

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 courses that qualify for CEUs, visit www.upledger.com or call toll-free: 1-800-233-5880. Ask for priority code N0802.

New and Renewed CEUs

USA: The Upledger Institute is also approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. CranioSacral Therapy I is offered for 2.4 CEUs (introductory level, professional area), and CranioSacral Therapy II and CranioSacral Therapy for Pediatrics are offered for 2.4 CEUs each (intermediate level, professional area). ASHA CE Provider approval does not imply endorsement of course content, specific products, or clinical procedures. If you are a member of ASHA and are interested in receiving CEUs for participating in this program, you must contact our CEU coordinator at least 30 days before class begins for consideration.



National Certification Board for Therapeutic Massage and Bodywork (NCTMB) has approved for Massage Therapists CEUs for nearly every class offered by The Upledger Institute. NCTMB has also approved CEUs for the Beyond the Dura '03 research conference in April, plus several home study programs. Please call for details: 1-800-233-5880. Ask for priority code N0802.

California: Provider approved by the California Board of Registered Nursing, Provider Number CEP 9432. Call for the number of contact hours.

Illinois: Doctors of Chiropractic now have new or renewed CEUs for CranioSacral Therapy I & II, CranioSacral Therapy for Pediatrics, SomatoEmotional Release I and Visceral Manipulation IA.

Iowa: Massage Therapists now have new or renewed CEUs for CranioSacral Therapy I & II, Visceral Manipulation IB, Visceral Manipulation II, Lymph Drainage Therapy I, II & III.

Florida: Massage Therapists now have new or renewed CEUs for Advanced I & II CranioSacral Therapy, Heart Centered Therapy, and Visceral Approach to Trauma and Whiplash II.

Ohio: Occupational Therapists now have new or renewed CEUs for nearly every workshop offered by The Upledger Institute. Please call for details.

Find Out What Your Fellow Therapists Have to Say

✓ **Association of Massage Therapists and Wholistic Practitioners Annual Conference Banff, Alberta, Canada - Oct. 24-27, 2002**
John E. Upledger, DO, OMM - Keynote
Presentation: Compassion Counters Violence
Mya Breman, MSW, LMT, CST-D - Overview of CranioSacral Therapy
Alaya Chikly, CMT - Heart Centered Therapy
Mya Breman, MSW, LMT, CST-D, and Alaya Chikly, CMT - Overview of Lymph Drainage Therapy

✓ **American Massage Therapy Association New England Regional Conference Boxborough, MA - March 27-30, 2003**
Bruno Chikly, MD, DO (hon.) - Keynote
Presentation: Dream of the Soul and

the Lymph System: Physical, Emotional and Spiritual Aspects. Also presenting Lymph Drainage Therapy.

Alaya Chikly, CMT - Heart Centered Therapy

✓ **American Massage Therapy Association New York Chapter Corning, NY - April 10-13, 2003**
David Malin, DD, PT - Introduction to Visceral Manipulation

✓ **13th Annual Osteopathic Winter Seminar, Pinellas County St. Petersburg, FL - January 15-18, 2003**
John E. Upledger, DO, OMM - Topic to be announced.

Visit us at www.upledger.com for details.

Milestones

Congratulations and Well Wishes

UI has named the following certified instructors:

- Lisa Brady Grant, DC — *Visceral Manipulation IA*
- Lisa Polec, DC — *Visceral Manipulation IB*
- Beverly Cook, LMP — *Lymph Drainage Therapy II*
- Patrick Speer, CMT — *CranioSacral Therapy I*

• Nina Chernick, a UI-certified CranioSacral Therapy I and II instructor, gave birth to her third child, Omri, on March 7, 2002.

Heartfelt Condolences

• Kay Preston, a good friend of The Upledger Institute, passed away in early June. She will be missed.

New Certified CST Teaching Assistants

- Josephine Bonfiglio, MA, DTR, CST
- Janet Ferguson, RDMT, CST
- Joan Hillerts, NCTMB, CST
- Mariann Sisco, PT, CST
- Carol Siciliano, PhD, LMT, CST

New Certified VM Teaching Assistants

- Benjamin Katz, CMT, MFA

Now Certified in CranioSacral Therapy

Diplomate Level:

- Liesbeth Boterman-Jongens, CST-D
- Jolanthe Derksen, CST-D
- Han Fenijn, CST-D
- Patricia Hahn-van der Ven, CST-D
- Inger Huidekoper, CST-D
- Rebecca Hunt, OTR, SCP, CST-D
- Nenny Kegels-van der Brandhof, CST-D
- Ingrid Lange, CST-D
- Marli Lindeboom, CST-D
- Anne Linden Steele, CST-D
- Margreet Mossel, CST-D
- Karla Mueller, CMT, CST-D
- Nicollette Nowee, CST-D
- Franca van der Weijden, CST-D
- Nel Schiif-vanDreumel, CST-D
- Nancy Westphal, LMT, CST-D
- Roel van Woudenberg, CST-D
- Monique Wouda, CST-D

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The UI HealthPlex Clinic Corner

Q. Does UI HealthPlex Clinical Services have a guiding philosophy?

A. "We certainly do," says Dr. John Upledger, founder of The Upledger Institute and the HealthPlex Clinical Services. "We call it our Credo. It governs everything we do here at The Upledger Institute, from teaching to hands-on healthcare."

The Upledger Institute Credo

by John E. Upledger, DO, OMM

It is the belief of The Upledger Institute that, while our primary focus is on human beings, all living biological systems are gifted by nature with ingenious methods and processes by which they survive and function amid a wide variety of changing demands that are placed upon them by both internal and external environmental conditions. Further, we believe that the best methods and processes of adaptation to these various demands are inherent within each living system.

When a living system demonstrates signs of faltering adaptive ability, we believe that it is very important to search for, discover and then offer support to these inherent and natural

adaptive processes so that they become better able to perform their duties. The biological system then has an improved ability to function that, in the context of human biological systems, brings the body closer to optimal health.

This approach to health enhancement for humans may be considered facilitative rather than curative or palliative. That is, The Upledger Institute advocates the facilitation of inherent processes within the human body. This equates to the facilitation of self-healing.

We do not advocate that this facilitation of the body's inherent self-healing processes exclude the use of Western conventional modalities that are more invasive and directive. Rather, we believe that our facilitative approach should be integrated into all phases of conventional Western healthcare in recognition of the self-healing power inherent in each human being. We believe that the integration of our approach with all other healthcare practices will offer each patient or client reduced morbidity, reduced mortality, better quality of recovery from disease and/or trauma, as well as an opportunity to age much more comfortably and gracefully.

Further, we believe that the answer to every health problem is present within the biological system in question. Rather than invade and probe that biological system so that it feels it must defend itself against the well-meaning

invader/prober, we instead, by gentle touch, verbal or non-verbal communication and/or intention, most respectfully request that the biological system in question offers to us the reason for the problem.

We also ask how we may help to correct or resolve the reason as gently as possible. We ask to be guided as we offer ourselves as facilitators to the self-healing process. This work can be done in conjunction with conventional Western medicine and surgery. When performed properly it will enhance the positive responses to conventional Western modalities and lessen the need for more and more toxic and invasive procedures.

In summary, we believe that there is an "Inner Physician" in each patient/client who understands each health problem and how best to resolve it. The Upledger Institute sees the therapist's responsibility as one in which the Inner Physician is brought into "dialogue" with the therapist, who then follows the advice given by that Inner Physician.

For a copy of The Upledger Institute Credo, visit www.upledger.com. Next newsletter: The Goals of The Upledger Institute.

The Upledger Institute HealthPlex Clinical Services offers private sessions and intensive programs for small groups of individuals. Call 1-561-622-4706 for an appointment.

Milestones Continued from page 10

CST Techniques Level:

- Ingrid Bacci, PhD, CAT, CST
- Josephine Bonfiglio, MA, DTR, CST
- Brian Calderon, CMT, CST
- Frederick Cowen, MD, CST
- Sally Fryer, PT, CST
- Susan Hartzog, RMT, CST
- Greg Jolly, LMT, CST
- Elizabeth Pasquale, LMT, CST
- Peter Skupeko, PT, CST
- Carola Stepper, RN, LAc, CST
- Allan Thornton, CST
- Mei Lin Wong-Gary, LMT, CST
- Charles J. Vincent, LMT, CST
- Lisa Johnson Zee, SLP, CMT, CST

Now Certified in Lymph Drainage Therapy's Lymphedema/CDP Certification, Level 1

- Elizabeth Allen, LLCC
- George Allen Archer, RMT, LLCC
- Kelly Barta, LMT, LLCC
- Doreen Brennan, LMT, LLCC
- Larry Cary, MT, LLCC
- Dean Chang, CMT, LLCC
- Molly Clark, PT, LLCC
- Beverly Cook, LMP, LLCC
- Kimberly Critelli, MT, LLCC
- Gretchen Doucette, PT, MT, LLCC
- Joyce Dougan, PT, LLCC
- Beverly Dowdle, LMT, LLCC
- Kathleen Fox, LMT, RN, LLCC
- Lou Gimelli, PTA, LLCC
- Cindy Guthier, LMT, LLCC
- Youree Holloway, RMT, LLCC
- Christopher Hulme, PTA, LMT, LLCC
- Barbara Korosec, MS, RN, LLCC
- Mary Lou Mason, MT, LLCC
- C.M. Snow Nemeth, CMT, LLCC
- Joseph Nicoll, LMT, LLCC
- Bridget Rae, RN, CMT, LLCC
- Melissa Rayburn, RMT, LLCC
- Karina Rhode, NCTMB, LLCC
- Janice Richer-Wuerfel, LMT, LLCC
- Frances Wadner, LMT, LLCC
- Corinne Viens, PT, LLCC
- Beverly Waldeisen, OTR/L, LLCC
- Mary Wilton, MT, LLCC
- Carol Wurster, RN, BSN, CMT, LLCC



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. Ask for priority code N0802. All study groups shown here were approved as of Aug. 1, 2002. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than Nov. 15, 2002.

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

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E Equals MC Squared

by David Bodanis
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by Stephanie Cave, MD, FAAFP
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Visceral Manipulation instructors enjoy some fun in the sun after a series of classes in South Florida. Left to right: Lisa Polec, DC; Lisa Brady Grant, DC; modality developer Jean-Pierre Barral, DO; Gail Wetzler, RPT, CVMI; and Dee Ahern, RPT.

CST Alumni: Contribute Your Creativity

Imagine you could create a logo that represents CranioSacral Therapy. What comes to mind? What colors would you use? What images would you incorporate? What would you want it to most express?

That's the challenge we're offering you: the opportunity to contribute your enthusiasm and ideas to help create a logo representing the essence of CST. It may be used on everything from t-shirts to ads.

So go ahead. Give us your good ideas. We'll gladly recognize the winning logo in an upcoming newsletter.

Rules:

- Submit your ideas by e-mail to mktg@upledger.com. You may enter as

many times as you wish. Deadline: October 31, 2002.

- Image must be clear in small and large formats, and be attractive in black and white or color.
- Submissions must be made in Internet-friendly imaging formats: .eps, .tif, .jpg, .gif. We cannot accept .bmp format or other native PC-formatted files.
- You must include your name, address, telephone and e-mail address.
- All submissions become the property of The Upledger Institute for its exclusive use.
- The Upledger Institute reserves the right to modify the submission in whole or in part for any use it deems necessary.

New Workshop! Applying Acupuncture Principles to CranioSacral Therapy

Learn to utilize the points and pathways of acupuncture with the energy, intention and wis-

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To register call Educational Services toll-free: 1-800-233-5880. Ask for priority code N0802. You're also welcome to visit www.upledger.com or e-mail upledger@upledger.com.

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The Upledger Institute Hosts UI Italy Alumni at South Florida Headquarters

The Upledger Institute played host to dozens of therapists from Italy at workshops in early August. Nearly 45 practitioners and translators traveled to Palm Beach Gardens, Fla., to participate in a series of courses focusing on CranioSacral Therapy.

"For years UI Italy has wanted to bring their alumni to the U.S. to experience classes they don't offer there," says Jill Randall, UI curriculum administrator. "It took extensive planning but through the cooperative efforts of UI Italy and UI it paid off. We were able to schedule several classes that gave them different types of exposure."



The workshops included: A five-day BioAquatics Exploration in the Bahamas. A four-day CranioSacral Therapy and the Immune Response seminar taught by Dr. John E. Upledger. And several five-day Clinical Application classes that allowed therapists to work on clinical patients under the guidance of UI staff therapists.

"Everyone did such a great job pulling this together," Jill says. "We look forward to doing it again in the future."

To learn more about coordinating a U.S. class for your country's alumni, call U.S. 561-622-4334.

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