APEC Events Raise Awareness and Funds for Upledger Foundation

Events surrounding the first Upledger Foundation Nancy Schaefer Memorial Golf Classic, April 5-6, 2002, included a Friday evening silent auction. Here a guest places her bid for one of the many celebrity-autographed photos offered at the predominantly sports-themed auction. The tournament — “an incredible success,” notes Upledger Institute CEO John Matthew Upledger — was held at the PGA National Resort and Golf Club in Palm Beach Gardens, Fla. More than 110 players participated, including numerous sports legends and celebrities.

On April 28, 2002, therapists, friends and colleagues from around the world gathered to pay tribute to the life and work of Dr. John E. Upledger. Drs. John and Lisa Upledger are shown here enjoying one of the many moments of laughter and reminiscing experienced over the course of the special evening. The event raised $30,000 for the charitable, nonprofit Upledger Foundation.

Effects of Cleft Palate Diminish With Craniosacral Therapy

When Emma Schaefer had surgery at age 6 months to correct a cleft soft palate, it was expected that she would have speech difficulties. Sounds produced using the back of her mouth were especially challenging according to Debra Schaefer, Emma’s mom.

First attempts at therapy with two different pediatric specialists were less than successful. Increasingly frustrated with her inability to communicate effectively, 2-year-old Emma fluctuated between withdrawn and violent behavior. She was, in Debra’s words, “beyond the ‘terrible twos.’ ”

Another two years passed without much change. Then Debra and her husband Larry found out about a CranioSacral Therapy for Pediatrics workshop scheduled for their area. They enrolled in the workshop. “My massage therapist, Colleen Ford, introduced me to it, and I was hooked after my first session,” says Debra. “She had always turned one foot in slightly as she walked, and this actually seemed to get more exaggerated.”

Debra wasn’t worried, though. “I knew it could be worked on, and it showed me that there had really been a shift during the session.” More than anything she was amazed that the therapist, who held a point at the roof of Emma’s mouth during most of the demonstration, could affect her daughter’s feet to that extent.

After therapists worked on Emma the next day, her leg straightened out completely. “We also noticed that Emma’s face and mouth were less tight,” Debra says. “She had more facial movement and was beginning to experiment with sounds without being prompted.”

For a year prior to the workshop Emma had been getting regular speech therapy, but she was generally uncooperative and reluctant to try new sounds. “Her attitude seemed to shift after the workshop,” Debra says. “She seemed to enjoy the attention, which is fairly unusual for her,” Debra says. Even more surprising was the change in Emma after the first session. “Her walk was different,” Debra relates. “She had always turned one foot in slightly as she walked, and this actually seemed to get more exaggerated.”

Chas Perry, PhD, CST-D

“This photo of a happy, confident Emma Schaefer was taken within two months of her first CST sessions. Prior to that she would never smile and would run from the camera,” her mom says.
INTENTION AND TOUCH
AND THE CASE OF SISTER ANNE

One of my first windows into the impact of intention in therapy opened in the late 1960s when I was beginning to use a lot of acupuncture. At the time I was affiliated with free clinics in both Clewiston and St. Petersburg, Florida. I wanted an experiment, particularly attractive because many of our patients had been active drug abusers, so I could test the results using the few patients that didn’t get the same effects, even on the same patients. Experiments seemed to point to the unspoken

EFFECTS OF CLEFT PALATE DIMINISH WITH CST

One- and two-week programs address

Indicated for neck, back, and pain issues, this therapy has made

With hesitation she replied that it was 80 percent attitude and intention, and 20 percent the mixture of acupuncture, nutrition, Cranio-

It has been rewarding for the Schaefers to watch Emma change. "It’s common for cleft children to have dental problems," Debra says, "and Emma has had plenty." An orthodontist diagnosed her with a cross bite and recommended that she be fitted with a device to expand the palate. "Since the CranioSacral Therapy we’ve noticed that the teeth on the upper left side appear to have moved into the correct position," Debra says. "The hope is that the right side will follow and continued therapy will lessen or possibly eliminate the need for the orthodontic work."

I arranged an interview with the admissions officer of the College of Osteopathic Medicine at Michigan State University. He was so impressed that he asked me what we could do to get Sister Anne to apply there. After obtaining permission from her mother to venture into this new direction, Sister Anne completed one year of premedical work in St. Petersburg. Then she moved in with us in Michigan to complete her second year of requirements. Next came acceptance into the Osteopathic College and four years of very hard work. After graduating with her Doctor of Osteopathic Medicine degree, Sister Anne moved to Detroit for a year-long internship. She eventually settled in Tuscaloosa, Mississippi, where today she runs a busy clinic along with a tremendously successful emergency and family medicine practice. (Her story has been profiled on “60 Minutes” and in People magazine.)

"I feel that pediatric CranioSacral Therapy is amazing. Problems that may have lifelong implications can be dealt with in a gentle, noninvasive way... It’s hard to explain all the differences this therapy has made in our lives."