

# UpDate

A Publication of The Upledger Institute, Inc.®

## CST Hits Mainstream Media Again During "Awareness Month"

CNN News and TIME magazine have joined the list of mainstream media to tout the potential benefits of CranioSacral Therapy. In April — CST Awareness Month — Dr. John Upledger was highlighted as an innovator in the field of health and medicine. Get the whole story at [www.time.com/innovators](http://www.time.com/innovators). Scroll down to see Alternative Medicine.

## Get Your E-News Fast From UI

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## Therapists Enjoy A Mind Odyssey at Beyond the Dura 2001

John E. Upledger, DO, OMM, developer of CranioSacral Therapy, brought together more than 35 distinguished speakers to explore diverse issues of complementary care at the highly successful "Beyond the Dura 2001: A Mind Odyssey." The 7th biennial international research conference sponsored by The Upledger Foundation was held at the Jupiter Beach Resort in Jupiter, Fla., April 25-29, 2001. More than 300 people gathered from around the world to discuss such far-reaching topics as cellular consciousness, the healing power of the cello, and the use of complementary techniques on pediatric heart-surgery patients.

### Dr. John Upledger Gives Cells A Voice

In a presentation titled "Cell Talk," Dr. Upledger unveiled his own theories on the consciousness of individual cells, and how that understanding could lead to more effective therapy. After years of research in the area of cellular biology, he concluded that each cell may have its own consciousness, much like an individual person. He went on to encourage therapists who dialogue with clients to remain open to the possibility of communicating with cells, or groups of cells that may respond like families with their own set of interrelated dynamics. Dr. Upledger believes that, by communicating on this minute level, the therapist can receive highly specific information about disease processes and how to help the body heal.



Dee Ahern, RPT, enjoys a warm thank you from Dr. Upledger after winning an auction for a monogrammed lab coat he wore while developing CranioSacral Therapy. Proceeds benefit The Upledger Foundation.

### Keynote Addresses Crucial Importance of Attitudinal Healing

Drs. Gerald Jampolsky and Diane Cirincione presented the 12 Principles of Attitudinal Healing in their conference keynote address. Internationally recognized authors, lecturers and consultants, they shared stories of their inspirational work with children and adults suffering from catastrophic illnesses. They also discussed the dynamics of forgiveness. Dr. Jampolsky highlighted in his latest book, *Forgiveness: The Greatest Healer of All*.

### Wine Tasting and Silent Auction Benefit Nonprofit Foundation Programs

The conference included a wine tasting and silent auction to benefit The Upledger Foundation. Over 200 people enjoyed a variety of fine wines while bidding on some 65 donated items, including resort weekends, sports memorabilia such as an autographed Miami Dolphins football helmet and Orlando Magic basketball, a range of special healthcare products, and tuition for classes and conferences. A live auction featuring lunch and a personal session with Dr. John Upledger highlighted the evening. By the time the gavel came down, two lucky bidders had paid \$5,000 each for the privilege.

Proceeds from the wine tasting, silent auction and conference benefit The Upledger Foundation, which was founded in 1987 to develop and explore new avenues of health and well-being. It supports a wide range of programs, including Compassionate Touch, BioAquatic Explorations, and Post-Traumatic Stress Disorder for Vietnam Veterans. The Upledger Foundation also assists with financial aid to patients in need.

Continued on pages 6-7

# The Visceral Manipulation Report



Jean-Pierre Barral, RPT, DO

## TIME Magazine Highlights Jean-Pierre Barral

In a segment titled "Innovators: Time 100: The Next Wave, Alternative Medicine," TIME magazine profiled Visceral Manipulation along with its developer Jean-Pierre Barral, RPT, DO, in its April 16, 2001, issue. See [www.time.com/innovators](http://www.time.com/innovators) for a complete profile. Scroll down to see Alternative Medicine.

## UI Presents New Visceral Manipulation Dissection Class

The Upledger Institute has introduced a new class that will allow practitioners to observe the results of their Visceral Manipulation (VM) from the inside out. Called Visceral Manipulation Dissection, the new laboratory workshop will allow participants to dissect and palpate the tissues of an unembalmed human cadaver to dramatically increase their understanding and application of VM.

"I took UI's CranioSacral Dissection class and was quite impressed," says Dee Ahern, RPT, VM instructor and course co-developer. "Many of us have studied cadavers before. Yet I was surprised by the suppleness of the tissue and what you can discover when a body hasn't been treated with chemical agents. When you're working with an unembalmed cadaver you can actually follow your palpations through the tissues."

In the new 2-1/2 day dissection class, participants will witness firsthand how the visceral system responds to their manipulations. Each one will have the opportunity to dissect, palpate and manipulate tissues under instructor supervision to achieve the greatest insights. These sensitive explorations are designed to help therapists discover specific organ structures to better understand how they affect the integrity of the entire body.

"VM techniques are very delicate," Dee says. "So it's hard to tell from the outside sometimes how precisely the manipulations are affecting the tissues. In this class you no longer have to visualize with your mind. You can literally watch the results."

The new class is limited to 12 participants. Call Educational Services toll-free for dates and locations: 1-800-233-5880, ext. 89009.

## Dear Dee,

I'm using what I learned in the Visceral Manipulation IB course every day and miracles are happening!

For about a year I've been using CST on my best friend for serious migraines. It's helped her get off the injections she used to take. Then last month she came to see me again right before her

period, which often triggers her migraines. This time I also performed Visceral

Manipulation on her cecum and ovary. Yesterday she told me she's been headache-free all month.

Today another friend came in. She's been carrying anger about an infidelity and violent encounter with a man for months now. I began to work on her liver, which was "frozen." Even though I released the ligaments, the motility of her liver was "muddy" for awhile and there was some spasming. Then I realized her stomach was ptosed and also without motility. Once her stomach released, both organs began an exquisite dance with each other. I hardly recognized her when I looked in her face!

Another friend had 10 years of esophageal reflux. After 20 minutes of working on her on Saturday, she e-mailed me that she was symptom free. She said she felt nothing but delicious space in her chest and abdomen.

Many of my clients with colon problems are also improving. I work on kidneys and the person is less fearful. I work on the spleen and the person has more energy. I can hardly believe how transforming just a little nudge to an organ can be.

I am so excited about this work! I can't wait until the next class. Thank you for being such an inspiring and enjoyable teacher.

Sincerely,

Elaine



Dee Ahern, RPT  
Certified VM Instructor

## Internet Directory

### The Upledger Institute, Inc.®

[www.upledger.com](http://www.upledger.com) • E-mail: [upledger@upledger.com](mailto:upledger@upledger.com)

### International Association of Healthcare Practitioners®

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### International Alliance of Healthcare Educators®

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### American CranioSacral Therapy Association

[www.acsta.com](http://www.acsta.com) • E-mail: [acsta@acsta.com](mailto:acsta@acsta.com)

### A Travel Concierge, Inc.

[www.tc-travel.com](http://www.tc-travel.com) • E-mail: [tc-travel@tc-travel.com](mailto:tc-travel@tc-travel.com)

## Stay Up-To-Date Through E-Mail

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# The Upledger Institute Introduces Advanced Lymph Drainage Therapy

## Lymph, Interstitial Fluid and Blood

Expand your understanding of blood, lymph and interstitial fluids, including applications to humans, animals and plants.

- Refine your skills in superficial and deep Manual Lymphatic Mapping.
- Discover the significance of the centrifugal/centripetal rhythm: a universal rhythm.

- Study and practice the interstitial fluid release, with applications for edema, articulations, fascia, muscles and skin.

4 Days, 24 Contact Hrs. Prerequisite: Lymph Drainage Therapy III. Tuition: \$695.

Please call Educational Services to learn more: 1-800-233-5880, ext. 89009.

**COMING  
SOON!**

*Silent Waves: Theory and Practice of Lymph Drainage Therapy With Applications for Lymphedema, Chronic Pain and Inflammation* by Bruno Chikly, MD (France)

French physician Bruno Chikly is set to have his new book, *Silent Waves*, published in the U.S. this summer. The book covers the history, evolution, anatomy, physiology, and pathophysiology of the lymphatic system, along with many related topics. To place a pre-publication order, please call Educational Services at 1-800-233-5880, ext. 89009.

## Congratulations

### The latest practitioners to become LDT Lymphedema/CDP Certified:

- Kal Attalla, LLCC
- Karen Baker, LMT, LLCC
- Susan Barcikowski, COTA, LLCC
- Terri Bennett, OTR, LLCC
- Teresa Bishop-Brahen, RN, LMT, LLCC
- Elizabeth Blum, OTR, LLCC
- Paula Borden, COTA, LLCC
- Sue Ann Brown, PT, LLCC
- Marilyn Bucher, LMT, LLCC
- Jan Buhler, PT, LLCC
- Chantal Dewit, PT, LLCC
- Bonadele Ellis, LMT, LLCC
- Frank Gentzke, MS, LMT, LLCC
- Pauline Giannaras, LMT, LLCC
- Robert Hefner, CMT, LLCC
- Jane Hill, PhD, PT, LLCC
- Ruth Howell, LLCC
- Roy James, RMT, LLCC
- Winifred Johnson, OTR, LLCC
- Carolyn Kennedy, LMT, LLCC
- Janet Laidman, EdD, LMT, LLCC
- Margo Lalman, CMT, LLCC
- Laura Lander, LMT, LLCC
- Cheryl Lenz, LMT, LLCC
- Mara Lichoulas, PTA, LLCC
- Nancy Lindabury, MT, LLCC
- Roslyn Mazal, OTR, LLCC
- Lynn Mazure, CMT, LLCC
- Diane McLaughlin, PT, LLCC
- Karen Meadows, LMT, LLCC
- Joanne Mitchell, LMT, LLCC
- Joseph Nicastro, CMT, LLCC
- Susan Ogg Cormier, RN, BSN, LMT, LLCC
- Wendy Parenteau, COTA, LLCC
- Renea Patterson, OTR/L, LLCC
- Kathleen Piche, RMT, LLCC
- Bonnie Potter, PT, LLCC
- Margie Rosenberg, OTR/L, LLCC
- Tom Schneller, LLCC
- Dan Schupack, CMT, LLCC
- Heather Nicole Scott, MPT, NSCA, LLCC
- Ann Shearer, PT, LLCC
- Sanford Siegel, RMT, LLCC
- Becky Spear, RN, HNC, CAP, LLCC
- Mary Thomas, PT, LLCC
- Clare Urban, PT, LLCC
- Sue Welfley, LMT, LLCC
- Neil Wheatley, NCTMB, LLCC
- Karin Whitbeck, LMT, LLCC
- Denny Wolfe, MT, LLCC
- Susan Woodman, RMT, LLCC

For upcoming dates and locations of LDT's Lymphedema/CDP Certification, call Educational Services at 1-800-233-5880, ext. 89009.

## Monique Bureau Named New Director of Mechanical Link Curriculum

Mechanical Link (ML) developer Paul Chauffour, DO, recently named Monique Bureau, PT, DO, director of UI's Mechanical Link curriculum. Ms. Bureau will manage course development and operations for the ML program, which encompasses classes from introductory to advanced.

A 1999 graduate of the Canadian College of Osteopathy of Alberta Canada, Ms. Bureau holds a degree in physical therapy and a certification in acupuncture. In private practice for 17 years, she continues to live and work in New York City.

## Dear Friends,

I have been practicing osteopathic techniques as a physical therapist ("osteo" in France) for the last 13 years. I took a lot of courses in France and in the United States. Osteopathy is a holistic medicine. What makes it holistic is the fact that the practitioner can look for the "primary lesion" and treat it with the smallest impulsion, which will create the biggest reaction. I heard about this theory since the beginning but never saw it in practice until I took Mechanical Link I.

Mechanical Link teaches:

1. How to test the degree of freedom in every joint, ligament, viscera, soft tissue, etc.
2. How to determine which lesion is the "primary" lesion.
3. How to treat this lesion (even if it is emotional).

Each seminar brings new pieces progressively, and covers different areas of the body. I like this technique so much and it corresponds so well to what I have been looking for all these years that I use it 98% of the time now.

— Olivier Bros, PT



# When the Immune System Attacks, Ask Why

by John E. Upledger, DO, OMM

I saw Edith\*, a 74-year-old woman, only once. She brought with her a diagnosis from the Mayo Clinic in Rochester, Minn.: autoimmune disease of the liver. The finding was made by a liver biopsy. Her blood chemistry reports seemed to support it.

Using my usual CranioSacral Therapy evaluation, I was drawn to her liver and her lower throat in the region of her thymus gland. Her craniosacral system vitality was markedly reduced. I blended with her and, as we became one, I was moved to talk to her immune cells. I wanted to see if I could find out why they were attacking the liver cells.

I asked Edith whether she would allow her immune system components to speak with me using her vocal apparatus. She agreed. As is so often the case, she was now deeply relaxed.

First, I asked the thymus gland if it would be willing to communicate with me. Edith's voice gave an enthusiastic "yes." Then I asked the thymus if it knew why immune cells were destroying liver cells. The thymus once again answered "yes." I asked why this was happening. The thymus said that the targeted cells seemed to be potentially malignant. The attacking cells were macrophages operating under direction from the thymus gland. Then I asked the thymus if it knew why the liver cells being destroyed were abnormal. The answer was "yes."

## The Thymus Shares Its Secrets

About four years ago, Edith had received x-ray therapy as follow-up treatment for some malignant growths that had been surgically removed from her colon. One of the far-reaching effects of the excessive x-ray exposure was to change the nature [DNA] of some of the liver cells. These changed cells then divided and produced more cells that were abnormal. This had been going on for a while before the thymus received the information about the existence and multiplication of the changed

liver cells. Now it was the immune system's job to clear the abnormal cells from the liver.

Clearly to me, this "autoimmune" disease was the immune system's effort to restore the liver to health. Now if you only look at liver function tests and then study the biopsy materials, it would certainly seem to be autoimmune disease. In this view — as the immune cells conducted their activities during a single slice in time — it appeared that the macrophage cells were destroying healthy liver cells. What the microscope did not show, however, was that the liver cells being destroyed were dysfunctional.

I applauded the thymus gland and the whole immune system for removing these abnormal cells in order to protect against liver cancer. Blood samples taken during this time reflected liver cells being damaged, as indicated by the presence of elevated liver enzymes. These enzymes escape into the blood whenever liver cells are being hurt or destroyed. What's more, bilirubin blood levels were elevated. Bilirubin is a byproduct of the normal degradation of red blood cells, and the compromised liver could not properly do its job of clearing and excreting the bilirubin from the blood. This all led to the abnormal blood tests that prompted the liver biopsy.

**"It certainly seems worthwhile to try something as harmless as dialoguing with systems, organs and tissues before taking more invasive steps."**

## Working in Partnership With the Body

I let the thymus know that, although it was doing the right thing, we also needed to help construct new liver cells to take the place of the abnormal ones being destroyed. The thymus agreed, so I suggested perhaps recruiting stem cells from the bone marrow to go to the liver and develop normal liver cells. I asked if we could communicate with the sternum's bone marrow regarding our plan. Both the thymus and sternal marrow approved.

I explained the situation and asked the sternal bone marrow to send stem cells to the liver cells and become normal liver cells in order to restore normal function. As I asked this I could feel energetic activity under my hand as the sternal marrow agreed to honor my request. I then moved my hand to the liver. In less than a minute I could feel new and different activity in the liver. I assumed this new energy represented the stem cells in action. Stem cells are capable of creating new and compatible cells in almost any tissue they visit. The bone marrow serves as a holding residence for these stem cells while they await their instructions. In the marrow, stem cells also produce all types of blood cells.

## New Tests Show Healthy Results

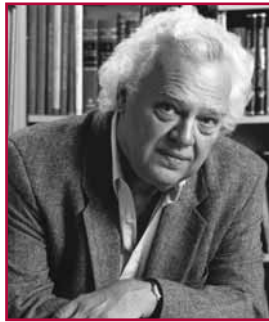
Toward the end of the session I did some simple CranioSacral balancing. Edith came back to the here and now fully aware of what we had done. Subsequently, she had a few follow-up sessions with one of our in-house therapists, who administered general CranioSacral Therapy.

Blood tests done 11 days after Edith's last treatment showed significant improvement in liver function. Edith reported much more energy and vitality. Repeat liver tests were done less than three months after her treatments with us. All were within normal limits.

Had we not established dialogue and rapport with Edith's immune system and bone marrow stem cells, she would have been treated with immunosuppressant drugs to stop the macrophages from "attacking" the liver. The abnormal liver cells would probably have continued to multiply, and perhaps liver failure and/or cancer could have resulted.

It certainly seems worthwhile to try something as harmless as dialoguing with systems, organs and tissues before taking more invasive steps. Of course, it requires more healthcare professionals to sacrifice their egos and to honor the possibility that cells, too, have consciousness. I continue to hold great hope.

*\*Name has been changed to protect patient confidentiality.*



John E. Upledger, DO, OMM

# Lessons From the Sessions

by Don Ash, PT, CST-D

I had a patient's mom call me one Friday afternoon, frantic because her 21-year-old daughter Angela\* was in severe pain in the left wrist, shoulder and neck. Angela was an aide for a summer-school program that included special-needs children, and an 11-year-old girl had become agitated. When Angela tried to calm her down, the girl grabbed her first two fingers and twisted them, causing her arm to flex at the elbow and twist behind her back. Angela fell to her knees in pain. The student was removed with the help of another teacher.

## The Limits of Conventional Medical Wisdom

Angela went to an orthopedist who told her nothing was broken, though there may be some ligament damage. He put her in a wrist splint and arm sling, gave her pain medication and told her to come back in a couple weeks. By the following day Angela was in so much pain that her mother called the doctor, who told her there was nothing he could do. He also said the level of pain she was feeling was all in her head and she would just have to get over it.

In desperation, Angela's mom called me to help. Angela presented with a splinted posture, holding her arm and leaning forward. I had her lie supine with one pillow under her head. After listening to her rhythm I worked on the thoracic outlet and hyoid. Her right arm began to twitch. I held her arm from the palm and elbow. It abducted from her side, then extended down below the side of the table.

Suddenly, Angela began to remember the assault. She cried as she felt the fear and pain. There was heat and a pulsing from her

arm as it moved slowly at the side of the table. This situation continued for 10-15 minutes then subsided. She sat up remarkably relaxed, and told me 80% of her arm and neck pain was gone.

## What the Mind Experiences, the Tissues Recall

Angela and her mom were surprised when I told them the orthopedist had been right. "I think your problem was largely psychosomatic," I said. "We call what just happened a SomatoEmotional Release. Sometimes during a trauma the physical strain and stress is placed in the soft tissue, and the emotions can get placed there, too. That's what happened here.

"The doctor you went to may be good, but he's a surgeon," I added. "He fixes bones when they break. Even if he had known what happened here he couldn't really help because no bones were broken."

## Learn to Be a Bridge

Here's my lesson from this session: We need to remember we're at a place in history undergoing a paradigm shift. In Western society we're moving from a century-old allopathic medical model of anesthetizing pain or surgically cutting it out.

Technology has made physicians strain to comprehend new pharmaceuticals and interactions at the rate of some 40,000 new chemical combinations each year. Indeed, surgical advances in computer-enhanced radiography and robotic surgery have made most doctors part-time students just to remain current. To assume that allopathic physicians have the time to develop a working knowledge of complementary medicine is at best a stretch.

## Liability Insurance Program Coming Soon!

Please call for more information:  
1-800-233-5880, ext. 89009.

**"I just finished reading my copy of the IAHP Connection newsletter. I wanted to thank you for the 'Lessons From the Sessions.' They were so wonderful in different ways. CST and the human body never stop amazing me. I am just so grateful to be able to work with this wonderful therapy in my practice."**

— Christine Bennett, LMBT  
Chapel Hill, NC

As complementary practitioners, we need to be a bridge. One that helps patients cross the barriers to holistic healthcare, and physicians cross a vast canyon to constructive change. We need to treat allopathic physicians with patience, and coexist by example as they heal, grow, learn and move onward in their own very human lives. They're trying to keep up with technical changes as a bigger shift washes away their foundational thoughts.

Biological, chemical and mechanical processes are no longer absolutely repeatable in double-blind studies. The notion of spirit, energy transfer and quantum physics renders the scientific model as we know it increasingly obsolete. We need a new model based on clinical trials, objective findings, and results-oriented outcomes with human subjects.

Fortunately, the egg of CranioSacral Therapy with its SomatoEmotional Release® has hatched. So I support my colleagues in support of local doctors and other practitioners and patients in this wonderful time of change as they struggle to understand its importance.

*\*Name has been changed to protect patient confidentiality.*

## Share the Lessons From Your Sessions

Please E-mail your story to the editor: [sharon.desjarlais@upledger.com](mailto:sharon.desjarlais@upledger.com).  
Help us stimulate and educate fellow practitioners of complementary care.

# Beyond the Dura '01: Spirited Presentations & Practical Information

BTD '01 attendees were treated to lively presentations on a range of diverse health-care topics:

- "Cholesterol, Fats and Other Friends" by Jon Kabara, BS, MS, PhD, Professor Emeritus from Michigan State University
- "Compassionate Touch" by Jim Green, LMT, CST-D, Gayle Mya Breman, MSW, LMT, and Laura Quast, PT
- "Pediatric Cardiothoracic Surgery: The Collateral Damage and the Role of CranioSacral Therapy" by Andrew Fryer, MD
- "TMJ Disorders: Ramifications and Integrative Treatment" by Leonard Ciuffreda, DDS, Diplomate, American Academy of Pain Management
- "How Violent Are Our Kids Today?" by Leslie Upledger Ray, MA, MPPA
- "The Healing Cello: Tissues and Cello Go Hand-in-Hand" by Liz Byrd, Cellist and Tonal Vibration Therapist
- "Sensory Integration Insights for CranioSacral Therapists" by Rebecca Hunt, OTR, SCP
- "CranioSacral Therapy Dissection: Discoveries and Validations" by Roy Desjarlais, LMT, CST-D
- "Co-Treating Children With Reactive Attachment Disorder Utilizing CranioSacral Techniques, SomatoEmotional Release® and Attachment Therapy" by Kim Lawler-Coyle, PT, and Connie Hornyak, LCSW
- "Applications of CranioSacral Therapy in the Treatment of Addictive Behaviors" by Sheryl McGavin, OTR/L
- "Alternative Healthcare on the Global Front: Insights From India" by Aminah Raheem, PhD, originator of Process Acupressure, and Fritz Smith, MD, founder of Zero Balancing
- "Awakening the Power of Spirituality in Healing" by Bobbi Spurr, ND, PhD
- "Cell Talk" by John E. Upledger, DO, OMM, Developer of CranioSacral Therapy
- "Inside the Miracle of Healing" by Molly Vass, EdD, Faculty at Holistic Health Care Program, Western Michigan University

## See BTD '01 All Over Again

Videotapes of your favorite BTD 2001 presentations are now available. For topics and prices, please call Educational Services at 1-800-233-5880, ext. 89009.



## Glance Ahead to BTD '03

Make plans now to join us for a mind-expanding Beyond the Dura '03, April 30-May 4, 2003. Call Educational Services at 1-800-233-5880, ext. 89009, or watch for upcoming news on our website — [upledger@upledger.com](mailto:upledger@upledger.com).



## A Tribute to John E. Upledger, DO, OMM

John Matthew Upledger, UI CEO, (right) leads a surprise tribute to his father, Dr. John Upledger, and his illustrious career.

## Silent Auction and Wine Tasting to Become Annual Event

With the success of The Upledger Foundation's first silent auction and wine tasting, plans are underway to make it an annual event.



The fundraiser will be scheduled for April each year to coincide with International CranioSacral Therapy Awareness Month and Beyond the Dura (as applicable).

Watch for details on the 2002 event at [www.upledger.com](http://www.upledger.com) and in future editions of *UpDate*.





Saturday night's dinner dance brought therapists together in a fun "2001: A Mind Odyssey."



Keynote speakers Diane Cirincione, PhD, and Gerald Jampolsky, MD, share their stories on the power of a positive attitude in the healing process.



Irene Kooyman-Kusters, CMT, CST-D, bids on a bottle of fine wine at a Silent Auction to benefit The Upledger Foundation.



Poet John Arndt chats with the audience after his one-man show, "Gleaning Laughter... Gleaning Light."



Laura Quast, PT, and Jim Green, LMT, CST-D, share a laugh at their presentation on The Upledger Foundation's Compassionate Touch Program.



Opening night at BT'D '01. Time for mingling and catching up with colleagues from around the world.



A panel of Upledger instructors, clinicians and associates discuss the dynamics of aquatic and dolphin therapy. Left to right: David Dolan, LMT; Roy Desjarlais, LMT, CST-D; Rebecca Hunt, OTR, SCP; Irene Kooyman-Kusters, CMT, CST-D; and Chas Perry, PhD, CST-D. Dr. John Upledger moderates.

# Course Calendar: July 15, 2001 - April 15, 2002

**CRANIOSACRAL THERAPY CURRICULUM:** Developed by osteopathic physician John E. Upledger, CST improves the performance of the central nervous system.

## CranioSacral Therapy I

AK: Anchorage - Oct. 11-14  
AZ: Tucson - Dec. 13-16  
CA: Big Sur - Sept. 23-28  
Big Sur - Feb. 10-15, '02  
Fresno - Oct. 18-21  
Los Angeles - Feb. 21-24, '02  
Orange County - Nov. 29-Dec. 2  
San Diego - July 19-22  
San Francisco - Sept. 13-16  
San Francisco - Jan. 5-8, '02  
Santa Barbara - Mar. 21-24, '02  
CO: Boulder - Aug. 23-26  
Colorado Springs - Oct. 18-21  
CT: Hartford - Sept. 20-23  
DC: Washington - Aug. 16-19  
FL: Ft. Lauderdale - July 26-29  
Ft. Myers - Oct. 25-28  
Jacksonville - Sept. 13-16  
Orlando - Dec. 13-16

Palm Beach - Nov. 15-18  
Tallahassee - Oct. 4-7  
HI: Oahu - Oct. 18-21  
IA: Des Moines - Mar. 14-17, '02  
IL: Chicago - Oct. 4-7  
IN: Indianapolis - Nov. 8-11  
KS: Wichita - Jan. 5-8, '02  
KY: Louisville - Apr. 4-7, '02  
LA: New Orleans - Aug. 9-12  
MA: Boston - Aug. 2-5  
Boston - Dec. 6-9  
Boston - Apr. 4-7, '02  
MD: Baltimore - Feb. 7-10, '02  
ME: Portland - Mar. 21-24, '02  
MI: Detroit - Nov. 8-11  
Detroit - Mar. 21-24, '02  
Grand Rapids - Aug. 23-26  
MN: Minneapolis - Nov. 15-18  
MO: St. Louis - Jan. 17-20, '02  
MT: Bozeman - Feb. 14-17, '02

NC: Charlotte - Nov. 1-4  
NE: Omaha - Nov. 1-4  
NJ: Denville - July 19-22  
Ft. Lee - Mar. 10-13, '02  
New Jersey Shore - Oct. 4-7  
NM: Albuquerque - Apr. 11-14, '02  
Santa Fe - Nov. 8-11  
NY: Albany - Feb. 21-24, '02  
Ithaca - Dec. 6-9  
New York - Sept. 6-9  
New York - Jan. 17-20, '02  
Rochester - Oct. 11-14  
OH: Cincinnati - Jan. 10-13, '02  
Cleveland - Nov. 29-Dec. 2  
Columbus - Sept. 6-9  
Dayton - July 26-29  
OR: Bend - Nov. 1-4  
Portland - Mar. 21-24, '02  
PA: Allentown - Nov. 29-Dec. 2  
Philadelphia - Jan. 24-27, '02

Pittsburgh - Aug. 9-12  
RI: Providence - Mar. 7-10, '02  
TX: Austin - Sept. 29-Oct. 2  
Dallas/Ft. Worth - Nov. 8-11  
Houston - Feb. 28-Mar. 3, '02  
San Antonio - Jan. 10-13, '02  
UT: Salt Lake City - Aug. 16-19  
Salt Lake City - Mar. 14-17, '02  
VA: Charlottesville - Dec. 6-9  
WA: Seattle - Sept. 14-17  
WI: Appleton - Dec. 13-16  
Madison - Feb. 21-24, '02  
Australia: Brisbane - Aug. 9-12  
Sydney - Nov. 16-19  
Canada: Calgary - Feb. 14-17, '02  
Edmonton - Sept. 6-9  
Halifax - Sept. 27-30  
Lethbridge - Nov. 1-4  
London - Nov. 1-4  
Saskatoon - Apr. 11-14, '02  
Toronto - Sept. 20-23  
Toronto - Dec. 13-16  
Vancouver - Nov. 24-27  
Winnipeg - Oct. 18-21  
Hong Kong: Hong Kong - July 19-22  
India: Bangalore - Nov. 18-21

## CranioSacral Therapy II

CA: Big Sur - Dec. 9-14  
Orange County - Nov. 29-Dec. 2  
San Francisco - Jan. 5-8, '02  
CT: Hartford - Sept. 20-23  
DC: Washington - Aug. 16-19  
FL: Orlando - Dec. 13-16  
Palm Beach - Nov. 15-18  
IN: Indianapolis - Nov. 8-11  
KS: Wichita - Jan. 5-8, '02  
KY: Louisville - Oct. 25-28  
MA: Boston - Aug. 2-5  
Boston - Dec. 6-9  
MD: Baltimore - Nov. 8-11  
ME: Portland - Aug. 9-12  
MI: Detroit - Nov. 8-11  
Grand Rapids - Aug. 23-26  
MT: Bozeman - Feb. 14-17, '02  
NJ: Ft. Lee - Mar. 10-13, '02  
NM: Albuquerque - Apr. 11-14, '02  
NY: Buffalo - Oct. 25-28  
New York - Jan. 17-20, '02  
OH: Columbus - Sept. 6-9  
OR: Portland - Mar. 21-24, '02

**VISCERAL MANIPULATION CURRICULUM:** Developed by French osteopath Jean-Pierre Barral, VM improves the performance of the internal organs.

## Visceral Manipulation IA

AZ: Phoenix - Sept. 22-25  
CA: Orange County - Nov. 29-Dec. 2

San Francisco - Sept. 13-16  
GA: Atlanta - Aug. 23-26  
IL: Chicago - Oct. 4-7  
MA: Boston - Aug. 2-5

ME: Portland - Aug. 9-12  
MN: Minneapolis - Nov. 15-18  
NM: Santa Fe - Nov. 8-11  
NY: Buffalo - Oct. 25-28

OH: Cincinnati - Jan. 10-13, '02  
OR: Portland - Mar. 21-24, '02  
PA: Philadelphia - Jan. 24-27, '02  
TX: Austin - Sept. 29-Oct. 2  
Dallas/Ft. Worth - Nov. 3-6  
Canada: Calgary - Feb. 14-17, '02  
Edmonton - Mar. 7-10, '02  
Toronto - Dec. 13-16  
Vancouver - Nov. 24-27

## Visceral Listening Techniques

MA: Boston - Aug. 3-5  
WA: Seattle - Sept. 14-16

## Visceral Manipulation IB

CA: San Francisco - Jan. 5-8, '02  
DC: Washington - Aug. 11-14  
FL: Palm Beach - Oct. 12-15  
WA: Seattle - Sept. 14-17

**LYMPH DRAINAGE THERAPY<sup>SM</sup> CURRICULUM:** Developed by French physician Bruno Chikly, LDT improves the performance of the immune and parasympathetic nervous systems.

## Lymph Drainage Therapy<sup>SM</sup> I

CA: San Diego - July 19-22  
CO: Boulder - Aug. 23-26  
CT: Hartford - Sept. 13-16  
FL: Palm Beach - Nov. 29-Dec. 2  
Sarasota - Aug. 2-5

GA: Atlanta - Nov. 15-18  
IA: Des Moines - Mar. 14-17, '02  
MA: Boston - Apr. 4-7, '02  
MI: Detroit - Mar. 21-24, '02  
NC: Charlotte - Nov. 1-4  
NY: New York - July 19-22

## IAHE COURSES

### NeuroMuscular Therapy for the Posterior Spinal Muscles

FL: Jacksonville - Sept. 7-9  
Orlando - Aug. 5-7  
MN: Minneapolis - Sept. 14-16  
PA: Erie - Sept. 21-23  
Quakertown - Sept. 7-9  
TN: Nashville - July 27-29  
WA: Seattle - Aug. 24-26  
WI: Appleton - Sept. 21-23

### NeuroMuscular Therapy for the Upper Extremity

CA: Sebastopol - Oct. 5-7

FL: Jacksonville - Nov. 16-18  
Orlando - Oct. 7-9  
LA: Baton Rouge - Sept. 28-30  
MN: Minneapolis - Nov. 2-4  
MT: Missoula - July 27-29  
PA: Erie - Nov. 30-Dec. 2  
Quakertown - Nov. 16-18  
TN: Nashville - Sept. 14-16  
TX: San Antonio - Aug. 3-5  
WA: Seattle - Nov. 9-11  
WI: Appleton - Nov. 30-Dec. 2

### NeuroMuscular Therapy for the Lower Extremity

CA: Sebastopol - Dec. 7-9  
CO: Colorado Springs - July 20-22  
DC: Washington - Aug. 10-12  
FL: Melbourne - Aug. 17-19

Orlando - Dec. 9-11  
St. Petersburg - July 20-22  
LA: Baton Rouge - Dec. 7-9  
MA: Worcester - Aug. 17-19  
MO: St. Louis - Sept. 7-9  
MT: Missoula - Oct. 26-28  
NM: Albuquerque - Aug. 17-19  
TN: Nashville - Nov. 30-Dec. 2  
TX: San Antonio - Oct. 19-21

### NeuroMuscular Therapy for Cranium & Anterior Spinal Muscles

CO: Colorado Springs - Oct. 12-14  
DC: Washington - Oct. 26-28  
FL: Melbourne - Nov. 2-4  
Miami - Sept. 7-9

St. Petersburg - Oct. 5-7  
MA: Worcester - Nov. 9-11  
MO: St. Louis - Nov. 16-18  
NC: Jamestown - July 27-29  
NM: Albuquerque - Nov. 2-4

### Self-Corrective Mechanisms II: Postural Organization

NC: Charlotte - Sept. 20-23

### Self-Corrective Mechanisms III: Spinal Mobilization

NC: Charlotte - Nov. 15-18

### Self-Corrective Mechanisms IV: Feldenkrais® and CranioSacral Therapy

NC: Charlotte - Jan. 17-20, '02

### Self-Corrective Mechanisms V: Feldenkrais® and Developmental Movement

NC: Charlotte - Mar. 14-17, '02

### Supporting the Compassionate Heart - Core Building

AZ: Phoenix - Sept. 28-30

### Core Zero Balancing®, Segments I & II

AZ: Tucson - Nov. 29-Dec. 2  
IL: Chicago - Nov. 8-11  
KS: Kansas City - Sept. 20-23  
MA: Cambridge - Sept. 6-9  
MD: Annapolis - July 19-22  
Columbia - Sept. 28-Oct. 1



All classes are 2001 unless otherwise indicated. Many courses require prerequisites. This schedule is current at the time of printing and is subject to change. Call today for information or to register: 1-800-233-5880, ext. 89009.

TX: Austin - Sept. 29-Oct. 2  
Dallas/Ft. Worth - Nov. 8-11  
UT: Salt Lake City - Aug. 16-19  
WI: Madison - Feb. 21-24, '02  
Australia: Sydney - Nov. 16-19  
Canada: Halifax - Jan. 25-28, '02  
Ottawa - Oct. 11-14  
Toronto - Dec. 13-16  
New Zealand: Christchurch -  
Nov. 22-25

**CranioSacral Dissection**

TX: Galveston - Nov. 2-4

**Introduction to CranioSacral Therapy**

MI: Ann Arbor - Aug. 18-19  
Ann Arbor - Mar. 16-17, '02  
Shepherd - Sept. 1-2  
Shepherd - Nov. 17-18  
MO: St. Louis - Sept. 22-23  
NH: Rochester - Sept. 29-30  
Rochester - Oct. 20-21  
NJ: Linwood - Nov. 10-11  
NY: Ossining - Nov. 10-11

Ossining - Feb. 23-24, '02

**Clinical Application of CranioSacral Therapy**

FL: Palm Beach Gardens -  
Oct. 22-26

**SomatoEmotional Release® I**

AZ: Tucson - Dec. 13-16  
CA: San Francisco - Jan. 5-8, '02  
CO: Boulder - Aug. 23-26  
FL: Palm Beach - Nov. 15-18  
MA: Boston - Apr. 4-7, '02  
MN: Minneapolis - Nov. 15-18  
NC: Charlotte - Nov. 1-4  
NY: New York - Sept. 6-9  
OH: Dayton - July 26-29  
PA: Philadelphia - Jan. 24-27, '02  
WA: Seattle - Sept. 14-17  
Canada: Calgary - Oct. 25-28  
Toronto - Sept. 20-23

**Clinical Application of CST & SER**

FL: Palm Beach Gardens - Sept. 10-14  
Palm Beach Gardens - Dec. 3-7

**CranioSacral Therapy for Pediatrics™**

AZ: Phoenix - Sept. 22-25  
CA: San Francisco - Oct. 18-21  
FL: Sarasota - Aug. 2-5  
IL: Chicago - Oct. 4-7  
MI: Detroit - Mar. 21-24, '02  
OR: Portland - Sept. 29-Oct. 2  
Canada: Edmonton - Sept. 6-9  
Canada: Vancouver - Nov. 24-27

**SomatoEmotional Release® II**

CA: San Francisco - Oct. 18-21  
CT: Hartford - Sept. 20-23  
FL: Palm Beach - July 26-29  
MA: Boston - Dec. 6-9  
MI: Detroit - Nov. 8-11  
Canada: Edmonton - Mar. 7-10, '02

**Adv. I CranioSacral Therapy**

CA: Lucerne Valley - July 30-Aug. 3  
San Francisco - Nov. 5-9  
FL: Palm Beach - Dec. 10-14  
IN: Indianapolis - July 21-25  
NY: New York - Oct. 1-5

VA: Madison - Aug. 6-10  
Canada: Toronto - Sept. 24-28

**Clinical Application of Adv. CST for Pediatrics** New!

FL: Palm Beach Gardens - Oct. 22-26

**Clinical Application of Adv. CranioSacral Therapy**

FL: Palm Beach Gardens - Aug. 6-10  
Palm Beach Gardens - Nov. 12-16

**CranioSacral Therapy and the Immune Response**

FL: Palm Beach - July 26-29

**Adv. II CranioSacral Therapy**

FL: Palm Beach - Aug. 27-31

**Equine CranioSacral Techniques I**

Canada: Calgary - Sept. 19-22

**BioAquatic Exploration (CSII)**

Bahamas: Freeport - Aug. 16-19

**BioAquatic Exploration (SER)**

Bahamas: Freeport - Aug. 23-26

**BioAquatic Exploration (ADV)**

Bahamas: Freeport - Sept. 6-9  
Freeport - Sept. 13-16

**BioAquatic Exploration, Ocean Therapy I**

Bahamas: Freeport - July 19-22  
Freeport - July 26-29

**ShareCare®**

FL: Palm Beach Gardens - July 28  
Palm Beach Gardens - Oct. 6  
MA: Leominster - Oct. 6  
MN: Minneapolis - Nov. 3  
MO: St. Louis - Oct. 20  
NY: Ossining - Aug. 18  
PA: Chambersburg - Aug. 18  
Chambersburg - Mar. 9, '02  
Williamsport - Oct. 7

**Practical Integration of Visceral Manipulation**

CA: San Francisco - July 27-29

**Adv. Visceral Manipulation**

CA: San Francisco - Sept. 13-16

**Visceral Dissection**



Call for dates and locations.

**MECHANICAL LINK™ CURRICULUM:** Developed by French osteopath Paul Chauffour, ML eliminates structural lesions within each body system.

**Mechanical Link™ I**

CT: Hartford - Sept. 13-16  
FL: Palm Beach - Oct. 12-15

**Mechanical Link™ II**

CA: San Francisco - July 26-29

NY: New York - July 19-22

**Mechanical Link™ III**

CA: San Francisco -  
Oct. 18-21  
NY: New York - Oct. 25-28

OH: Cincinnati - Jan. 10-13, '02  
Columbus - Sept. 6-9  
Dayton - July 26-29

OR: Portland - Sept. 29-Oct. 2  
TX: Dallas/Ft. Worth - Nov. 3-6  
Canada: Calgary - Oct. 25-28

Edmonton - Sept. 6-9  
Winnipeg - Oct. 18-21

**Lymph Drainage Therapy™ II**

AZ: Phoenix - Sept. 22-25  
CA: Big Sur - Oct. 28-Nov. 2

DC: Washington - Aug. 11-14  
FL: Palm Beach - July 26-29

**Lymph Drainage Therapy™ III**

CA: San Diego - July 19-22  
FL: Palm Beach - Nov. 29-Dec. 2

**Adv. Lymph Drainage Therapy™**

FL: Palm Beach - Oct. 12-15

**Heart Centered Therapy: Mastering Voice Dialogue**

FL: Palm Beach - Oct. 18-21

NY: New York - Sept. 28-Oct. 1  
Mexico: Cabo San Lucas -  
Nov. 14-18

ME: Blue Hill - Sept. 26-30  
NC: Asheville - Oct. 4-7  
NJ: Cape May Point - Nov. 1-4  
Somerset - Sept. 20-23  
NY: New York - Sept. 6-9  
PA: Langhorn - Dec. 1-2 & 8-9  
Philadelphia - Nov. 15-18  
TX: Austin - July 19-22  
VA: Charlottesville - Sept. 27-30  
Charlottesville - Apr. 6-7 &  
Apr. 13-14, '02  
Canada: Hollyhock - Oct. 12-17  
India: Bangalore - Nov. 7-10

**Chinese Roots of Zero Balancing®**



MA: Boston - Oct. 4-7  
TX: Austin - Oct. 11-14

**Art of Zero Balancing, in Desert Color**

CA: Borrego Springs - Feb. 21-26, '02

**Freely Movable Joints**

CT: Mansfield - Apr. 4-7, '02  
NE: Omaha - Aug. 2-5  
NV: Reno - July 26-29

**Soul Lightening**

Mexico: Guadalajara - Feb. 2-8, '02

**Alchemy of Touch**

MA: Boston - Oct. 25-28  
VA: Claymont - Mar. 21-24, '02

**Geometry of Healing**

NY: New York - Oct. 4-7

**Spirit of the Organs: Zero Balancing® the Viscera**

AZ: Tucson - Sept. 13-17  
NY: Brooklyn - Nov. 29-Dec. 2

**Harmonious Awakening: Zero Balancing the Conscious Body**

TX: Austin - Feb. 28-Mar. 3, '02

**Integrative Bodywork Conference: Towards Unifying Principles**

England: London - Nov. 16-18

**Basic Acupressure: Clinical Applications**

CA: Los Angeles - Feb. 22-24, '02



**Process Acupressure™ 1: Essence**

CA: Big Sur - Oct. 21-26  
PA: Philadelphia - Nov. 8-11

**Adv. Process Acupressure™ 1: Progressed Process**

MD: Baltimore - Sept. 20-23

**Inner Child Healing**

MD: Baltimore - Sept. 27-30

**Process Acupressure™ 4: Transpersonal Integration**

CA: Borrego Springs - Dec. 7-14

**Fascial Release Technique**

OH: Dayton - July 26-28



**Introduction to Energy Integration™**

MA: Methuen - Sept. 8-9

**Energy Integration™ I**

FL: Palm Beach - July 26-29  
MA: Methuen - Sept. 20-23

**Energy Integration™ and Feng Shui**

MA: Methuen - Nov. 3-4

**Energy Integration™ II**

MA: Methuen - Aug. 16-19

## The UI HealthPlex Clinic Corner

**Q.** I hear a lot about intensive therapy programs at The Upledger Institute HealthPlex Clinical Services. How are they different from regular sessions?

**A.** These one- and two-week outpatient programs are designed mainly for patients who could use a period of focused attention to accelerate their healing processes. Often they've simply reached a plateau in their regular healthcare routine and need that extra "push" to get back on track.

Each intensive therapy program features a select team of clinicians comprised of UI HealthPlex staff and skilled visiting therapists. They work with patients in both one-on-one and multiple-therapist sessions to address the specific health concerns of each individual. The programs are limited to six participants whose challenges are addressed individually and through group sessions.

CranioSacral Therapy is the mainstay of these programs. Once the source of a patient's problem is isolated, we often combine CST with other therapies to facilitate the most effective results. These therapies might include SomatoEmotional Release®, Therapeutic Imagery & Dialogue, Visceral Manipulation, Mechanical Link, Lymph Drainage Therapy, acupuncture and acupressure, counseling services and massage therapy.

While the programs generally mix patient groups, they often address challenging health-care concerns, such as brain and spinal cord dysfunction, learning disabilities, autism and post-traumatic stress disorder. We also frequently work with therapists who simply want to go through a "rejuvenation" process to clear out their personal issues and recharge their batteries. They find this often helps them improve their own therapeutic performance.

To schedule an appointment in an upcoming intensive therapy program, please call 561-622-4706.

Thank you for your inquiry,

Sheryl McGavin, OTR/L

### Advanced I CranioSacral Therapy Big Sur, Calif. (Esalen Institute) – July 24-28, 2000



Fourth row (l-r): John Heatherstone; Marion Gilbert, RPT; Veronica Quarry Lance, PT; Karen Glover, MT. Third row: Jim Sullivan, LAc, LMP; Celeste M. Varas de Valdes, CMT, CST (preceptor); Carol Owen, CMP; Roy Desjarlais, LMT, CST-D (instructor). Second row: Tim Hutton, PhD, LMP, CST-D (preceptor); Melinda Tager, CMT; Diane Berrier Sandler, LAc, OMD (preceptor); Lorna Kerbel, PT. Front row: Eric Moya, LMT; Judy Modderman, CMT.

## Upcoming Speaking Engagements

**Florida State Massage Therapy Association**

Annual Convention & Trade Show  
Orlando, Fla. – July 5-8, 2001

Roy Desjarlais, LMT, CST-D –  
*Introduction to CranioSacral Therapy*

Gayle Mya Breman, LMT, MSW –  
*Equine CranioSacral Therapy*

Monique Bureau, PT, DO – *Mechanical Link: An Introduction*

Behice Kutay, RMT – *Lymph Drainage Therapy: Total Skin Care and Mini Face-Lifting*

Call FSMTA Toll-Free to Register:  
1-877-376-8248

**Florida Academy of Physicians' Assistants**

Palm Beach, Fla. – Aug. 9, 2001

John E. Upledger, DO, OMM – *New Concepts in the Treatment of PTSD*

**Florida Chiropractic Association**

Orlando, Fla. – Aug. 10, 2001

David Malin, DD, PT – *Introduction to Visceral Manipulation*

**Aquatic Therapy & Research Institute**

Las Vegas, Nev. – Aug. 18, 2001

Roy Desjarlais, LMT, CST-D – *BioAquatic Exploration With CST*

**Occupational Therapy Association of California**

Sacramento, Calif. – Oct. 12, 2001

Rebecca Hunt, OTR, SCP – *Combining Sensory Integration & CST for Special Needs Children and Adults*

**American Massage Therapy Association**

Quebec City, Canada – Oct. 20, 2001

Signy Erickson, DC, CST-D – *Understanding Tissue Memory and Its Implications*

# Earn Continuing Education Credits for Classes in Complementary Care

The Upledger Institute 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 UI courses that qualify for CEUs, visit [www.upledger.com](http://www.upledger.com) or call Educational Services at 1-800-233-5880, ext. 89009.

## New and Renewed CEUs

- **Alabama:** Chiropractors can earn CEUs for CranioSacral Therapy I. Physical Therapists can now earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I & II, CranioSacral Therapy for Pediatrics, Visceral Manipulation IA, IB & II, Lymph Drainage Therapy I, II & III, and Mechanical Link I, II & III.
- **Alaska:** Physical Therapists can earn CEUs for CranioSacral Therapy I & II.
- **California:** Provider approved by the California Board of Registered Nursing, Provider Number CEP 9432.
- **Canada:** Members of the Athletic Therapists Association can earn CEUs for CranioSacral Therapy I, Visceral Manipulation IA and Lymph Drainage Therapy I.
- **Florida:** Occupational Therapists can earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I & II, CranioSacral Therapy for Pediatrics, Visceral Manipulation IA, IB & II, Lymph Drainage Therapy I, II & III, and Mechanical Link I, II & III.
- **Hawaii:** Chiropractors can earn CEUs for CranioSacral Therapy I & II and Lymph Drainage Therapy I.
- **Maryland:** Physical Therapists can earn CEUs for CranioSacral Therapy I & II and Lymph Drainage Therapy I.
- **Michigan:** Chiropractors can earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I & II, and Lymph Drainage Therapy I & II.
- **Missouri:** Chiropractic Examiners can earn CEUs for CranioSacral Therapy I & II and Lymph Drainage Therapy I.
- **New Mexico:** Physical Therapists can earn CEUs for CranioSacral Therapy I and Practical Integration of Visceral Manipulation.

## Milestones

### Congratulations and Well Wishes

- Nikki Campbell, CST-D, and Chiara Bosi, Shiatsu Practitioner, have been named new certified CranioSacral Therapy I instructors.
- Dean Chang, CMT, and his wife Ginny welcomed their new son Christopher into the world on Feb. 24, 2001.

### Heartfelt Condolences

- Joanne Bond, RMT, lost her husband on Jan. 2, 2001, after a lengthy illness.
- Don Kelley, LMT, lost his mother on Jan. 9, 2001, after a bout with cancer.

### New Certified CranioSacral Therapy Teaching Assistants

- John T. Jackson, LMP, CST
- Kate Kennedy, PT, CST

### New Certified Visceral Manipulation Teaching Assistants

- Jeff Ryder, DC

### Now Certified in CranioSacral Therapy

#### Techniques Level:

- Daniel Abney, LMP, CST
- Joan Brambani, CST
- Nina Chernick, RMT, CST
- Sigalit Dallal-Sirlin, MSPT, CST
- Lynne Donnelly, CST
- Peg Dougherty, MA, CMT, CST
- Louise Gillam, PT, CST
- Rachel Houston, CST
- Lesley Hunt, PT, CST
- Kate Kennedy, PT, CST
- Michelle Potocsky Mintz, OT, CST
- Marie Pujalte, CST
- Judith M. Rosinski, PT, CST

#### Diplomate Level:

- Paul Ballieux, DO, CST-D
- Maria Banelli-Martin, CST-D
- Elida Boon, CST-D
- Marlies Buck-Kreymborg, CST-D
- Peter de Bakker, CST-D
- Jutta de Jong, PT, CST-D
- Conny Dieleman, CST-D
- Dorothee Duplain, CST-D
- Cees Everaars, CST-D
- Esther Ferwerda, CST-D
- Marianne Fruhmann, CST-D
- Marion Gehrig-Horsmeier, CST-D
- Wanda Girsberger, MT, CST-D
- Flurina Goerre, CST-D
- Marcel Hendriks, CST-D
- Ingrid Homveld, CST-D
- Hans Huikeshoven, CST-D
- Ton van Idsinga, CST-D
- Hermine Klok, CST-D
- Irene Kooyman-Kusters, CMT, CST-D
- Astrid Koppen, CST-D
- Wouter Knol, CST-D
- Antje Link, CST-D
- Sonja Matthey, CST-D
- Dirk Metsemakers, CST-D
- Winnie Meulenberg, CST-D
- Matthias Moesle, CST-D
- Sibylle Moesle, RN, CST-D
- Corrine Mulder, CST-D
- Anne Muller, CST-D
- Tineke Nauta, MT, CST-D
- Urs Nufer, CST-D
- Wijnje Oudhof, CST-D
- Francois Perret, CST-D
- Marta Preisig, CST-D
- Bernadette Rolsma, AcT, PT, CST-D
- Angela Ritter, CST-D
- Angela Renner, CST-D
- Marianne Schauerperl, CST-D
- Mark ten Seldam, CST-D
- Bert Teunissen, CST-D
- Patrick Vaineau-Bermilli, CST-D
- Dorothee van de Pool, CST-D
- Erik van der Horst, CST-D
- Josien van der Woude, PT, CST-D





# Join a Study Group

## Share Your Experiences and Sharpen Your Techniques in a Supportive Atmosphere

The study groups listed here have satisfied the requirements to become officially sanctioned by The Upledger Institute. The leaders are either teaching assistants or certified in their therapies. They've also been personally recommended by a UI-certified instructor.

To receive an application to form a UI-approved study group, please call 1-800-233-5880, ext. 89009. All study groups shown here were approved as of April 23, 2001. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than July 1, 2001.

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

### ARIZONA

Cave Creek:  
Nan Woodward, PT, CST-D  
480-488-5934  
Focus: CSI-SERII

Sedona:  
Neil Pinholster, LMT - 520-541-0736  
E-mail: macpin@msn.com  
Focus: CSI-II

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

### CALIFORNIA

Aptos:  
Germain Weaver, PT - 831-685-1516  
E-mail: gweaver@got.net  
Focus: CSI

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

El Cerrito:  
Nancy Burke, CMT - 510-236-1007  
Fax: 510-236-1217  
Focus: CSI-SERI

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

Los Angeles & Marina del Rey:  
Teresa Gaffin, BBA, LMT, CST  
310-422-7330  
Focus: CSI-ADV

Mill Valley:  
Aria Rose, MA, CMT, CST  
415-381-8314  
E-mail: ariarose@earthlink.net  
Focus: CSI-ADV

Oakland & Sacramento:  
Dean Chang, BS, CMT  
916-486-1420  
E-mail: dpchang@softcom.net  
Focus: LDT, CST

San Diego:  
Ellen Gayle Sovinee, HHP, CST  
858-693-3677  
E-mail: holsymm@adnc.com  
Focus: CSI-SERII

San Luis Obispo:  
Celeste M. Varas de Valdes,  
CMT, CST - 805-995-2443  
E-mail: CranioSacralThpy@aol.com  
Focus: CSI-ADV

Santa Cruz:  
Jacqui Faulkner, ST  
831-476-5913  
E-mail: jacqui@neteze.com  
Focus: VM

Van Nuys:  
Joan Hillerts, NCTMB  
818-342-7172  
E-mail: jhillerts@aol.com  
Focus: CSI-CSII

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

### CONNECTICUT

Hartford:  
Anna Wiedeler, PT, MS, CACST  
860-688-2954  
E-mail: innerdir@aol.com  
Focus: CSI

### FLORIDA

Aventura:  
Harvey Grossbard, OMD, AP  
305-937-2281  
E-mail: omddoc@gate.net  
Focus: CSI-ADV, CSP

Daytona Beach:  
Donna Spears, LMT  
904-271-2000/Fax: 904-253-4415  
Focus: CSI

Ft. Lauderdale:  
Michael McConnell, LMT, NCTMB  
954-969-1675  
E-mail: mcconnell9@juno.com  
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## Legend

ADV =	Adv. I CranioSacral Therapy
ADVII =	Adv. II CranioSacral Therapy
AVM =	Adv. Visceral Manipulation
AVMII =	Adv. Visceral Manipulation II
CSI =	CranioSacral Therapy I
CSII =	CranioSacral Therapy II
CSP =	CranioSacral Therapy for Pediatrics
CST =	CranioSacral Therapy
LDT =	Lymph Drainage Therapy
OT =	Ocean Therapy
SERI =	SomatoEmotional Release I
SERII =	SomatoEmotional Release II
TBS =	The Brain Speaks
VM =	Visceral Manipulation
VMIA =	Visceral Manipulation IA
VMIB =	Visceral Manipulation IB
VMII =	Visceral Manipulation II

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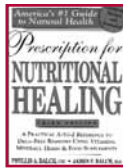
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Continued from page 13

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### Advanced I CranioSacral Therapy Lucerne Valley, Calif. - October 2-6, 2000



Back row (l-r): Karen Clarke, CMT; Virginia Ericson, MT; Diane Jordan, DC (preceptor); Ann Burton; Hyla Dickinson, LMP; Arthur Krout; Ellynn Light; Maggie Silverston; Nancy Emery, FNP (preceptor). Middle Row: Briony Behets; Ahna Weston, LMT, CST; Russ Kalen, DC; Christopher Slate, LMT, CST. Front: Susan Pinto, MA, CFP (instructor).

**Low Back & Pelvic Pain: Bodywide Implications and Interdisciplinary Solutions.** Seattle, WA, Oct. 18-20, 2002. New conference sponsored by *Journal of Bodywork and Movement Therapies* in association with the IAHE. Look at the latest advances in pain management. Call 1-800-311-9204, ext. 89009.

**The Idaho Chapter of the AMTA** has formed a legislative committee to seek licensure of Massage Therapy in Idaho in the 2002 legislative session. Please call if you're a member of another Idaho massage or bodywork association: Gayla Nickel, AMTA-Idaho Chapter President: 208-524-1696, gohthermas@aol.com.

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The Upledger Institute continues to expand its roster of international affiliates with CranioSacral Therapy and Lymph Drainage Therapy classes in Singapore, Hong Kong and Argentina.

Taught by certified UI instructors, the classes follow the same format as those offered in the United States. The classes are taught in

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Please call for more information on international class dates and locations. In the United States and Canada, dial 1-800-233-5880, ext. 89009. In all other countries, please call 011 1 561 622 4334, or the local sponsor or satellite holding the class. (See list below.)

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