Beyond the Dura ’99 Research Conference a Glittering Success

It only happens every two years. But when it does, it shines.

The latest Beyond the Dura research conference was once again spectacular. Hundreds of therapists from all parts of the world gathered in South Florida from April 28 to May 2 to celebrate the promise of CranioSacral Therapy and other modes of complementary care.

The colorful Mardi Gras-themed event, sponsored by The Upledger Foundation, featured dozens of guest speakers and panelists exploring new trends and techniques in body-mind medicine. Presenters ranged from author and scientist Valerie Hunt — who announced that her keynote address will likely be her last public presentation — to the Honorable Berkley Bedell, a former Congressman who credits alternative medicine with helping him overcome Lyme disease and prostate cancer.

Their voices echoed many others committed to investigating and promoting the efficacy of natural healthcare. “Thank you to everyone who helped make this conference happen,” said New Zealand’s Sue Mirkin, PT. “I feel that I’m leaving it well and truly connected to something much bigger than when I arrived.”

BTD ’99 Spotlight Speakers

Dr. John Upledger opened the conference with the latest information gleaned from his breakthrough CranioSacral Therapy seminar, The Brain Speaks. He also presented a cautionary report on the potential abuse of therapeutic magnets, and new evidence of a tissue bridge connecting the dural tube to the musculature [discovered by a researcher at the University of Maryland].

Dr. Valerie Hunt, author of several books, including Infinite Mind: The Science of Human Vibrations, discussed plans to start a state-of-the-art research laboratory.

“Thank you, Dr. Upledger, for showing us the source — what is real beyond the surface. It’s a reminder of the body’s ability to care for itself magnificently.”

— J.H., Santa Rosa, Calif.

“Thank you! The event was memorable, inspiring and more than I could have hoped for.”


Among other tasks, scientists there will work to discover the specific energetic patterns or “signatures” of particular diseases to better help eradicate them. Dr. Hunt also shared her theory that each healthcare practitioner has an energetic signature that can be interpreted to determine that person’s therapeutic strengths and weaknesses.

“I have known of Dr. Hunt’s work for eight years — but never considered that I could learn from her in person. Thank you! The event was memorable, inspiring and more than I could have hoped for.”


Continued on page 13
The Upledger Institute’s Visceral Manipulation program was carefully designed to anchor new concepts with continual hands-on practice. “Yet no amount of application can replace the simple act of reviewing those concepts to fully understand the material,” says curriculum director Frank Lowen, MT. “We hear that time and again from practitioners who repeat VM classes.”

For that reason, The Upledger Institute has announced it has removed the limit on the number of repeaters who can attend a VM course. And to better support those alumni who choose to deepen their understanding of such challenging concepts, UI is offering a series of discounts.

- Visceral Manipulation IA Repeat Tuition is $100 U.S. — you save up to $395.
- Visceral Manipulation IB Repeat Tuition is $300 U.S. — you save up to $295.
- Practical Integration of Visceral Manipulation Repeat Tuition is $375 U.S. — you save up to $375.
- Advanced Visceral Manipulation Repeat Tuition is $375 U.S. — you save up to $375.

These discounts apply to most 1999 Visceral Manipulation classes. For a complete listing of VM courses, see the Course Calendar on page 10. To register or for more information, call Educational Services at 1-800-233-5880, ext. 8916.

Practitioners Reap the Rewards of Repeating a VM Class

The Upledger Institute’s Visceral Manipulation program was carefully designed to anchor new concepts with continual hands-on practice. “Yet no amount of application can replace the simple act of reviewing those concepts to fully understand the material,” says curriculum director Frank Lowen, MT. “We hear that time and again from practitioners who repeat VM classes.”

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Face & Body ’99: The Industry Event That Elevates Beauty to a Science

by Melinda Taschetta-Millane
Editor, Skin Inc.® Magazine and Face & Body ’99 Program Coordinator

Learn how to effectively and profitably merge many disciplines into a beautifully successful business plan at Face & Body ’99. The conference will showcase the hottest trends in products, equipment, techniques and services from experts in skin care, massage therapy, makeup artistry, bodywork, aromatherapy, reflexology, hair removal and holistic health. It’s being held at the San Jose Convention Center in San Jose, Calif., on July 25–26, 1999.

Pure Education

Salon, spa and wellness center professionals know the best way to broaden their market and improve their bottom line is to offer an expanded menu of face and body services that increase retail sales. This year’s educational program will show you how.

Two full days of intense, diverse, exclusive education will showcase modalities that can help you build a better business. They include 26 general sessions sponsored by Skin Inc.® magazine, 42 supplier-sponsored classes, and 12 pre-show and evening workshops.

This special program will be highlighted by the panel discussion “If I Only Knew Then.” Sponsored by the Esthetic Manufacturers and Distributors Alliance (EMDA), it will feature advice from the hard-learned experiences of the panel members — industry experts who are all current or former salon owners. The two-hour panel is scheduled for Sunday, July 25, followed by breakout discussion groups.

Supplier-sponsored classes will feature 42 in-depth presentations offered by well-known industry leaders. You’ll learn about impressive new treatments, procedures and products. Twelve other pre-show and evening workshops will help you broaden services and gain the hands-on skills to expand your retail area into a major profit center. (There is an additional fee to attend the pre-show and evening workshops.)

Plan Your Agenda Today

When attending any trade show, it pays to be prepared. Be sure to experience everything Face & Body ’99 has to offer. Call today to request a copy of the preliminary Face & Body ’99 Show Program: 1-888-763-FACE (3223). Then thumb through the flyer and get a feel for the exciting presentations in store for you.

For detailed coverage on the conference, please see Skin Inc.® magazine’s June issue, the Face & Body Program Resource Guide, or visit our website at www.faceandbody.com.

Bruno Chikly to Present Lymph Drainage Therapy Techniques at Face & Body ’99

Bruno Chikly, the French physician who pioneered an original approach of lymphatic drainage called Lymph Drainage Therapy, will present his techniques at Face & Body ’99 in San Jose, Calif., on July 26, 1999. The one-hour morning discussion will focus on Lymph Drainage Therapy’s pre- and post-surgical applications.

To register or for more information, please call Face & Body ’99 at 1-888-763-FACE (1-888-763-3223).
CranioSacral Therapy: When and Where to Use It

by John E. Upledger, DO, OMM

The past 20 years have brought widespread recognition of CranioSacral Therapy as an efficacious modality in many different circumstances. This understanding occurred first in the public sphere, then spread through the healthcare professions with little regard for interdisciplinary boundaries.

The driving force behind this heightened recognition is twofold. First, it’s based on the beneficial results experienced by CranioSacral Therapy recipients. Second, most practitioners thoroughly enjoy doing the work. They appreciate being part of a process that helps move their patients along individual pathways to body-mind-spirit integration — and better health.

Yet along with the recognition have come many questions about the use of CranioSacral Therapy. To understand my responses, you must first appreciate that CranioSacral Therapy and its therapeutic offshoots — SomatoEmotional Release, Therapeutic Imagery & Dialogue, Energy Cyst Release, and Direction of Energy Technique — facilitate the body’s natural ability to heal itself. So these therapies assist in any situation in which it’s helpful to mobilize the body’s self-corrective abilities.

In the Doctor’s Office

Unfortunately, relying on the body’s corrective capabilities is opposed to the conventional approach to health in this century. Western medicine focuses on blaming a disease agent or a “cause” for a health problem. This cause is then called the etiology of the problem.

The self-healing mechanisms integral to every living system are largely disregarded. At best they’re minimally honored by the popular “fix it” approach. Drugs and surgery are routinely used in invasive, often toxic and detrimental ways. They do not offer the body’s wonderfully ingenious natural processes the opportunity to function optimally, if at all.

Competent CranioSacral Therapists search for obstacles and circumstances that compromise these inherent self-corrective processes. The practitioners then focus on removing the obstacles and modifying the circumstances to allow the body to do its work. The practitioner simply supports the body so it can continue to correct health-destructive problems.

Given that CranioSacral Therapy facilitates each individual’s healing abilities, it seems reasonable that the practitioner would be a welcome addition to the conventional Western approach. Indeed, I’m quite comfortable saying CranioSacral Therapy is efficacious for all patients being treated by conventional practitioners.

CST in the Nursery

“I am thoroughly convinced that one of the best things we can do for our children is to have them begin life with smoothly functioning craniosacral systems, a removal of physical restrictions so their body tissues aren’t burdened by destructive or traumatic memories, and very clean energy fields. This can all be accomplished in a very short time within the first few days of life.”

— John E. Upledger, DO, OMM

Conditions That May Be Avoided or Improved by Treating Babies Within 72 Hours of Birth:

- Colic
- Vomiting
- Hearing Problems
- Motor Problems
- Seizures
- Strabismus
- Pylorospasm
- Cerebral Palsy

- Erb’s Palsy
- Klumpke’s Palsy
- Torticollis
- Chronic Otitis
- Dyslexia
- Aphasia
- Hyperkinetic Behavior
- Spasticity
- Down’s Syndrome
- Autism
- Hydrocephalus
- Abnormal Fears
- Failure-to-Thrive Syndrome
- And Many Others

With Those Who Are Well

It’s also easy to see how effective CranioSacral Therapy is in preventive medicine.

Your body is constantly being asked to ward off invasions by bacteria and viruses. It’s constantly being asked to neutralize toxic substances to which it is exposed. It’s constantly being asked to adapt to changing and often adverse environmental conditions.

Consider the demands placed upon your body by a routine flight from New York to San Francisco. You sit in an artificial environment for hours. The electrical and magnetic fields rapidly change around you. The barometric pressures alter abruptly, only hinted at by the popping in your ears. You’re exposed to recycled air, fluctuating oxygen concentrations, varying levels of humidity, and the germs liberated by the coughs and sneezes of fellow passengers.

CranioSacral Therapy in many ways enhances your abilities to adapt to these changing conditions. It certainly strengthens the effectiveness of your immune system against such a communal pool of germs.

But it does so much more than help prevent illnesses. It helps keep your nervous system working properly, and it helps prevent the chronic deterioration we often attribute to the inevitable effects of aging. How?

By enhancing the movement of body fluids.

Fluids are responsible for transporting essential nutrients to every cell in your body. They flush, cleanse and rinse cellular membranes, as well as compartments within and between cells. These same body fluids remove the waste products of cellular metabolism. And they bring immune system cells and antibodies to sites being threatened by bacteria and viruses.

The bottom line is, fluid motion creates health. Fortunately, CranioSacral Therapy enhances this in subtle, natural and noninvasive ways. Receiving a session every few months when you’re feeling fine will help you resist the negative effects of life’s adversities, whether they’re environmental, bacterial, viral or emotional.

Who wouldn’t benefit from the enhancement of his own self-corrective processes?

This has got to be good for you.
Dear Dr. Upledger

Thank you very much for your letter and most interesting information about CranioSacral Therapy. I am impressed by your outstanding work in the scientific field, as well as with your patients.

Concerning CST, I don’t have, of course, any experience, but I can tell you that I have observed in spinal operations without any doubt rhythmical spinal cord movements with a 4-10 cycle-per-minute rhythm.

This rhythm is corresponding to [waves] of cerebrospinal fluid, visible very well with the subarachnoid space being opened. All these movements have quite another frequency than those of the pulse-beat (heart) and the respiration!

This is all, I can tell you, based on our own experiences in about 20,000 neurosurgical operations (11,000 cranial, 9,000 spinal ones).

Indeed, I am fascinated by your work and I wish you a very happy future!

Most sincerely,

Charles Probst
Doctor of Medicine
University Professor
Chief of Neurosurgery
Aarau Clinic
Aarau, Switzerland

All these movements have quite another frequency than those of the pulse-beat (heart) and the respiration! This is all, I can tell you, based on our own experiences in about 20,000 neurosurgical operations (11,000 cranial, 9,000 spinal ones).
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Advanced I CranioSacral Therapy

San Diego, Calif. — July 6-10, 1998
Back row (l-r): Susan Pinto, MA, CFP (preceptor); Jean Rashkind, CTAT; Contance Mayer Perretta, LMT, RMT; Mindy Stampler-James, LMT, CST; Diane Moriarty, PT; Chas Perry, PhD, CST-D (instructor). Middle row (l-r): Raya Jackel, Esthetician; Julianne Martiny, DC; Dottie Post, HHP (preceptor); Celeste Varas de Valdes, CMT (preceptor); Lynne Jacobsen, LMT, CST; Christopher Scanlon, MS, PT. Front row (l-r): Devon Wortz, CMT; Behice Kutay, RMT.

Lucerne Valley, Calif. — Feb. 9-13, 1999
Standing (l-r): Donna Busse, RRT, LMT; Susan Allgeier, RRT; Nancy Emery, FNP; Claire Hadley-Davis, MT; Hank Meldrum, PT, OMT (instructor); Jo Ann Nealis, NCTMB. Front row (l-r): Andrea Wadsworth, MT; Robert Bates, DC; Johanna Atman, MT; Marie Waisberg, BA (preceptor); Cynthia Velez, CMT (preceptor). Kneeling (l-r): Nancy Lawton-Shirley, OTR; José Luis Perez Batlle, DO.
by Ann Harman, DO

Welcome to the Feldenkrais Method for CranioSacral Therapists, a new course designed to help you become a better therapist through improved self-awareness.

Developed by Moshe Feldenkrais, a renowned physicist and judo master, the Feldenkrais Method uses verbally guided exercises to improve your kinesthetic senses and imagination. The result is a stronger integration of body and mind that enables you to move in more efficient, pain-free ways while expanding your awareness and consciousness.

In this new course, you’ll learn to apply the Feldenkrais Method to work with your own craniosacral system. The goal is to help you improve your body mechanics to be more comfortable performing the work. Yet the tools can also help you empower your clients to take a more active role in their own healing.

Find out more in Feldenkrais Method for CranioSacral Therapists. The first course is scheduled April 27-30, 2000, in Palm Beach, Fla. Please call Educational Services at 1-800-233-5880, ext. 8916, for more details.

The Feldenkrais Method for CranioSacral Therapists is taught by course developer Ann Harman, DO. Dr. Harman is board certified in Osteopathic Manipulative Medicine, an advanced CranioSacral Therapy practitioner, an Upledger Institute teaching assistant, a member of the International Alliance of Healthcare Educators®, and a Guild Certified Feldenkrais Practitioner®.

European Expert Brings Energy Medicine Techniques to the U.S.

Three-Day Course Teaches How to Use Subtle Energy as a Therapeutic Instrument

Norway’s Inya L’Orange, a physical therapist who helped pioneer Europe’s natural-childbirth movement in the 1970s, will teach two upcoming classes in the U.S. Subtle Energy as a Therapeutic Instrument I (SETI) is scheduled for Oct. 16-18 in Palm Beach, Fla., and Oct. 22-24, 1999, in Portland, Oreg.

The goal of SETI, according to Inya, is not only to teach practitioners how to tap into the human energy field. “We also teach them very specific techniques that allow them to put that energy to use as a therapeutic agent.” The therapists then learn to read the information the body sends out to better correct energy blockages or “shadows” that are impeding health.

Course topics include subtle energies in the brain and spinal cord, balancing magnetic and gravity fields, the four layers of etheric and psychic streams, etheric lymph massage to dissolve memory blocks, prana energy, the art of grounding, and how to blend energy work with modalities such as CranioSacral Therapy. CranioSacral Therapy II is the course prerequisite. To register for a SETI class, please call 1-800-233-5880, ext. 8916.

Here’s a sample of a brief Feldenkrais Method movement sequence that can help release tension from the jaw.

Start by lying quietly on your back. Support your knees with a pillow or bolster if you wish. Sense your contact with the floor.

1. Slowly look up and down, scanning your visual field. Notice the tendency of your eyes to move erratically. See if you can allow that movement to become smoother.

2. Slowly open and close your mouth. Do not strain. Sense the quality of the movement. Notice if there are “glitches” or difficulties with jerking motions. Again, see if you can allow the movement to become smooth.

3. Continue steps 1 and 2 by looking down as you open your mouth, then looking up as you close your mouth. Allow both movements to become smooth and easy.

4. Look up as you open your mouth, then look down as you close your mouth. This may be a more difficult movement. Be patient with yourself.

5. Repeat step 3. Are the movements easier now?

6. Repeat step 2. Has the quality of the movement changed?

You may be surprised at the changes you experience after such a deceptively simple exercise. Yet make no mistake about it, this innovative technique is but one of hundreds of exercises that subtly reprogram your brain to bring you to a greater level of function and awareness.
The American CranioSacral Therapy Association Welcomes Community Activists for CST

The American CranioSacral Therapy Association (ACSTA) is inviting therapists to stand up for CranioSacral Therapy in their communities.

The ACSTA was founded in 1994 to protect the rights of all qualified therapists to perform CranioSacral Therapy as originally designed by Dr. John Upledger. Today it acts as the voice of healthcare specialists committed to the efficacy of this gentle manual therapy.

ACSTA members are currently compiling a roster of individuals in various states who are interested in providing case histories to legislative bodies as the need arises. Please help support this crucial cause. Call Educational Services at 1-800-233-5880, ext. 8916.

Earn Continuing Education Credits

The Upledger Institute offers classes that satisfy CEU requirements for many different professions. Before attending a workshop, simply verify CEU acceptance with your professional state board.

Latest CEU Approvals by Professional State/Province Boards

This is only a partial list of all classes approved for CEUs. For a complete list, see our website at www.upledger.com.

Canada

Ontario
Massage Therapists can now earn CEUs for Supporting The Compassionate Heart: Grounding and Healthy Boundaries, Lymph Drainage Therapy II and III, and Bandages, Garments & Other Tools for Compression Therapy.

United States

Alaska
Physical Therapists can now earn CEUs for CranioSacral Therapy I and II.

Delaware
Doctors of Chiropractic can now earn CEUs for Advanced Mechanical Link.
Massage Therapists can now earn CEUs for Advanced Mechanical Link.

Florida
Physical Therapists can now earn CEUs for Advanced Mechanical Link.

Hawaii
Doctors of Chiropractic can now earn CEUs for CranioSacral Therapy I and II.

Illinois
Doctors of Chiropractic can now earn CEUs for CranioSacral Therapy I and II, and Visceral Manipulation IA.
Physical Therapists can now earn CEUs for CranioSacral Therapy I and II, and Visceral Manipulation IA.

Maryland
Occupational Therapists can now earn CEUs for CranioSacral Therapy I and II, SomatoEmotional Release I and II, Visceral Manipulation IA and Lymph Drainage Therapy I.
Physical Therapists can now earn CEUs for CranioSacral Therapy I and II, Somato-Emotional Release I and II, Visceral Manipulation IA, Lymph Drainage Therapy I and Advanced Mechanical Link I.

Minnesota
Physical Therapists can now earn CEUs for CranioSacral Therapy I and II, Mechanical Link I, and the Clinical Symposium: Organ Transplant Focus.

Missouri
Chiropractic Examiners can now earn CEUs for CranioSacral Therapy I and II.

New Mexico
Physical Therapists can now earn CEUs for CranioSacral Therapy I and II, Visceral Manipulation IA and IB, and Mechanical Link I.

Occupational Therapists can now earn CEUs for CranioSacral Therapy I and II, CranioSacral Therapy for Pediatrics, Visceral Manipulation IA and IB, Advanced Visceral Manipulation I and II, Practical Integration of Visceral Manipulation, Visceral Approach to Trauma and Whiplash, Clinical Symposiums with Jean-Pierre Barral, and Mechanical Link I.

Oklahoma
Occupational Therapists can now earn CEUs for Advanced Mechanical Link.

Physical Therapists can now earn CEUs for nearly every course offered by The Upledger Institute.

Oregon
Chiropractic Examiners can now earn CEUs for Advanced Mechanical Link.

South Carolina
Chiropractic Examiners can now earn CEUs for Advanced Mechanical Link.

Texas
Physical Therapists can now earn CEUs for CranioSacral Therapy I and II, Somato-Emotional Release I, Visceral Manipulation IA, Advanced Mechanical Link, Lymph Drainage Therapy I and II.

Vermont
Chiropractic Examiners can now earn CEUs for nearly every course offered by The Upledger Institute.
Study Groups

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, and they’ve 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. 8916. All study groups shown here were approved as of March 15, 1999. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than August 1, 1999.

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

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

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

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

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

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

FLORIDA
Aventura
Harvey Grossbard, OMD, AP - 305-837-2281
Focus: CSI-ADV

Jacksonville
David Dolan, LMT, NMT - 904-418-3099
Focus: CSI-ADV, TBS, CSP

Palm Beach Gardens
Cloé Couturier, LMT, CO
The Upledger Institute HealthPlex Clinical Services - 561-622-4706
Focus: CSI-ADV

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

Tampa
Dottie Marvel, MT (ASCP), LMT - 813-839-2654
Focus: CSI-CSII

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

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

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

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

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

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

MICHIGAN
Shepherd
Charles Ulmer, CMT - 517-828-0123
Focus: CSI-SERI

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

New Jersey
Cape May Court House
Linda Foster, NCTMB - 609-465-4723
Focus: CSI-SERII

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

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

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

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

St. Louis
Sherry Borcherding, MA, OTR - 573-449-1570
Focus: CST

To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than August 1, 1999.

Focus Guide
ADV = Advanced I CranioSacral Therapy
ADVII = Advanced II CranioSacral Therapy
AVM = Advanced Visceral Manipulation
AVMII = Advanced Visceral Manipulation II
CSI = CranioSacral Therapy I
CSII = CranioSacral Therapy II
CST = CranioSacral Therapy
SER = 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

continued on page 16
### Course Calendar: August 1, 1999 - August 1, 2000

Many courses require prerequisites. Call today for information or to register: 1-800-233-5880, ext. 8916.

#### Call for Travel Concierge for Airfare Discounts to Select Classes: 1-800-881-0776.

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<td>Houston</td>
<td>Dec. 2-5, 1999</td>
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<td>Houston</td>
<td>June 1-4, 2000</td>
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<tr>
<td>San Antonio</td>
<td>Feb. 3-6, 2000</td>
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<tr>
<td>UT: Salt Lake City</td>
<td>Jan. 20-23, 2000</td>
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<tr>
<td>Salt Lake City</td>
<td>June 7-9, 2000</td>
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<tr>
<td>VA: Charlottesville</td>
<td>Dec. 16-19, 1999</td>
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<tr>
<td>Virginia Beach</td>
<td>Apr. 8-11, 2000</td>
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<td>WA: Seattle</td>
<td>Sept. 16-19, 1999</td>
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<tr>
<td>Seattle</td>
<td>Feb. 10-13, 2000</td>
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<td>WI: Appleton</td>
<td>Dec. 16-19, 1999</td>
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<td>Madison</td>
<td>Feb. 17-20, 2000</td>
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<td>Milwaukee</td>
<td>July 27-30, 2000</td>
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<tr>
<td>Australia</td>
<td>Sydney — Nov. 18-21, 1999</td>
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<td>Sydney</td>
<td>June 29-July 2, 2000</td>
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<tr>
<td>Canada</td>
<td>Ottawa — Sept. 30-Oct. 3, 1999</td>
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<tr>
<td>Toronto</td>
<td>Dec. 9-12, 1999</td>
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<td>Toronto</td>
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<td>Vancouver</td>
<td>May 25-28, 2000</td>
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<tr>
<td>Winnipeg</td>
<td>Oct. 28-31, 1999</td>
</tr>
<tr>
<td>New Zealand</td>
<td>Auckland — Nov. 25-28, 1999</td>
</tr>
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### CranioSacral Therapy I

- AK: Anchorage — Oct. 7-10, 1999
- AZ: Phoenix — June 15-18, 2000
- TX: Tucson — Dec. 9-12, 1999
- Fresno — Feb. 24-27, 2000
- Los Angeles — Feb. 10-13, 2000
- Orange County — Nov. 4-7, 1999
- Sacramento — Mar. 16-19, 2000
- San Francisco — Sept. 23-26, 1999
- San Francisco — Jan. 13-16, 2000
- San Francisco — May 11-14, 2000
- Santa Barbara — Apr. 6-9, 2000
- CO: Boulder — Aug. 5-8, 1999
- Colorado Springs — Oct. 21-24, 1999
- Denver — Feb. 17-20, 2000
- Fort Collins — Nov. 12-15, 19-20, 1999

### Clinical Application of CST and SomatoEmotional Release

- FL: Palm Beach Gardens — Dec. 6-10, 1999

### SomatoEmotional Release II

- CA: Big Sur — Oct. 31-Nov. 5, 1999
- San Francisco — May 11-14, 2000
- FL: Palm Beach — Apr. 27-30, 2000
- MI: Detroit — Oct. 28-31, 1999

### The Brain Speaks**

- CA: San Francisco — Sept. 23-26, 1999

### Advanced CranioSacral Therapy

- CA: Big Sur — Aug. 2-6, 1999
- FL: Palm Beach — Dec. 6-10, 1999
- MA: Boston — Nov. 8-12, 1999
- MN: Minneapolis — Aug. 30-Sept. 3, 1999

### Clinical Application of Advanced CranioSacral Therapy

- FL: Palm Beach Gardens — Sept. 13-17, 1999

### Advanced II CranioSacral Therapy

- FL: Palm Beach — Aug. 22-27, 1999

### Advanced III CranioSacral Therapy

- Call for dates and locations.

### Therapeutic Imagery & Dialogue** I

- FL: Palm Beach — Oct. 15-17, 1999

### Integrative Therapies in Animal Health

- OR: Grants Pass — Oct. 2-5, 1999

### ShareCare*

- FL: Palm Beach Gardens — Aug. 7, 1999
- Palm Beach Gardens — Nov. 6, 1999
- Palm Beach Gardens — Feb. 12, 2000
- Palm Beach Gardens — May 13, 2000
- MN: Minneapolis — Nov. 6, 1999

### Visceral Manipulation IA

- CA: Orange County — Nov. 4-7, 1999
- San Francisco — Sept. 23-26, 1999
- CO: Boulder — Aug. 5-8, 1999
- CT: Hartford — Mar. 24-26, 2000
Summer 1999

**Visceral Manipulation I (continued)**

**FL:** Miami — Feb. 10-13, 2000  
**GA:** Atlanta — Dec. 16-19, 1999  
**IL:** Chicago — Oct. 28-31, 1999  
**MA:** Boston — Aug. 19-22, 1999  
**NM:** Albuquerque — Nov. 4-7, 1999  
**NY:** New York — May 4-7, 2000  
**OH:** Dayton — July 20-23, 2000  
**OR:** Portland — Dec. 2-5, 1999  
**WA:** Seattle — Feb. 10-13, 2000  
**Australia:** Sydney — Sept. 4-7, 1999

**NEW**

**Vascular Approaches to Trauma and Whiplash**

**CA:** Palm Springs — July 20-22, 2000  
**NY:** New York — July 15-17, 2000

**Advanced Visceral Manipulation II**

**FL:** Palm Beach — July 27-29, 2000

**Clinical Symposium With Jean-Pierre Baral, RPT, DO**

**CA:** Palm Springs — July 23, 2000  
**FL:** Palm Beach — July 30, 2000

**Mechanical Link**

**CA:** Los Angeles — Feb. 10-13, 2000  
**San Francisco** — Feb. 3-6, 2000

**MN:** Minneapolis — Feb. 10-13, 2000  
**NY:** New York — July 14-17, 2000

**Mechanical Link II**

**CA:** Palm Springs — July 20-23, 2000  
**NY:** New York — Oct. 16-19, 1999

**Mechanical Link III**

**CA:** San Francisco — Feb. 3-6, 2000

**Advanced Mechanical Link**

**Vascular Manipulation Techniques**

**CA:** San Francisco — Feb. 3-6, 2000  
**MA:** Boston — Oct. 21-23, 1999  
**NY:** New York — May 5-7, 2000  
**WA:** Seattle — Sept. 18-20, 1999

**Visceral Manipulation IIB**

**CA:** San Francisco — Jan. 13-16, 2000  
**MA:** Boston — Apr. 13-16, 2000  
**NM:** Albuquerque — Aug. 26-29, 1999  
**Albuquerque** — June 29-July 2, 2000  
**NY:** New York — Jan. 20-23, 2000  
**WA:** Seattle — Sept. 16-19, 1999  
**Australia:** Sydney — Sept. 9-12, 1999

**Practical Integration of Visceral Manipulation**

**NM:** Albuquerque — Aug. 6-8, 1999  
**Albuquerque** — Feb. 25-27, 2000  
**Canada:** Toronto — Sept. 17-19, 1999

**Advanced Visceral Manipulation**

**CA:** San Francisco — Sept. 23-26, 1999  
**NM:** Albuquerque — Dec. 17-20, 1999

**Lymphatic Breast Care™**

**OH:** Columbus — Apr. 8-10, 2000

**Heart-Centered Therapy**

**PA:** Pittsburgh — Aug. 26-30, 1999

**NMT for the Posterior Spinal Muscles**

**CT:** Westport — Sept. 17-19, 1999  
**DC:** Washington — Mar. 10-12, 2000  
**FL:** Miami — Mar. 10-12, 2000  
**LA:** Orlando — Aug. 15-17, 1999  
**St. Petersburg** — Feb. 25-27, 2000

**IL:** Chicago — Aug. 27-29, 1999  
**LA:** Baton Rouge — Sept. 17-19, 1999  
**ME:** Waldoboro — Aug. 6-8, 1999  
**MN:** Minneapolis — Sept. 24-26, 1999  
**PA:** Quakertown — Sept. 17-19, 1999  
**WA:** Seattle — Aug. 6-8, 1999  
**WI:** Neenah — Sept. 10-12, 1999

This schedule is current at the time of printing and is subject to change.
Mardi Gras Dinner Dance and Costume Party a Visual Feast

Numerous experts stimulated BTD ’99 audience members with new perspectives in the field of complementary care...

- Alice Quaid, PT, CST-D — All About Kids
- Bruno Chikly, MD (France) — Body Rhythm Changes in Different States of Consciousness
- Mary Lou Galantino, PhD, PT — Nutritional Concerns in Wellness
- Suzanne Scurlock-Durana, CST-D — The Role of Mind-Body-Spirit Awareness in the Healing Process
- John Arndt — Gleaning Light: Vibrational Effects of the Therapeutic Impulse
- Russell A. Bourne, Jr., PhD — Consciousness, Self and Communication
- Rev. Dr. Leo James Hoar — Spiritual Energy Brings About Holistic Healing
- Alaya Chikly, CMT — Heart-Centered Therapy and Emotional/Spiritual Viruses: Assume Only Love
- John Hamwee — Zero Balancing®: Touching the Energy of Bone
- Ramona Sierra, MSW, LCSW — Equine Experience: Use of CST & SER With Semi-Wild Mustangs and Thoroughbreds
- Avadhan Larson, LAc, LMT, CST-D — Integration of Acupuncture Concepts Into CranioSacral Therapy
- Barry Kaplan, MD — Dancing Around Death
- Roy Desjarlais, LMT, CST-D — Conscious Presence as a Healing Modality
- Panel topics included Dolphin Therapy, Unique Clinical Cases, and Current Issues and Trends Involving CranioSacral Therapy and Alternative Healthcare

Beyond the Dura ’99 capped off a month of activities celebrating April as the first international CranioSacral Therapy Month. Practitioners who had received promotional kits from The Upledger Institute — containing press releases, activity planners and more — used the tools to help consumers in their local communities understand the value of this gentle, effective modality.
The Honorable Berkley Bedell reported on his formation of a new foundation that will investigate the efficacy of alternative therapies currently practiced in other cultures. He and his research team will study methods used throughout Europe to treat degenerative diseases such as cancer. Then they plan to bring those treatments back to the U.S. for rigorous testing, making the results available to a public Bedell believes has been deprived of promising alternative techniques for far too long.

“I used to be in the fishing tackle business,” he said, “and I can tell you, if Germany was making better tackle than we were, we’d be over there studying it in a week and we’d be making it here a week later. Why wouldn’t we show the same concern for healthcare?”

“Delightful and invigorating knowing there is notice and credibility given to our work outside of our field.” — L.R., Joliet, Ill.

Claire Sylvia, author of *A Change of Heart*, spoke about her unusual experiences after receiving a double lung and heart transplant. Immediately after the surgery she began having odd cravings that, as she later discovered, fell more in line with the tastes of her 18-year-old organ donor than her own. Ms. Sylvia went on to share the spiritual, emotional and physical shifts she went through after living with a life-threatening illness.


Beyond the Dura 2001: A Mind Odyssey

Make plans now to join us for a mind-expanding Beyond the Dura 2001, April 25-April 29, 2001. Call Educational Services at 1-800-233-5880, ext. 8916, or visit our website — www.upledger.com — to find out more.

BTD ‘99 Videotapes Now Available

For information on presentation topics and prices, please call Educational Services at 1-800-233-5880, ext. 8916.
Books and Other Helpful Products

Esoteric Anatomy
by Bruce Burger
The author and founder of Northern California's Heartwood Institute synthesizes more than two decades of work as a practitioner and teacher of spiritual healing and body-centered emotional clearing in this illustrated, hands-on guide to the practice of Somatic Psychology and Polarity Therapy. (softcover) $22.50

Trigger Point Flip Charts
by Janet G. Travell, MD & David G. Simons, MD
More than 80 illustrations are reproduced from Myofascial Pain and Dysfunction: The Trigger Point Manual. These charts are ideal for patient education. (12" x 15") $59.00

Trigger Point Wall Charts
by Janet G. Travell, MD & David G. Simons, MD
More than 80 illustrations are reproduced from Myofascial Pain and Dysfunction: The Trigger Point Manual. These charts are ideal for patient education. (33" x 39" laminated) $59.00

Homeopathy: The Great Riddle
by Richard Grossinger
A thorough explanation of homeopathy for the general reader, covering the history, philosophy, politics, controversies, principles and scientific theory of this system of medicine. (softcover) $14.95

Music of Light Auric Sounds
by Valerie V. Hunt, PhD
Pure auric-field frequencies — identified by renowned researcher Dr. Valerie Hunt — are harmonically blended with classic and contemporary music to help replenish the human energy field. (Set of 5 audiotapes; 300 min. total) $145.00

Chakra Meditations Audiotapes
by Tom McDonough, MDiv
Two meditations to open and balance the human energy field via the chakra system, soften and free fascial restrictions, and connect with those things that bring meaning and purpose to life. (2 audiotapes; 40 min. total) $14.95

Health and Personal Mastery Audiotapes
by Tom McDonough, MDiv
Develop the tools necessary to clarify what you need in your life on a regular basis to be at your best. Two audiotapes and study guide introduce you to FaithWork's Health and Personal Mastery program, including three meditations. (2 audiotapes; 60 min. total) $29.95

Mind Mastery Meditations
by Valerie V. Hunt, PhD
Mind Mastery Meditations will empower you to live your life with greater ease and success. You’ll learn to relax; balance and activate your energy systems; open your emotions; uncover present and past lifeways; hasten healing with specific tools; discover and enhance your own spirituality; learn to communicate thought and increase creativity; and finally, sense the biocosmic confluence. (softcover) $14.95

Musculoskeletal Disorders: Healing Methods From Chinese Medicine, Orthopedic Medicine, and Osteopathy
by Alon Marcus, DOM, Lac, DAAPM
Musculoskeletal complaints are among the most common, challenging a wide range of medical specialists. Acupuncturist and orthopedic practitioner Alon Marcus shows how a complementary approach to the diagnosis and treatment of these disorders can incorporate acupuncture, manual therapy, injections, exercise and medications, both Eastern and Western. It also highlights how the Chinese medical model can be reconciled with Western orthopedic methods. (hardcover) $85.00

Naibhu: A Spiritual Odyssey
by Valerie V. Hunt, PhD
A lost child...an isolated adolescent...a tormented adult...an enlightened sage. Naibhu’s tale unfolds as a personal evolution against a background of bustling camel caravans and towering Himalayas. The lessons of Naibhu’s evolutionary struggles are universal, often bringing impactful personal enlightenment to those who contemplate them. (hardcover) $17.95

Hands of Life
by Julie Motz
This remarkable book chronicles Julie Motz’s uncommon mission to bring alternative methods of healing to the country’s most prestigious hospitals. Invited by a young heart surgeon, she began working with patients undergoing radical lifesaving procedures. As she sensed the traumas and unresolved emotions that contributed to their suffering, she helped them release fear and anger to begin healing both body and soul. Recommended by Dr. John Upledger. (hardcover) $24.95

Insurance Reimbursement & Specialty Physician Referrals
by David Dolan, LMT
Finally, a book that relates all bodywork techniques and styles to specific national CPT codes. It features an unprecedented method to prove objectively that your therapeutic approach makes scientific and measurable restorative changes. It teaches you how to document and validate CranioSacral Therapy, Polarity Therapy, Zero Balancing, Visceral Manipulation and other bodywork as restorative and corrective. And it gives you applicable, ready-to-use,
perforated forms, such as example HCFA forms with corresponding treatment notes, with space for your letterhead. (softcover) $62.00

**Your Child and ADD/ADHD Video**
by Patty Sayih
More than 15 million people in the United States suffer from Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD). Join a variety of specialists on a fascinating journey through many of the treatments and therapies available today. Although no method works for everybody, this video explores various methods that have proven effective for many children. (58 min.) $29.95

**Massage Therapists Guide to Pathology**
by Ruth Werner, LMP, and Ben Benjamin, PhD
Ruth Werner and Dr. Ben Benjamin have crafted an essential tool to help bodywork practitioners of all kinds make the right decisions about whether their clients are good candidates for massage. This book provides an extensive database of up-to-date information on a wide variety of diseases and conditions, and discusses how massage may or may not fit into the healing process. (hardcover) $37.00

**Self-Corrective Mechanisms Audiotapes**
by Susan Pinto, MA, CFP
Learn motions that create new balance in your body as overloaded muscles get relief and neglected muscles are encouraged to work more. Innovative movements break tension and change postural patterns. Then, as your nervous system registers an increased sense of well-being, it begins to self-correct. This particular series has been found to help improve back and neck pain, headaches and TMJ dysfunction. (3 audiotapes; 90 min. total) $35.00

**Ancestral Inheritance CD**
by Stan Gerome
A rhythmic drum beat set at 50 beats per minute is complemented by chanting to bring the therapist and client into a more relaxed, receptive state for treatment. (1 CD; 56 min.) $16.00

**Dissection of the Human Lymphatic System Video Set**
by Bruno Chikly, MD (France)
Dr. Bruno Chikly removes the barrier to seeing the lymphatic system. By injecting dye into a fresh cadaver, he traces the flow of lymph throughout the body. So you get a precise view of this elusive system — from its vastness to the exact locations of major lymph nodes and vessels. (2 videotapes; 94 min. total) $90.00

**CranioSacral Therapy Awareness Month Golf and T-Shirts**
Celebrate the power of a gentle touch. These crisp white shirts sport the grey and red logo highlighting every April as CST Awareness Month. Available in adult medium, large and extra large. Golf shirt: $20.00  T-shirt: $12.00

**SomatoEmotional Release and Beyond (New German Edition)**
by John E. Upledger, DO, OMM
Recommended reading for all practitioners of CranioSacral Therapy, this book provides a detailed description of the development and current uses of SomatoEmotional Release, Energy Cyst Release and Therapeutic Imagery & Dialogue. (German edition, hardcover) $100.00

To place an order or for information on other products, please call: 1-800-233-5880, ext. 8916.
Advanced I CranioSacral Therapy

Palm Beach, Fla. — Sept. 7-11, 1998

Back row (l-r): Paul Cornelissens, PT (preceptor); Donna Suauers, LMT (preceptor); Liza Katz, PT; Deborah Myktyliuk-Tonks, RMT, LMT; Roy Desjarlais, LMT, CSTD (instructor); Sandra Parkinson, RMT, LMT, OTR (instructor); Laura Thomas, RN, BSc; Lynn Knight, PT; Phil Robison, Zen Shiatsu. Front row (l-r): Pamela Deimund, LMT; Barbara Martin, LMT; Andrea Itzkowitz, LMT; Carol Ball, OTR; Carol Short, LMT (preceptor).

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

Congratulations and Well Wishes...

- The following therapists have been named Certified Instructors for UI CranioSacral Therapy I classes: Susan Cotta, PT; Michael Morgan, LMT; Don Ash, PT; and José Luis Perez Battle, DO.
- To Toni Raneri, UI Director of Operations and Clint Lee, on their marriage, May 1, 1999.
- To David Halfon, LMT, and his wife Jennifer, whose new son Gage Riley Halfon was born on May 18, 1999.

Condolences...

- To Suzanne Scurlock-Durana, CST-D, whose father, Bill Scurlock, passed away recently.
- To Nancy Brown, HealthPlex Clinic Office Manager, whose husband Donnie Brown lost his battle with pulmonary hypertension.

Congratulations

New Certified VM Teaching Assistants
- Barbara LeVan, PT

New Certified CST Teaching Assistants
- Ellie Brown-Gee, BS
- Marshall Calvert, MA, RHt
- Mindy Stampler-James, LMT, CST
- Carolyn Liarakos, CMT
- Julianne Martiny, DC
- Elaine Stapleton, MT
- Gary Stiles, LMT
- Jason Winnett, LMT

Now Certified in CranioSacral Therapy...

Techniques Level:
- Nikki Campbell, CST
- Nina Chernick, BA, RMT, CST
- Tricia Fortina, MT, BSW, CST
- Teresa Gaffin, MsT, CST
- Fred Guenzler, NTS/ZT, CST
- Anne Hammel, CAT, CST
- Elise Hewitt, DC, CST
- Andrea Itzkowitz, LMT, CST
- Craig Malecker, RMT, CST
- Mable Sharp, MS, PT, CM, CST
- Mindy Stampler-James, LMT, CST
- Laurie Shaver, OTR, CMT, CST
- Lynn D. Simpson, OTR, CST
- David Tomlinson, RMT, CST
- Marie Waisberg, BA, CST
- Anna Wiedeler, PT, MS, CST

Diplomate Level:
- Ellen Adler, OTR/L, CST-D
- Judith Bradley, PT, BSc, MA, CST-D
- Chas Perry, PhD, CST-D
- Fred Stahlman, PT, CST-D

Laurie Shaver, OTR, CMT, CST, now certified in CranioSacral Therapy Techniques Level.
New! CranioSacral System Dissection Seminars

The Upledger Institute is capping off a highly successful pilot program at The University of Texas Medical Branch in Galveston, Texas, by instituting new CranioSacral Dissection classes.

The two-and-a-half day format will enable you to dissect unpreserved cadavers in the same way Dr. John Upledger did at Michigan State University in the '70s to demonstrate the movement of cranial sutures.

As a participant, you’ll observe hemi-cuts of unprepared craniums while exploring cranial/brain structures, including the sinus and ventricular systems. You’ll also have the opportunity to directly palpate the craniosacral membranes while cranial-bone techniques are applied.

Space is highly limited so call right away for details: 1-800-233-5880, ext. 8916.

Questions Put to Rest for Upledger Institute Germany

In response to recent questions, please note that Upledger Institute Germany has no affiliation with the Church of Scientology. UI Germany functions solely as an affiliate of The Upledger Institute. Its goal is to educate therapists in Germany and surrounding areas of the value of CranioSacral Therapy and other gentle complementary modalities.

Upledger Institute and HealthPlex Clinical Services Launch New Endorsement Program for Clinics

In response to ongoing requests, The Upledger Institute and HealthPlex Clinical Services have announced the establishment of a new program that gives approved clinics the right to promote their CranioSacral services under the Upledger flagship name.

“For years, we’ve been reaching out in support of complementary care,” says Dr. Russell Bourne, chief of staff of UI’s HealthPlex Clinical Services. “For the tens of thousands of therapists who have trained through us, our new program allows them to better distinguish their services.”

In addition to authorizing approved clinics to be identified as facilities endorsed by UI for the practice of CranioSacral Therapy, the program offers a wealth of other marketing and business benefits. [See “12 Ways UI Endorsement Program Benefits Approved Clinics” below.]

Approved clinics and their principals must satisfy a number of requirements to help ensure the quality of the therapy provided.

To receive an application, call Educational Services at 1-800-233-5880, ext. 8216.

12 Ways UI Endorsement Program Benefits Approved Clinics

1. Permission to use the UI logo along with the tag line “An Upledger Institute, Inc.® Endorsed Clinic” on UI-approved promotional materials.

2. Listing on the UI website as an official UI-endorsed clinic.

3. Management support through UI HealthPlex that includes the use of current procedural manuals and collateral materials.

4. Eligibility to act as a distributor and sponsor of UI products and seminars.

5. Priority status for qualified staff therapists for teaching assistant positions at UI workshops.

6. Eligibility to serve as a UI CranioSacral Therapy Certification examination site for Techniques- and Diplomate-level testing.

7. A 15% discount on applicable UI products for staff therapists.

8. Consideration of eligible therapists to participate as staff in select research and treatment programs sponsored by UI HealthPlex or The Upledger Foundation.

9. Opportunities to host and/or sponsor one- or two-week UI HealthPlex Intensive Programs such as Brain & Spinal Cord Dysfunction, Learning-Disabled Children, Therapist Rejuvenation, Autism and others.

10. Identification as an approved site for follow-up care for patients who have undergone Intensive Programs.

11. Registration as an approved precepting site for Diplomate-level certification applicants.

UpDate Classifieds

For sale in the fall: Alternative medical center for 3 practitioners + 3 rentals and a lovely historic home. Downtown Sarasota, Fla. Please see www.b-well.org.

Your body craves clean water. Multi-Pure Water Filter Systems are legally tested and certified to reduce the widest range of potential health-hazard contaminants for longest time. Healthier, more convenient and less expensive than bottled water. Stainless steel. Home or office. Great prices! 25-yr. warranty. For information, call 510-835-2846 or 1-800-729-1107.


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Set up and increase your practice with the Medical Massage Office Manual for billing insurance. Newly published 2nd edition is loaded with new information. Now includes diskette with forms. Call west of Mississippi - 888-322-5520; east - 561-392-2111.

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Birth doula and bodyworker needs your stories. If you’ve used CST/SER to help women prepare for childbirth or cope with labor, Carol Gray would like to hear from you. Please e-mail your anecdotes to: carolag@e-z.net, or phone 503-236-2999.


Study group facilitation and tutoring for CSI, CSII and SER. Reasonable rates. San Francisco Bay area. Call Nancy at 510-526-0115.

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Zero Balancing® Association Celebrates New Era of Service at International Conference

Members of the Zero Balancing Association rang in a renewed commitment to service at their international Zero Balancing Conference in Baltimore, Md., on May 8-9, 1999. ZB instructors at the two-day national event — titled The Future of the Body — unanimously endorsed the association’s long-standing mission to promote health and healing in the world through the integration of energy and structure using touch.

More than 150 people gathered to hear presentations from speakers such as Zero Balancing founder Dr. Fritz Smith, Process Acupressure developer Dr. Aminah Raheem, and Jerry Toporovsky, founder of the Baltimore School of Massage, which hosted the conference. A dozen breakout workshops highlighted topics ranging from Zero Balancing and Hatha Yoga to ZB Principles and the Art of Nondoing.

The conference followed a recent boost to the Zero Balancing Association after seven certified practitioners treated 75 people from Oprah Winfrey’s staff to ZB sessions at their Chicago studio. Association members now plan to promote their mission through fundraising and a national book tour for the newly published Zero Balancing: Touching the Energy of Bone, by John Hamwee.

Dr. Fritz Smith, founder of the Zero Balancing Association, enjoys a surprise birthday salute this past May at the international ZBA conference in Maryland.


- Australia
  South Australia
  Ph./Fax: 61 88 357 0720
  New South Wales
  Ph.: 61 2 9664 2768/Fax: 61 2 9710 5814
  Queensland
  Ph./Fax: 61 7 4638 2404
- Austria
  Ph./Fax: 43 316 760961
- Belgium
  Ph: 32 14304598/Fax: 32 14302397
- Brazil
  Ph./Fax: 55 21 431 3211
- Germany
  Ph.: 49 450 46336/Fax: 49 450 467398
- Israel
  Ph.: 972 3 6053384/Fax: 972 3 6423830
- Italy
  Ph.: 390 40 3728917/Fax: 390 40 3724056
- Japan
  Ph./Fax: 81 3 5248 0174
- Netherlands (UJE Main Office)
  Ph.: 31 343 514031/Fax: 31 343 512189
- New Zealand
  Auckland
  Ph.: 64 9 4837862/Fax: 64 9 4837861

Dunedin
  Ph.: 64 3 477 9752/Fax: 64 3 477 9780
- Portugal
  Ph.: 351 1 4539130/Fax: 351 936 837805
- Scandinavia
  Ph./Fax: 47 22 14 06 01
- Spain
  Ph./Fax: 34 95 852 04 22
- Switzerland
  Ph.: 41 61 931 37 32/Fax: 41 61 933 91 92
- United Kingdom
  Ph.: 44 1738 444404/Fax: 44 1738 442275