and specialized; they require their own specific immune system to deal with infection, disease and normal changes.

Ependymal cells form the ventricles and choroid plexus of the ventricular system. The choroid plexus of the ventricles filters blood and forms special agents from the blood to create cerebrospinal fluid. The ependymal cells that form the walls of the ventricles also add agents to further complete the cerebrospinal fluid composition.

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**Neuro-Glial Complex Helps Control Quantity and Quality of Cerebrospinal Fluid**

Cerebrospinal fluid normally bathes every cell of the CNS. Its composition, availability and flow, both to and from cells, is critical to nerve-cell health and function. Normal neuro-glial-complex structure and function is critical to cerebrospinal fluid production, availability and reabsorption.

During embryonic development, a special transient type of glial cell exists, called the “radial glia.” They construct temporary scaffolding for the developing neurons to move along, and contribute to neural position and patterning.

Abnormal transient glial and/or neuro-glial-complex structure may lead to a wide range of dysfunction, such as developmental delays, seizure disorder, cerebral palsy, attention deficit hyperactivity disorder, migraines, endocrine imbalance, neurodegenerative disorders and pain.

Adverse strain patterns within the craniosacral system can directly affect the brain and spinal cord neurons and glial cells through the interface of the pia mater membrane and the glial membrane layer. This is a pathway by which adverse craniosacral system strain may compromise the deepest regions of the brain and spinal cord tissue. It is also an avenue by which correction of abnormal membrane strain may enhance cellular change throughout all regions of the CNS.

As restrictive craniosacral system patterns are released, neuro-glial-complex restrictions may also release. The glial cells and neurons are then able to increase function individually and as integrated networks.

Cerebrospinal fluid composition and availability may increase. Blood composition may be enhanced. Nerve signaling can become...
more precise and integrated. Fluid flow may be enhanced throughout the CNS, and toxins can be removed at a higher rate. Nourishing substances produced by the neurons increase. Immune system function can be enhanced. Neurons that have been under abnormal stress may normalize, and their ability to function may elevate.

**The Results: Profound Change**

In CranioSacral Therapy, the bones of the cranium, spinal column and sacrum are delicately used as “handles” to mobilize the membrane system. In turn the membrane system acts as a handle upon the glial membrane layer, which may reach each cell of the CNS.

The craniosacral system and the cells of the brain and spinal cord are interconnected through the interface of the pia mater membrane and glial membrane layer. CranioSacral Therapy gently helps decrease adverse strain patterns in the craniosacral system. By releasing restrictions within the neuro-glial complex, CNS tissue fluid, and cellular and energetic composition may improve. This can create profound change, which may lead to enhanced levels of health and well-being.

Ted Wanveer, LMT, CST-D, is an Upledger Institute staff clinician and certified instructor. He formerly ran a thriving private practice in New York City, where he used CranioSacral Therapy as his primary therapeutic modality.

Learn more about our full range of CranioSacral Therapy workshops — more than 500 hours of training. Please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0205. You’re also welcome to visit www.iahe.com.

### New VM Curriculum Delivers Choice and Flexibility

*Continued from page 2.*

body. In his research with French colleague Alain Crobier, DO, they discovered how the forces of trauma enter into and travel through our body tissue. This research has stimulated a new opportunity for learning and continued education.

Thanks to their findings, The Upledger Institute now offers a series of workshops called “The Nervous System.” Based on the osteopathic mechanical approach to trauma, these classes present the perspective of how trauma affects the different tissues and systems of the body. This includes the osteoarticular, visceral and vascular systems, with much of the focus on the central nervous system and peripheral nervous system.

The following workshops are open to anyone who has completed the first level of education in the CranioSacral Therapy or Visceral Manipulation curriculum.

**Nervous System: Neuromeningeal Manipulation (NS1):** Topics include trauma concepts, skull dura, spinal dura, foramen magnum function and cervical palpation.

**Nervous System: Peripheral Nerve Manipulation 1 (NS2):** Topics include the cervical plexus, superior limbs and cervical nerves.

**Nervous System: Peripheral Nerve Manipulation 2 (NS3):** Topics include the inferior limbs, spine, sacrum (external nerves), thorax and abdomen.

**Nervous System: Brain, Cranial and Thoracic Nerve Manipulation (NS4):**

- **Topics include the brain, cranial nerves and dura.**
- **Visceral Nervous, Structural and Emotional Systems Integration (VNI):** Integrates all components of the VM and NS programs.
- **The entire Visceral Manipulation educational team looks forward to meeting you and sharing our excitement about this new program.**
- **Our goal is to encourage each one of you to aspire to gain more knowledge and many more beneficial ways to improve your patients’ physical and emotional well-being.**

### How the VM Changes Affect You

Have you already taken some Visceral Manipulation workshops? Good news! You may be eligible to take new workshops at a reduced rate.

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<th>Workshop Completed</th>
<th>Next Workshop to Take</th>
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<tr>
<td>Visceral Manipulation IA (VMIA)</td>
<td>Abdomen 1 (VM1) for only $100 U.S.</td>
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<td>Visceral Manipulation IB (VMIB)</td>
<td>Abdomen 2 (VM2) or Visceronervous Manipulation (NS1)</td>
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<tr>
<td>Visceral Manipulation II (VMII)</td>
<td>Pelvis (VM3) or Thorax (VM4)</td>
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<tr>
<td>Practical Integration of Visceral Manipulation (PIVM)</td>
<td>Thorax (VM4) for only $100 U.S. Manual Thermal Evaluation and VisceroEmotional 1 (VM5)</td>
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<tr>
<td>Adv. Visceral Manipulation (AVM)</td>
<td>VisceroEmotional 2 (VM6)</td>
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<td>Visceral Approach to Trauma and Whiplash 1 (VTW)</td>
<td>Nervous System: Peripheral Nerve Manipulation 1 (NS2)</td>
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<tr>
<td>Nervous System: Brain, Cranial and Thoracic Nerve Manipulation (NS4) and Adv. Visceral Manipulation II (AVMIII)</td>
<td>Visceral Nervous, Structural and Emotional Systems Integration (VNI)</td>
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The Upledger Institute’s Loyalty Rewards Program
Earn Valuable Points Toward Rewards

Reward yourself just for participating in the Upledger family of products and services. Earn points toward practice-building products, Upledger Institute (UI) workshops, select International Alliance of Healthcare Educators® (IAHE) seminars and much more.

Answers to Frequently Asked Questions

Q: Who can earn points?
A: This program is applicable to all UI, IAHE and IAHP customers, including therapists, schools, teaching assistants (TAs), distributors, externs, preceptors, alumni and speakers. They are automatically enrolled as of Dec. 1, 2004.

Q: How do I earn points?
A: There are many easy ways to earn points. Please refer to the chart. Plus, you can receive special double-point bonuses throughout the year, with an ongoing 10%-point bonus for using your Upledger Foundation MBNA MasterCard or Upledger Foundation MBNA American Express for seminar registration or product purchases. To apply for a UF credit card, please call 1-866-GET-MBNA (1-866-438-6262) and ask for priority code KG6Q.

Q: How do I know how many rewards points I have earned?
A: Visit www.upledger.com and click on the “Find a Practitioner” link. Enter your first and last name in the requested fields. When your listing comes up, select the appropriate link and look in the class listings for code “LRP.” There will be a number in parentheses that shows you how many Loyalty Rewards Points you have earned. Or you can call us at 1-800-233-5880 or (561) 622-4334, and an Educational Services Representative will be glad to assist you.

Q: How do I redeem my points?
A: You have several options:
1. Call us at 1-800-233-5880 or (561) 622-4334. (Ask for priority code N0206.) An Educational Services Representative will gladly assist you.

UI Loyalty Rewards Program Rules and Disclosures

1. Points are not redeemable for cash and have no cash value. 2. In instances in which one person registers multiple participants, the points are attributed to each participant individually. 3. All point redemptions are final once requested and used. 4. Accounts will be updated on a monthly basis. Points may take up to 60 days to be posted following a qualifying purchase. 5. No retroactive credit will be given. 6. Points may not be combined from different accounts. 7. Redeemed rewards may be used by another individual. 8. The Upledger Institute (UI) reserves the right to alter, change or terminate this program at any time without notice. 9. Questions as to what constitutes a qualifying transaction, as well as any exceptions, are at the sole discretion of UI. UI reserves the right to verify and adjust points at any time prior to or following posting and redemption. 10. UI reserves the right to disqualify participants who have violated these rules. 11. Determination and payment of tax liability are the sole responsibility of the participant. 12. The participant must be in good standing with UI in order to redeem points for rewards. 13. Membership will automatically be renewed each year as long as participant’s account is in good standing, unless participant notifies UI to cancel membership in the program. 14. The Upledger Institute Loyalty Rewards Program is void where prohibited by federal, state or local law. 15. Taxes, fees and shipping/handling charges are not considered part of the qualified purchase and will not earn bonus points. 16. Points awarded to participants are subject to adjustments for returns, cancellations, and other events. 17. Redemption of points for the purpose of effecting a donation to a charity are generally not tax deductible. 18. Points for products are awarded in whole-dollar amounts. 19. Points will not be awarded for unpaid balances. 20. Points are not awarded when an individual is compensated, e.g., paid speaker or demonstrator.

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<th>Action</th>
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<td>Attend an Upledger seminar and/or select IAHE seminars</td>
<td>500 pts. per day</td>
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<td>Purchase products from UI</td>
<td>5 pts. for every $1.00 of products purchased</td>
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<td>Activate a Therapist Profile</td>
<td>One-time bonus of 5,000 pts. &amp; 500 pts. for yearly renewal</td>
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<tr>
<td>Enroll in IAHP Medallion Membership</td>
<td>One-time bonus of 5,000 pts. &amp; 500 pts. for yearly renewal</td>
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<tr>
<td>Participate as a Teaching Assistant, Extern, Speaker or Convention Demonstrator</td>
<td>125 pts. per day</td>
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<tr>
<td>Use The Upledger Foundation MBNA MasterCard or The Upledger Foundation MBNA American Express to register for seminars or purchase products</td>
<td>First time: 1,000 pts. (Offer applies until Dec. 31, 2006) Each additional time: 10%-pt. bonus</td>
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<td>Lead a UI-registered study group</td>
<td>500 pts. annually</td>
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<tr>
<td>Achieve certification in UI curriculums such as CranioSacral Therapy or Lymph</td>
<td>1,000 pts. for each certification level in each curriculum</td>
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2. Fax your request to (561) 622-4771. Include your name, address, phone number, e-mail, how many points you are redeeming and your requested reward.
3. Mail your request to The Upledger Institute, Attn: Loyalty Rewards Program, 11211 Prosperity Farms Rd., Ste. D-325, Palm Beach Gardens, FL 33410-3487.
4. E-mail your request to rewards@upledger.com. Include your name, address, phone number, e-mail, how many points you are redeeming and your requested reward.

Q: What choices do I have when redeeming points?
A: Your points can be used for a variety of rewards, such as tuition, products, seminar waitlist priority-status upgrades, IAHP Therapist Profiles, IAHP Medallion Membership and more. Please see the rewards chart (right).

**Have You Used CST on Migraine Auras or Scotomata?**

North Atlantic Books is seeking success stories from therapists who have used CranioSacral Therapy, Visceral Manipulation or any other complementary modality to treat patients for migraine auras or scotomata. The information may be included in a book on the subject for consumers. Please mail your information to Richard Grossinger at North Atlantic Books, 1435 Fourth Street, Berkeley, CA 94710. You’re also welcome to e-mail him at chard@northatlanticbooks.com.

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### Loyalty Rewards Points

#### 5,000-Point Rewards
Select one of the following:

- Teaching Assistant (TA) Waitlist Upgrade — Available for waitlisted TA-position upgrades for The Upledger Institute and select International Alliance of Healthcare Educators seminars (You must be an approved TA to redeem this award.) — OR — $20 donation in your name made to The Upledger Foundation program of your choice

#### 10,000-Point Rewards
Select one of the following:

- 1-year International Association of Healthcare Practitioners Medallion Membership (Silver) — OR — $50 donation in your name made to The Upledger Foundation program of your choice

#### 12,500-Point Reward

- $25 Product Reward Certificate — Available for all products through The Upledger Institute and the International Alliance of Healthcare Educators

#### 15,000-Point Rewards
Select one of the following:

- $50 Tuition Reward Certificate — Available on all seminars offered by The Upledger Institute and the International Alliance of Healthcare Educators (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.) — OR — Seminar Waitlist Upgrade — Available at most full-capacity seminars (e.g., CranioSacral Therapy II, Lymph Drainage Therapy I) offered by The Upledger Institute (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.)

#### 20,000-Point Reward

- $50 Product Reward Certificate — Available for all products through The Upledger Institute and the International Alliance of Healthcare Educators

#### 25,000-Point Rewards
Select one of the following:

- $100 Tuition Reward Certificate — Available on all seminars offered by The Upledger Institute and the International Alliance of Healthcare Educators (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.) — OR — Seminar Waitlist Upgrade — Available at restricted-capacity seminars (e.g., Clinical Applications series or Advanced CranioSacral Therapy) offered by The Upledger Institute (Some restrictions may apply for specific seminars. Please contact us for additional information and exclusions.) — OR — $250 donation in your name made to The Upledger Foundation program of your choice — OR — 5-year International Association of Healthcare Practitioners Medallion Membership (Silver)
### Craniosacral Therapy Curriculum

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<td>AL: Birmingham</td>
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Earn Continuing Education Credits for Classes in Complementary Care

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### MECHANICAL LINK™ CURRICULUM

**Mechanical Link™ 1: Fundamentals, Spine and Thorax**
- CA: San Francisco — Sept. 8-11
- MN: Minneapolis — Nov. 17-20

**Mechanical Link™ III**
- CA: San Francisco — May 5-8

### Lymph Drainage Therapy™ III
- FL: Palm Beach — July 22-24
- MD: Baltimore — Aug. 25-28
- OR: Portland — Dec. 15-18
- WA: Seattle — May 19-22
- WI: Madison — Sept. 8-11
- Singapore: Singapore — Apr. 7-10

### Lymph Drainage Therapy™ III Certification
- FL: Miami — Nov. 17-22

### FL: LDT’s Lymphedema/CDP Therapy
- FL: Miami — June 2-5

### Adv. I Lymph Drainage Therapy™
- CA: San Francisco — Sept. 8-11
- TX: Dallas/Ft. Worth — May 19-22

### Brain Tissue, Nuclei, Fluid & Autonomic Nervous System
- TX: Dallas/Ft. Worth — Dec. 10-13

### Heart Centered Therapy 1: Mastering Dialoguing Skills
- AZ: Phoenix — Sept. 17-20
- CA: Big Sur — Oct. 2-7
- FL: Palm Beach — July 7-10
- GA: Atlanta — Apr. 1-4
- HI: The Big Island — May 5-8
- IN: Indianapolis — June 2-5

### Heart Centered Therapy 2: Soul Ignition
- FL: Palm Beach — Oct. 29-Nov. 1
- MN: Minneapolis — Sept. 15-18
- Canada:
  - BC: Nelson — July 21-24

### Healing From the Core Curriculum

**HFC: Grounding and Healthy Boundaries**
- AZ: Phoenix — June 9-12
- CA: Big Sur — June 17-22
- MA: Boston — June 14-17
- NC: Raleigh — July 21-24

**HFC: Expanding Present-Moment Consciousness**
- WA: Seattle — May 19-22

**HFC: From Trauma Recovery to Ecstasy - Healing Nervous System**
- WV: Charleston — Nov. 9-13

**HFC: Continuum and the Healing Process**
- VA: Reston — Oct. 11-14

### Heart of Craniosacral Therapy
**Clinical Symposium With John E. Upledger, DO, OMM**
- FL: Palm Beach — June 11-12
- Palm Beach — Nov. 15-16

### Therapeutic Imagery and Dialogue™ I
- FL: Ft. Lauderdale — July 15-17

### The Brain Speak™
- ON: Toronto — May 26-29

### CST and the Reversal of Pathogenic Processes
- FL: Palm Beach — Sept. 22-25

### Use of Craniosacral Therapy With Wolves and Wild Canids
- IN: Lafayette — June 24-27

### BioAquatic Exploration: Ocean Therapy I
- Bahamas: Freeport — Aug. 18-21
- Freeport — Aug. 25-28

### BioAquatic Exploration: Shared Connections
- Bahamas: Freeport — July 14-17

### BioAquatic Exploration (ADV)
- Bahamas: Freeport — June 9-12
- Freeport — June 25-26
- Freeport — Aug. 4-7

### Special Events
- FL: Jupiter Beach — Apr. 27-May 1

**Flame of the Flowers 2005 Conference**
- FL: Jupiter Beach — Apr. 27-May 1

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**Alchemy of Touch**
- IL: Chicago — Nov. 10-13
- MD: Columbia — Oct. 21-24
- ME: Poland Spring — Oct. 6-9
- NE: Omaha — Sept. 15-18

**Alchemia of Touch**
- IL: Chicago — Nov. 13-18
- MD: Columbia — Oct. 21-24
- ME: Poland Spring — Oct. 6-9
- NE: Omaha — Sept. 15-18

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**Synergy of the Flow**
- FL: Palm Beach Gardens — June 11-12
- Palm Beach Gardens — Oct. 22
- MD: Coldwater — Oct. 7
- Canada:
  - BC: Courtenay — Apr. 9

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**Special Events**
- FL: Jupiter Beach — Apr. 27-May 1

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**In the Expanded Field of Craniosacral Therapy**
- FL: Palm Beach Gardens — Aug. 1-5
- FL: Palm Beach Gardens — June 23-24
- FL: Palm Beach Gardens — Sept. 17-18
- FL: Palm Beach Gardens — Nov. 15-16
- FL: Palm Beach Gardens — Dec. 10-13

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**Clinical Symposium With John E. Upledger, DO, OMM**
- FL: Palm Beach — June 11-12
- Palm Beach — Nov. 15-16

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**Therapeutic Imagery and Dialogue™ I**
- FL: Ft. Lauderdale —July 15-17

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**The Brain Speak™**
- ON: Toronto — May 26-29

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**Craniosacral Therapy**
- TX: Austin — Sept. 22-25

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**BioAquatic Exploration (ADV)**
- Bahamas: Freeport — June 9-12
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- FL: Jupiter Beach — Apr. 27-May 1

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- ME: Poland Spring — Oct. 6-9
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**Notes:**
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- 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 toll-free: 1-800-311-9204. Ask for priority code N0205.
Earn CEU 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.

Visit Website for Complete, Up-To-Date Listing of Available CEUs
Go to www.upledger.com. Click “CEUs” at the top and verify approvals by association, state or course. You’re also welcome to call toll-free: 1-800-233-5880. Ask for priority code N0205.

New and Renewed CEUs
USA: Chiropractic Physicians in many states may be able to earn CEUs for CranioSacral Therapy I. Please call before your workshop to confirm.

USA: American Speech-Language-Hearing Association — The Upledger Institute is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. CranioSacral Therapy I is offered for 2.4 CEUs (introductory level, professional area), 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. Please call 1-800-311-9204, ext. 1376.

USA: National Certification Board for Therapeutic Massage and Bodywork — The Upledger Institute is approved as a Category A Provider (#025785-00) for all CranioSacral Therapy, Visceral Manipulation, Lymph Drainage Therapy, Mechanical Link and Healing From the Core workshops.

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

California: Provider approved by the California Board of Registered Nursing, Provider Number CEP 9432. 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 call 1-877-FIND-CE (1-877-434-6323) or visit www.CEBroker.com. UI will require license numbers of all Florida practitioners to provide accurate CEUs. Please call 1-800-311-9204 or (561) 622-4334 to update our records.

Hawaii: Doctors of Chiropractic can earn CEUs for Lymph Drainage Therapy I.


Maryland: Occupational Therapists can earn CEUs for CranioSacral Therapy I and Lymph Drainage Therapy I.


Earn CEU Credits for Classes in Complementary Care

Advanced I CranioSacral Therapy
Boston, MA — Oct. 18-22, 2004

From l-r: Brenda Rohrer, ND, MH; Josh Horwitz; Alanna McLean, RPT, MS (preceptor); Rose Boghos, esthetician; Kat Cramblet, NCTMB (preceptor); Sharon Courage; Anna Weideler, PT, MS, CST (preceptor); Sophie Dong, CST; Abraham Oort, PhD, AOBTA; Alia Grace Sardonicus, LMT; Chas Perry, PhD (instructor); Mari Miyobu, OT; Ron Gaston; Eileen Ladwig, MS, OTR/L.
Milestones

Congratulations and Well Wishes

• Behice Kutay, RMT, has been certified to teach Lymph Drainage Therapy 2.
• Colleen Martens Endrizzi, MS, CCC, SLP, LLCC, has been certified to teach Lymph Drainage Therapy 1.

New Certified CST
Teaching Assistant
• Pam McCormack, LLCC, CST

Now Certified in CST
Diplomate Level:
• Lisa Desrochers, DPT, MS, CST-D
• Sally Fryer, PT, CST-D
• Teresa Gaffin-Hall, LMT, CST-D

Techniques Level:
• Villa Antonio, CST
• Ragnar Agust Axellsson, MT, CST
• Jacob Brodbeck, CMT, CST
• Maeve Daly, MT, CST
• Cynthia Dimmitt, MA, CMT, CST
• Baratto Dina, CST
• Wendy Hildreth, LMT, LMP, CST
• Victoria Khouri, CST
• Louise O’Driscoll, PT, CST
• Carolyn O’Neill, MT, RA, AR, CST
• Katherine Hutton, CMT, LMT, CST
• Gina McCook, MEd, CMT, CST

Pari Mirko, CST
• Judith Monk, MT, CST
• Kristina Pearson, MEd, MS, CST
• Jeff Shevell, LMT, CST
• Mary Frank Slaughter, CST
• Montagna Stefania, CST
• Robert H. Weiner, PhD, CST
• Doris Weiner, RMT, CST
• Karen Wrinkle, LMT, CST

Now Certified in LDT
Lymphedema/CDP Certification, Level I
• Therese Archer, RN, RMT, CYI, LLCC
• Judith Balbona, PT, LLCC
• Kathryn Bass, LMT, LLCC
• Emily Becker, MT, LLCC
• Marva Jean Beasley, LMT, LLCC
• Karen Binney, CMT, LLCC
• Christine Commins, PT, LLCC
• Diane Coffey, PT, LLCC

Mary Clark, LMT, LLCC
• Jane Church, ACSMHP, NCTMB, LLCC
• Harriet Dufy, OTR, LLCC
• Colleen Martens Endrizzi, MS, CCC, SLP, LLCC
• Cynthia Erisman, OT, LLCC
• Kristi Fowler, PT, LLCC
• Louis Friedman, PT, OCS, LLCC
• Darla Goddard, MT, LLCC
• Rosemary Gwin, LLCC
• Allegra Hayim, HHP, NCTMB, MT, LLCC
• Kelly Hickey, MT, LLCC
• Debra Hilt, LMT, LLCC
• Heather Hishek-Prunt, MSPT, LLCC
• Patricia Lynn Hubert, CMT, LLCC
• Laura L. Johnson, PTA, LMT, LLCC
• Gisela Knoesel, CMT, LLCC
• Debbie LaFerney, OT, LLCC
• Theresa G. Medellin, RN, RMT, LLCC

Pari Mirko, CST
• Joshua Mooney, MT, CST

American Massage Therapy Association
National Convention
Albuquerque, NM – Sept. 22-25, 2005
• Eric Moya, LMT, CST
  CranioSacral Therapy: The Light Touch

Association of Massage Therapists and Wholistic Practitioners Annual Convention
Banff, Alberta (Canada) – Oct. 20-23, 2005
• Don Ash, PT, CST-D
  Introduction to CranioSacral Therapy and Lessons From the Sessions
• John E. Upledger, DO, OMM, and Lisa Upledger, DC
  CranioSacral Therapy Clinical Symposium Keynote Presentation

New York State Society of Medical Massage Therapists Annual Symposium
Kerhonkson, NY (Hudson Valley Resort and Spa) – Nov. 11-12, 2005
• Mya Breman, LCSW, LMT, CST
  Introduction to CranioSacral Therapy and Introduction to Lymph Drainage Therapy
• John E. Upledger, DO, OMM, and Lisa Upledger, DC
  CranioSacral Therapy Clinical Symposium Keynote Presentation

Understanding and Managing Trauma and Adaptation: Neural, Myofascial and Psychological Issues, Sponsored by Elsevier Publishing Co.
• John E. Upledger, DO, OMM
  Post-Traumatic Stress Disorder

Learn Insider Tips at These Upcoming Speaking Engagements

Florida State Massage Therapy Association
Boca Raton, Florida – June 29-July 3, 2005
• Roy Desjarlais, LMT, CST-D
  Conscious Presence and Introduction to CranioSacral Therapy
• Signy Erickson, DC, CST-D
  Subtle Palpations
• Bruno Chikly, MD, DO (hon.):
  Introduction to Lymph Drainage Therapy and Fascial Release
• Mary Murphy, NCTMB, CST-D
  Introduction to Zero Balancing
• Suzanne Scurlock-Durana, CMT, CST-D
  Introduction to Healing From the Core
• Dave Tomlinson, RMT, CST-D, has been certified to teach CranioSacral Therapy II.
• Sheryl McGavin, OTR/L, CST-D, has been certified to teach Advanced I CranioSacral Therapy and CranioSacral Therapy and the Immune Response.
• Tim Hutton, PhD, LMP, CST-D, has been certified to teach Advanced I CranioSacral Therapy, and CranioSacral Therapy and the Immune Response.
• Tad Wanveer, LMT, CST-D, has been certified to teach CranioSacral Therapy I.
• Dore Szoboszlay, Upledger Institute Human Resources Director, and her husband Mark welcomed the arrival of their baby daughter, Rebecca Riley Szoboszlay, born December 31, 2004.

Best wishes to the whole family!
Basic Acupuncture and CST: An Integrative Approach to Healing Central Nervous System Disorders

by Susan Grant, CMT, CST, Director of Basic Acupressure

Developed by Aminah Raheem, PhD, Basic Acupressure enhances the free flow of vital energy, activates the body’s recuperative abilities and diminishes congestion. Much the way CranioSacral Therapy works through body tissues, Basic Acupressure works through energy fields, in particular the “Extraordinary Meridians” and their crossover points on the organ meridians.

According to Oriental medicine theory, Extraordinary Meridians and the Governing and Conception Vessels form when a fertilized egg divides for the first time. Current scientific studies trace their relationship to the anterior and posterior pituitary gland and to the primordial tissue of the endoderm, mesoderm and ectoderm.

These and six other Extraordinary fields that develop deep within the embryonic strata are closely related to formative energies and the growth of the physical form. They’re also capable of changing the metabolic distribution and quality of energy, and the informational signals that control the use of energy.

By accessing the Extraordinary fields through specific acupoints, we help the body/mind release restrictions and imbalances that affect the central nervous system — in particular, the sympathetic/parasympathetic balance.

As you’ll see in the following examples, this works at a root level, setting the stage to effectively address specific conditions of the central nervous system.

Chiari 1 Malformation

Denise* was diagnosed with Chiari 1 malformation, “a condition in which the cerebral tonsils are displaced out of the skull area into the spinal area, causing compression of the brain tissue and spinal fluid flow.” She suffered from chronic headaches, dizziness, nausea, tingling and numbness in her limbs, and loss of consciousness.

In November 1996 Denise underwent surgery, including a suboccipital craniectomy, a laminectomy of C1 and C2, and duraplasty. At the time her cerebellar tonsils were 8 mm below the foramen magnum into the cervical canal. Unfortunately, after surgery Denise’s symptoms continued. A post-surgery MRI suggested intracranial edema without hemorrhage.

A second surgery in June 1998 replaced a defective dural graft that had been “effectively floating in the spinal cord.” Afterwards Denise was kept comfortable with daily doses of morphine, Antivert, Zoloft and Baclofen.

Denise went to see Irene Townsend, CMT, in April 2003. By then her system was highly sensitized — she became nervous and short of breath after only 30 seconds of receiving CranioSacral Therapy (CST). Irene was working distally from the dorsums using 2-1/2 grams of pressure. She used Basic Acupressure techniques to balance energetic flows and calm the nervous system. This helped release restrictions in the emotional/physical body and assisted Irene’s work with the craniosacral system.

In follow-up sessions, Irene combined Basic Acupressure with CST for longer periods of time. She also included guided imagery and Somatic Emotional Release®. Through guided imagery, Denise and Irene combined their energies to visualize the leaks until Denise “felt confident she had sealed them up.”

Today Denise leads a near-normal life. She is president of her daughter’s soccer club, she gardens, and she recently took her first family vacation in 10 years. She is also off morphine and almost all other medications.

Two of Denise’s children have been diagnosed with Chiari malfunction; one of them was scheduled for surgery. Since receiving Basic Acupressure and CranioSacral Therapy, their symptoms have subsided and surgery is no longer being considered. One daughter is doing well in college. The other is living an active teenage life, including playing on her traveling soccer team.

Reflex Sympathetic Dystrophy

April® suffered a distal radius fracture of her left wrist and developed reflex sympathetic dystrophy (RSD). Also known as complex regional pain syndrome, RSD is a chronic, painful and progressive neurological condition that affects the sympathetic nervous system.

In April’s case it caused acute pain, swelling, extreme skin sensitivity and limited range of motion. It was also psychologically debilitating. After months of hospital-based physical therapy complete with exercise, manual devices, paraffin wax treatments and chiropractic adjustments, April’s condition worsened. She was tense, sore and unable to perform normal activities. Still, she rejected nerve blocks and pain medication.

April was nervous, and rightly so. She’d been warned that her condition is often irreversible and could result in complete loss of movement.

That’s when I began working with April using a combination of Basic Acupuncture and CranioSacral Therapy. After our first session together her condition began to noticeably reverse. Her skin softened, her swelling reduced, and she was able to move her fingers.

Today April has 85% use of her wrist. She believes the Basic Acupuncture and CranioSacral Therapy improved her healing process in a crucial way. The sessions opened energy flows and calmed the nervous system, moving it away from “fight or flight” syndrome into a state of healing calmness. “It was as though we talked the wrist into waking up and moving on,” April said.

CNS Connects Two Therapies

In both of these cases, strong central nervous system connections responded well to the combination of Basic Acupressure and CranioSacral Therapy. The focus on the brain and spinal cord, noninvasive touch, and communicating with the innate intelligence of the human organism bring both therapies together in a harmonious way.

I believe the truth of their effectiveness is best shared by the patients themselves. Denise “felt confident she had healed the leaks,” and April was relieved that her wrist finally “woke up.”

* Name changed to protect confidentiality.

Susan Grant CMT, CST, is Director of Basic Acupressure and an advanced Process Acupressure practitioner who works closely with curriculum developer Aminah Raheem, PhD. Susan also teaches the Alexander Technique and has developed Free to Move workshops that integrate emotional and physical releases into everyday movement patterns.

To learn more about Basic Acupressure please call Educational Services toll-free: 1-800-311-9204. Ask for priority code N0205. You’re also welcome to e-mail iabc@iabc.com, or visit www.iabc.com.
Continued from front cover.

According to Dr. Cayle, parents report that babies who receive this therapy sleep more and experience less colic than others. “Overall, the application of CranioSacral Therapy provides both mother and baby with a better birth experience by easing some aspects of the labor and delivery process,” he says.

Sixteen other presenters and panelists will also discuss new viewpoints on innovative methods of complementary care at the four-day conference. And together, everyone will be having a ball Saturday night at a Roaring Twenties costume dance.

Tuition ranges from $300 to $595 with available discounts. Proceeds benefit The Upledger Foundation, a nonprofit organization dedicated to developing new therapeutic approaches that enhance health and well-being.

Call toll-free today to learn more about Beyond the Dura ’05: 1-800-311-9204. Ask for priority code N0205. You’re also welcome to visit www.upledger.com.

Mary Getten, Animal Consultant
“Telepathic Animal Communication: Connecting Through the Heart”

Ann Harman, DO “Feldenkrais Method: Using Curiosity, Awareness and Movement to Facilitate CranioSacral Work”

Melanie Hayden, LMT “Cellular Joy”

Tim Hutton, PhD, LMP, CST-D “Why Is It We Don’t Think Anymore?”

Jon J. Kabara, BS, MS, PhD “Mother’s Milk: The First Nutriceutical”

Carolyn McMakin, MA, DC “The Energetic Nature of Biological Tissue”

Sally Morgan, TTEAM Practitioner, PT, CST “Animals Facilitating Wellness: An Examination of Animal Participation in CST Sessions”

Sandy Prantl, OTR/L, CST-D “The Use of CST With Socialized, Captive Wolves and Bill the Coyote”

Lisa Upledger, DC, CST-D “Embracing Our Cellular World”

Gail Wetzler, RPT, CVMI “The Promise of Transformation” and “Beyond the Human Dura”

20 Years of Touch at Beyond the Dura 2005

Continued from front cover.

Therapists hope to help a new generation of soldiers when UI HealthPlex Clinical Services conducts a CranioSacral Therapy Intensive Program aimed at reducing post-traumatic stress disorder (PTSD) in Iraq War veterans.

“More and more men and women are returning home bearing the physical, mental and emotional scars of war,” says Kevin Rose, LMT, CST-D, UI HealthPlex Intensive Program (IP) Director. “It’s crucial that we do what we can to protect as many of them as possible from suffering the years of stress our Vietnam veterans endured.”

According to one Vietnam veteran who went through an IP at UI HealthPlex, the potential for PTSD is even stronger for veterans returning from Iraq.

“In Vietnam we fought in the jungle,” he said. “Later we’d have flashbacks whenever we were in a similar environment.”

The Upledger Foundation is working with the Paralyzed Veterans of America (PVA) to identify veterans who can most benefit from these IP programs. The PVA representative was especially pleased that the IP would address not only physical but emotional ravages of war.

One Vietnam veteran recently quoted in a South Florida TV special on the UI program said CranioSacral Therapy “helped tame the savage beast.” That’s a positive effect we hope to leave with many more soldiers in the future.

To learn more about Intensive Programs at UI HealthPlex Clinical Services, call (561) 622-4706.

BTD ’05 Presenters

Continued from front cover.

The UI HealthPlex Clinic Corner

UI Gears Up to Aid New Round of Battle-Scarred Veterans

Internet Directory

The Upledger Institute, Inc.*
Website: www.upledger.com
E-mail: upledger@upledger.com

International Alliance of Healthcare Educators* Website: www.iahe.com
E-mail: iahe@iahe.com

Upledger’s International Association of Healthcare Practitioners* Website: www.iahp.com
E-mail: iahp@iahp.com

American CranioSacral Therapy Association Website: www.acsta.com
E-mail: acsta@acsta.com

The Upledger Foundation Website: www.upledgerfoundation.org
E-mail: foundation@upledger.com

Mary Getten, Animal Consultant
“Telepathic Animal Communication: Connecting Through the Heart”

Ann Harman, DO “Feldenkrais Method: Using Curiosity, Awareness and Movement to Facilitate CranioSacral Work”

Melanie Hayden, LMT “Cellular Joy”

Tim Hutton, PhD, LMP, CST-D “Why Is It We Don’t Think Anymore?”

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Books and Products to Support Your Healthcare Practice

Process Acupressure Wall Chart
by Aminah Raheem, PhD
This large black and white chart depicts front and back views of the body, plus secondary views of the inside and outside of the leg and the bottom of the foot. It shows the location of each of the 36 acupressure points used in Process Acupressure and Basic Acupressure, plus each point’s Process Acupressure name and number, a verbal description of its location, and its traditional Chinese acupuncture name and number. The chart is ideal for learning the point locations and to display in your practice setting as a reference tool. (24” x 35” laminated) Item code: CPAWC. Retail price: $25.00 + s&h

Flash Cards: Process Acupressure Points
by Aminah Raheem, PhD
Use these flash cards to locate and learn the 36 acupressure points taught and used in Process Acupressure and Basic Acupressure. They show pictures of the anatomical locations of each point together with its Process Acupressure number and name, a verbal description of its location, and its traditional Chinese acupuncture number and name. (36 cards, 4” x 5-1/2” each) Item code: FPAP. Retail price: $25.00 + s&h

Invisible Acts of Power CD Set
by Caroline Myss
Deep shifts occur in our energetic fields when we respond to someone in need. When we move from visible acts, such as caring for a friend, to invisible acts that others may never witness, we access the Divine. Using her own stories and those drawn from readers and listeners worldwide, Caroline Myss invites you to create small yet profound miracles that transform your own life and others’ in an instant. (4 CDs, 300 mins. total) Item code: AIAOP. Retail price: $29.95 + s&h

Essential Guide for Healers CD Set
by Caroline Myss
Join best-selling author Caroline Myss in an eye-opening learning program created especially for healthcare professionals, counselors, therapists and bodyworkers — anyone who has felt compelled to help others, professionally or personally. (4 CDs, 300 mins. total) Item code: AEGFH. Retail price: $29.95 + s&h

Anger Releasing CD
by Louise L. Hay
Louise L. Hay creates a safe atmosphere to teach you how to move past your emotional barriers and dissolve your anger. “As you repeatedly do these visualization exercises, many angry feelings will come up — feelings directed at people you may not have known you were angry at,” Louise says. “This is simply a part of the process, and is perfectly okay. Releasing anger will release pain and free you to experience a richer, more fulfilling life.” (120 mins.) Item code: AAR. Retail price: $10.95 + s&h

Forgiveness: Loving the Inner Child CD
by Louise L. Hay
Your inner child depends on you for the love and approval you may not have received when you were young. Through visualization techniques presented in an audio format, Louise L. Hay creates a safe atmosphere for you to forgive others and love your inner child, opening the door for many wonderful qualities to come into your life. Item code: AFLIC. Retail price: $10.95 + s&h

Your Body Is Your Subconscious Mind CD
by Candace Pert, PhD
This revelation by Dr. Candace Pert challenges conventional science — and everyone interested in wellness — to reconsider how our bodies think, feel and heal. Join Dr. Pert as she describes her efforts over the past two decades to actually decode the “information molecules,” such as peptides and their receptors, that regulate every aspect of human physiology. Her model of how these biochemicals flow and resonate, distributing information to every cell in the body simultaneously, has unlocked the secret of how emotions literally transform our bodies and create our health. (150 mins.) Item code: AYBYC. Retail price: $19.95 + s&h

The Flowering of Human Consciousness
by Eckhart Tolle
On this insightful and life-altering program, Eckhart Tolle invites you to unfold the miraculous state of “presence” you always hold within — your original way of being that is free from the relentless stream of thoughts, fears and expectations that often carries us away. (3 CDs, 210 mins. total) Item code: AFOHC. Retail price: $24.95 + s&h

Power Thoughts Journal
Created from beautiful artwork, this blank journal will inspire your creativity. Use it for your own personal inspiration. It also makes a thoughtful gift for someone special. Item code: PTJ. Retail price: $10.95 + s&h

Power Thoughts Notecards
These notecards are wonderful to give as gifts or for keepsakes. Use them as thank-you notes, announcements, invitations, or for any occasion. They are blank on the inside for your own personal inspiration. (20 assorted notecards and envelopes; 4 images, 5 cards of each) Item code: PTN. Retail price: $10.95 + s&h

Zen Journal
Center your mind as you focus your thoughts in this lovely journal. Allow your inspiration to flow, or treat a friend to this special gift. Item code: JZJ. Retail price: $10.95 + s&h
In January 2005, Massage Today, a trade journal serving the massage and bodywork communities, will launch a new website: SpaTherapy.com. An offshoot of Massage Today and MassageToday.com, SpaTherapy.com will be dedicated solely to the spa industry and focus primarily on its influence on health and wellness.

Site features will include a multitude of resources for both spa professionals and health-conscious consumers. Highlights will feature spa and industry news, consumer and practice-management articles by knowledgeable spa industry leaders, general health and wellness information, practitioner profiles, spa ratings, a national spa locator, and much more.

SpaTherapy.com will also recognize one spa each year for providing the Best Spa Massage. The winner will be determined by a spa-rating feature in Massage Today in which a variety of spas are anonymously reviewed. The recipient will receive a beautiful award and virtual logo for the spa’s corresponding website, courtesy of SpaTherapy.com and Massage Today.

The winner of the 2004 Best Spa Massage will be announced in the February 2005 issue of Massage Today.

An MPAmedia company, Massage Today has been reporting on news, information and research relevant to the massage and bodywork industry since its inception in January 2001. MPAmedia also publishes Dynamic Chiropractic, Acupuncture Today, Nutritional Wellness, Chiropractic Research Review and To Your Health online and e-newsletters. For more information, visit www.mpamedia.com.
IAHP Now Offers Professional Liability Insurance

Upledger’s International Association of Healthcare Practitioners® (IAHP) is pleased to announce the availability of professional liability insurance for Upledger-trained practitioners. This product offers coverage for CranioSacral Therapy and related modalities.

In partnership with the Allied Professionals Group — specialists in alternative healthcare for the last 20 years — IAHP will now offer a flexible program that allows you to obtain coverage for just touch-therapy modalities, or comprehensive coverage for your complete alternative healthcare practice. Coverage starts as low as $99 per year.

The IAHP is a league of healthcare professionals dedicated to therapies that offer innovative solutions to individuals in need. Formed to provide a united voice in the field of complementary care, the association remains dedicated to helping our members build successful practices by offering products and services of value.

For a free liability-insurance quote call Allied Professionals Group: 1-800-830-8660. They’ll help you decide which options are best suited for your needs.

The Upledger Institute’s International Satellites & Affiliates

Please see www.upledger.com for details.

- Argentina: Nadia Felix, CST, MPsy
  Phone: 54 11 4803 0241
  E-mail: nadiafelix@fibertel.com.ar

- Australia: Susie Spratt
  Phone: 61 7 4638 2404
  E-mail: holisticlife@bigpond.com

- Austria: Marianne Schauperl, CST-D
  Phone: 43 316 840 0500
  E-mail: office@upledger.at

- Belgium: Marc van der Straeten, DO, CST-D
  Phone: 32 3 297 8998
  E-mail: office@upledger.be

- Brazil: Jussara De Avellar Serpa
  Phone: 55 21 297 8998
  E-mail: jserpa@rjnet.com.br

- Czech Republic: Stanislav Zapletal
  Phone: 42 05 7333 4083
  E-mail: zapletal@seznam.cz

- Germany: Gert Groot Landeweer, CST-D
  Phone: 49 761 3575 0
  E-mail: upledger@gmx.de

- Hong Kong: Alice Kit-Ping Tsang Lau
  Phone: 852 9028 5996
  E-mail: elite_re2004@yahoo.com

- Iceland: Birgir Hilmarsson, MT
  Phone: 354 466 3090
  E-mail: birgir@upledger.is

- Ireland: Mike & Heath Wilson
  Phone: 353 65 708 4435
  E-mail: craniosacral@upledgerireland.com

- Israel: Gadi Nelinger, AppSci, BPT
  Phone: 972 3 522 4148
  E-mail: post@upledger.dk

- Japan: Keichi Hiratsuka, MRO(J)
  Phone: 81 3 5940 6151
  E-mail: info@ui-japan.com

- Mexico: Monica Gerez-Fernandez
  Phone: 52 55 55 52089
  E-mail: monicagerez@hotmail.com

- Netherlands: Stanislav Zapletal
  Phone: 31 343 514031
  E-mail: info@upledger.nl

- Panama: Roberto Eisenmann
  Phone: 507 269 3000
  E-mail: empeisen@empeisen.com

- Portugal: Jose Campos, DO, BSc
  Phone: 351 21 453 9130
  E-mail: jose.campos@netcabo.pt

- Russia: Konstantin Charapov
  Phone: 7 812 970 3195
  E-mail: charapov@list.ru

- Scandinavia: Gusti Axelsson, MT, CST
  Phone: 45 5782 2077
  E-mail: post@upledger.dk

- Singapore: Kheng Chua
  Phone: 65 6258 5031
  E-mail: kheng@greenpartners.com.sg

- South Africa: John Page, DO, CST-D
  Phone: 44 1738 444404
  E-mail: mail@upledger.co.uk

- Spain: Jose Luis Perez Batille, DO
  Phone: 34 9 658 52042
  E-mail: cob@valnet.es

- Switzerland: Matthias Moesle, CST-D
  Phone: 41 91 780 59 50
  E-mail: mail@upledger.ch

- United Kingdom: John Page,
  DO, CST-D
  Phone: 44 1738 444404
  E-mail: mail@upledger.co.uk

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  Phone: 55 21 297 8998
  E-mail: jserpa@rjnet.com.br

- Czech Republic: Stanislav Zapletal
  Phone: 42 05 7333 4083
  E-mail: zapletal@seznam.cz

- Germany: Gert Groot Landeweer, CST-D
  Phone: 49 761 3575 0
  E-mail: upledger@t-online.de

- Hong Kong: Alice Kit-Ping Tsang Lau
  Phone: 852 9028 5996
  E-mail: elite_re2004@yahoo.com

- Iceland: Birgir Hilmarsson, MT
  Phone: 354 466 3090
  E-mail: birgir@upledger.is

- Ireland: Mike & Heath Wilson
  Phone: 353 65 708 4435
  E-mail: craniosacral@upledgerireland.com

- Israel: Gadi Nelinger, AppSci, BPT
  Phone: 972 3 522 4148
  E-mail: post@upledger.dk

- Japan: Keichi Hiratsuka, MRO(J)
  Phone: 81 3 5940 6151
  E-mail: info@ui-japan.com

- Mexico: Monica Gerez-Fernandez
  Phone: 52 55 55 52089
  E-mail: monicagerez@hotmail.com

- Netherlands: Annick Smit-Pino, PT
  Phone: 31 343 514031
  E-mail: info@upledger.nl

- Panama: Roberto Eisenmann
  Phone: 507 269 3000
  E-mail: empeisen@empeisen.com

- Portugal: Jose Campos, DO, BSc
  Phone: 351 21 453 9130
  E-mail: jose.campos@netcabo.pt

- Russia: Konstantin Charapov
  Phone: 7 812 970 3195
  E-mail: charapov@list.ru

- Scandinavia: Gusti Axelsson, MT, CST
  Phone: 45 5782 2077
  E-mail: post@upledger.dk

- Singapore: Kheng Chua
  Phone: 65 6258 5031
  E-mail: kheng@greenpartners.com.sg

- South Africa: John Page, DO, CST-D
  Phone: 44 1738 444404
  E-mail: mail@upledger.co.uk

- Spain: Jose Luis Perez Batille, DO
  Phone: 34 9 658 52042
  E-mail: cob@valnet.es

- Switzerland: Matthias Moesle, CST-D
  Phone: 41 91 780 59 50
  E-mail: mail@upledger.ch

- United Kingdom: John Page,
  DO, CST-D
  Phone: 44 1738 444404
  E-mail: mail@upledger.co.uk

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