

Earn CEUs for Classes in Complementary Care

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

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Go to www.upledger.com. Click "CEUs" at the top and verify approvals by association, state or course. You're also welcome to call toll-free: 1-800-233-5880. Ask for priority code N1005.

New and Renewed CEUs

USA: Chiropractic Physicians in most states can now earn CEUs for CranioSacral Therapy I. Please note: Workshop approval requires that applications be submitted up to 90 days in advance. Visit www.upledger.com or call our CEU coordinator at 1-800-233-5880, ext. 1376.



USA: American Speech-Language-Hearing Association — The Upledger Institute is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing edu-

cation 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. Call 1-800-311-9204, ext. 1376.

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

USA: The National Certification Commission for Acupuncture and Oriental Medicine has approved CEUs for CranioSacral Therapy I and Lymph Drainage Therapy 1.

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

Florida: Physical Therapists can earn CEUs for CranioSacral Therapy I & II, SomatoEmotional Release I, Lymph Drainage Therapy 1 & 2, and Visceral Manipulation 1.

Minnesota: Physical Therapists can earn CEUs for CranioSacral Therapy I & II, CranioSacral Therapy for Pediatrics, Lymph Drainage Therapy 1 & 3, and Visceral Manipulation 1.

Montana: Doctors of Chiropractic can earn CEUs for Applying Acupuncture Principles to CranioSacral Therapy and various Healing From the Core workshops.

New Mexico: Occupational Therapists and Physical Therapists can earn CEUs for CranioSacral Therapy I & II, and Visceral Manipulation 1.

S. Carolina: Doctors of Chiropractic can earn CEUs for CranioSacral Therapy I & II, CranioSacral Therapy for Pediatrics, SomatoEmotional Release I & II, Lymph Drainage Therapy 1 & 2, and Visceral Manipulation 1, 2 & 3.

Learn Insider Tips at These Upcoming Speaking Engagements

American Massage Therapy Association National Convention
Albuquerque, NM - Sept. 22-25, 2005

- Eric Moya, LMT, CST - CranioSacral Therapy: The Light Touch

Massage Therapists Association of Alberta Convention of Professional Touch

Edmonton, Alberta (Can.) - Sept. 23-25, 2005

- Roy Desjarlais, LMT, CST-D - Conscious Presence
- Colleen Endrizzi, MS, CCC, SLP - Overview to Lymph Drainage Therapy

Association of Massage Therapists and Wholistic Practitioners Annual Convention

Banff, Alberta (Can.) - Oct. 20-23, 2005

- Don Ash, PT, CST-D - Introduction to CranioSacral Therapy and Lessons From the Sessions

- John E. Upledger, DO, OMM, and Lisa Upledger, DC - CranioSacral Therapy Clinical Symposium Keynote Presentation

California Physical Therapy Association Annual Conference

Ontario, CA - October 20-23, 2005

- Mariann Sisco, PT, CST - Introduction to Visceral Manipulation and CranioSacral Therapy: What Is It Really?

New York State Society of Medical Massage Therapists Annual Symposium

Kerhonkson, NY (Hudson Valley Resort and Spa) - Nov. 11-13, 2005

- Jill Mabry, LMT, CST - Introduction to CranioSacral Therapy
- Ken Frey, PT, CST-D - Introduction to Visceral Manipulation
- Mya Breman, LCSW, LMT, CST-D - Introduction to Lymph Drainage Therapy
- John E. Upledger, DO, OMM, and Lisa Upledger, DC - CranioSacral Therapy Clinical Symposium Keynote Presentation

Continued on page 13

Milestones

Congratulations and Well Wishes..

- Maria Banelli-Martin, LMT, CST-D, is now certified to teach CranioSacral Therapy I.
- Molly Clark, PT, LLCC, has been named Assistant Director of the Lymph Drainage Therapy curriculum.
- David Doublestein, PT, is now certified to teach Lymph Drainage Therapy 1.
- Rebecca Flowers, OTR, BCP, CST-D, is now certified to teach CranioSacral Therapy I.
- Several UI instructors and their spouses recently welcomed beautiful new baby girls

into the world. Judy and Tom Blix gave birth to Danica Lynn Blix on April 18; Colleen and Dan Endrizzi gave birth to Tanel Annamari on April 24; and Eric and Colleen Moya gave birth to Logan Aria on March 15 (at right).



Now Certified in CST

Diplomate Level:

- Suzanne Aderholt, OT, CST-D
- Jetske Esser, CST-D
- Pam Kapoor, RMT, CST-D
- Eric Moya, LMT, CST-D
- Corry Oomen, CST-D
- Ada Ponstein, PT, CST-D
- Marcel Rietbroek, PT, CST-D
- Maarten Slutter, CST-D
- Natasja Smits, MT, CST-D
- Doris Weiner, RMT, CST-D
- Robert Weiner, PhD, CST-D
- Jacco Wonink, CST-D

Techniques Level:

- Sandra Amati, CST
- Connie Andrews, CST
- Davide Bianchini, CST
- Emmanuel Birstein, MT, CST
- Giordano Bisigato, CST
- Zygmunt Borkowski, PT, CST

- Simona Bosco, CST
- Catia Carletti, CST
- **Franco Casadidio, CST**
- Jonathan Cayle, MD, CST
- George Connell, RPT, CST
- Giuseppina Di Cosmo, CST
- Pompea Di Gioia, CST
- Marketa Fischerova, CST
- Alvis Folco, CST
- Susan Glodgett, PTA, CST
- Imelda Grassenis, CST
- Cristina Greguoldo, CST
- James Haskins, PTA, CST
- John Hoernemann, CST
- Irwin Hoenig, NCTMB, CST
- Virginia Johnson, CMT, CST
- Carol Kakoczky, LMP, CST
- Russ Kalen, DC, CST
- Kathy Kern, RMT, MFA, CST



- Mara Limonta, CST
- Alice D. Lindsey, MS, LMT, CST
- Kim Loiacono, LMT, CST
- Kathy Lorenz, CMT, CST
- Bruno Lorenzini, CST
- Kate MacKinnon, PT, CST
- Julie McKay, CMT, CST
- Fabio Meneghetti, CST
- Christine Merritt, PT, CST
- Erla Olafsdottir, PT, CST
- Paul O'Malley, CST
- Edith Pels, CST
- Ken Piercy, RMT, CST
- Francesco Pigliapoco, CST
- Judy Pszyk, CST
- Gianna Raspanti, CST
- Sarah Reznay, CMT, CST
- Brenda Rohrer, ND, MH, CST
- Gian Paolo Rosali, CST
- Melody Rudolph, LMT, CST
- Vincenzo Siervo, CST

- Maria Teresa Tedesco, CST
- Fabrizio Testa, CST
- Kathryn Thompson, LMT, CST
- Frank Tudini, PT, CST
- Rita Ultimare, CST
- Damiano Veghini, CST
- Laura Vianello, CST
- **Monica Volpi, CST**
- Carolina Wymann, CST



Now Certified CST TAs

- Daniel Abney, LMP, CST
- Sophie Dong, CST
- John Hoernemann, CST
- Pam Kapoor, RMT, CST-D
- Melinda Naye, CMT, CST
- Brenda Rohrer, ND, MH, CST
- Jeff Shevell, LMT, CST
- Kathryn Thompson, LMT, CST
- Mei Lin Wong-Gary, LMT, CST

Now Certified VMTAs

- Herta Buller, RMT
- Eleanor Rosenthal, JD, CTAT

Now Certified in LDT Lymphedema/CDP, Level 1 (LLCC)

- Beth Bowman, LMT, LLCC
- Cathy Cofer-Hines, RN, CMT, LLCC
- Lisa Darrow, NCTMB, LLCC
- Rita Moran Drinkard, PT, LLCC
- Mary Grassel, CMT, LLCC
- Kim Kirk, RMT, LLCC
- Caterina Leu, LMT, HHP, LLCC
- Leslie Nelson, OTR, RMT, LLCC
- Beth Nystrom, LMT, LLCC
- Colleen Pascoe, OTR, CST, LLCC
- Julie Strassburger, LMT, LLCC
- Maureen Vassallo, MT, LLCC
- Corinne Viens, PT, LLCC
- Noah Zanville, LMT, LLCC

Advanced 2 CranioSacral Therapy



From l-r: Joan Hillerts, NCTMB, CST; Girija Siaenen-Perla, ND, LMT; Laura Whipple; Pam Kapoor, RMT, CST-D; Hank Meldrum, PT, OMT, CST-D (lecturer); Kat Cramblet, NCTMB; Susan Bliffert, OTR, MT; Carol Gallentine, MT; Richard Hofner, MSPT, ATC, LMT; Monika Reiter, PT; Maureen Grady-Tatge, MA, LMT; Carol Marychild, psychotherapist; John E. Upledger, DO, OMM (instructor); Lori Curtis, RN, LMT.

HealthPlex Clinic Corner

CranioSacral Therapy Blends With Qigong to Create a Symphony of Self-Healing

UI HealthPlex staff therapist Cloé Couturier, CO, LMT, CST-D, has long combined CranioSacral Therapy with Qigong to enhance her patients' healing potential. Calling CST "one of the most advanced technologies from the Western mind of self-healing," she also teaches Qigong. This ancient form of Eastern medicine uses breathing, meditation, visualization and movement to release restrictions and promote vitality by enhancing the flow of qi (energy) in the body.

Here she discusses the beauty of combining both forms of care with Eleanor*, a musician and composer who receives CranioSacral Therapy (CST) and practices Qigong (pronounced chee gung).

Cloé: As a musician, you're very connected to creative energy. But I understand you also went through a lot of pain and suffering that you said robbed you of that energy. So you had immersed yourself in CST when you discovered Qigong. How has combining the two approaches helped you?

Eleanor: Before I came here I was not very aware of my body. It was as if I was living in compartments – Eleanor the composer, Eleanor the person in relationship, and so on. I didn't have any real integration so I mainly just focused on work.

Then about a year ago I felt like my body started telling me in different ways to become aware of it. Physically I was getting worse so I decided to stop working and come here for help.

Everyone was telling me I was wrong, that I should keep working, keep studying for my PhD, keep writing my thesis. Instead I came here and learned to talk to my body. And then I learned to listen to it.

Cloé: What was it like to discover you can talk to and listen to your body?

Eleanor: It started when I realized that if I pushed my body too hard, it would get worse. I didn't pay attention to the signals my body was sending me. That was confirmed when I got here: If I push my body too hard, it reacts with constriction.

I also learned that my body was sending me signals to do certain things. Before I came here I was moving most of the time. It was

very difficult for me to remain still, to sit or lie down or even just stand. It was difficult for me to find a comfort zone.



Cloé Couturier,
CO, LMT, CST-D

After coming here I decided to begin following my body's signals. I was learning to do what my body wanted rather than what I was told was good for it. I've practiced all kinds of exercises before, but I would keep doing them even if they hurt because I was told that it was good for me. For instance, some people advised me to run even if it hurt.

So I was moving all the time, but I was in pain. My shoulders hurt, my hips hurt. I was doing exercises that were designed for everyone, but they weren't working for me.

I got a completely different perspective when I came here. It started in the IP [Intensive Program] when I began receiving CranioSacral Therapy. Then I learned Qigong, which is like a moving meditation, and everything changed.

I was now following the movements my body wanted. And I found that if I listened to my body and followed it by using movements that were specific to me, it didn't hurt. I also started learning about using Qigong to build energy and feed it to my body.

Cloé: What was it like to feel that shift for the first time?

Eleanor: It felt like freedom. When I was doing other more rigid exercises, I was hurting. But Qigong is very fluid and it was just for me. The movements were my movements, the way my body naturally wanted to move. It felt so good I started practicing it every day.

To me it helps complement the CST. My body often goes to its restrictions, even when I'm not aware of them. So I use the movements of Qigong to work through the restrictions. I don't do a specific number of repetitions of each movement. I just do a Qigong movement that feels comfortable. Then when I feel like my body wants to change to something different, I do.

Qigong gives me such independence. When I can't make it to my CranioSacral

Therapist, I still have I tool I can use to help myself. Whenever I feel pain I can quickly jump to some Qigong, because I can do that for two minutes, five minutes, an hour. It's very relaxing. I can do the meditations and the pain usually goes away.

It's also easy to access. Even if I'm not willing to move my body I can access and bring in energy by using Qigong to connect to the earth and ground myself. For the first time I'm dealing with my own energy this way, and it's been a beautiful experience. Bringing energy to the organs and feeling the energy coming out, the heat coming out, it's just amazing.

Cloé: I remember in our two-day workshop when we were practicing and you began releasing energy from your head, you said, "I don't know what this is. What's going on."

Eleanor: That was very important. One of the [CST] therapists said he could still feel the energy coming down from my head. We had been working to release that energy, and then it happened spontaneously in one of the moving meditations in your workshop. I could feel the energy being released. Then CranioSacral Therapy was there to facilitate it.

I also think the two approaches are very compatible because they share important principles: body awareness, dealing with energy, listening to and following the body. So to me, the structural principles are basically the same. And they complement each other because I can go to a CranioSacral Therapist for help, which I feel I need. And I can also work by myself.

Cloé: How does it make you feel emotionally?

Eleanor: Happy! I also feel more secure. In the past I was very concerned if I didn't have a therapist close by. Now I also have my own tool and it works.

Cloé: You know, Dr. John [Upledger] is a musician. It seems to me that a lot of good therapists have that link to music because of the body being like an instrument. When we practice Qigong it's like attending to the body instrument.

Eleanor: When I met you and found Qigong, I felt a strong connection between it and creativity because it is a matter of bringing out what is inside of you – something that belongs just to you. I practice it because I want to heal, but also it helps me master the skill of listening to my body and allowing it to just be and move the way it wants.

Instead of my thinking I'd better do this or I'd better do that, it helps me let the music inside of me come out. It is already inside of me. Qigong just allows for the creativity to release it.

Art is all about what *could be*. It's not about following the rules, it's about discovering the possibilities. Qigong helps that part of my being so I can access my body's creative wisdom.

**Name changed to protect confidentiality.*

Learn more about Qigong and how it can complement your CranioSacral Therapy practice. Look for the Qigong T'chings 1 workshop on the Course Calendar on page 8.

To register or for more information call Educational Services toll-free at 1-800-233-5880 and ask for priority code N1005. You're also welcome to visit www.upledger.com or e-mail us at upledger@upledger.com.

Advanced I CranioSacral Therapy

Singer Island, FL – January 24-28, 2005



From l-r: Jonathan Cayle, MD; Vanessa Stahovec, MSPT; Donna Sweeney, LMT; Emmanuel Birstein, MT; Norma Hayhurst, RN, CHT, CSTD (TA); Sandra Howlett, DC (TA); Anddreina Womutt, LMT; Mindy Cohen, MSPT; Ron Gaston (TA); Beverlee Lehr, BA, BS, NCTMB; Veronique Manchec, LMT; Tammy Dippenworth, RN; Sylvia Mustonen, DO; and Chas Perry, PhD (instructor).

Listening for the Answers

Continued from page 2

The listening technique was extremely reliable. I found Terry's body to be very intelligent, guiding me to work gently and indirectly in more inflamed areas. The process also solidified my belief in the importance of clearing up old, chronic restrictions that can predispose a body to be out of balance.

Though Terry required additional guidance on nutritional awareness, lifestyle changes and movement education, Visceral Manipulation and listening to the tissues was clearly a vital part of her treatment and recovery.

Jean Anne Zollars is a certified Upledger Visceral Manipulation instructor and physical therapist who runs a private practice in Albuquerque, New Mexico. She works on children and adults with orthopedic, neurolog-

ical and visceral problems, integrating manual therapy with functional rehabilitation.

**Name changed to protect confidentiality.*

***Advanced Visceral Manipulation II is now called VisceroEmotional 2 (VM6). Visceral Approach to Trauma and Whiplash will soon be called Nervous System: Neuromeningeal Manipulation (NS1).*

Learn more about VisceroEmotional 2, which encompasses the physical energy, psychoemotional energy, three levels of Manual Thermal Evaluation, active/passive tissuloemotional and psychoemotional release techniques. See the Course Calendar on page 8.

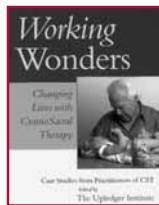
To register or for more information, call Educational Services at 1-800-233-5880 and ask for priority code N1005. You're also welcome to visit www.upledger.com or e-mail us at upledger@upledger.com.

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Books and Products to Support Your Healthcare Practice



Working Wonders: Changing Lives with CranioSacral Therapy

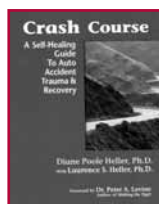
The Upledger Institute is commemorating its 20th anniversary with this heart-warming collection of 184

stories by CranioSacral Therapy practitioners from around the world. Each one shares a case involving children, adults or animals, and how CST made a profound difference in clients' lives. (soft cover) Item code: WW. Retail price: \$22.95 + s&h.

CranioSacral Therapy and Pediatrics DVD

by John E. Upledger, DO, OMM

Dr. John E. Upledger is joined by his infant granddaughter Miranda Skye Upledger in a special session on the pediatric application of CranioSacral Therapy. The information benefits parents, practitioners, and everyone interested in giving the gift of good health to a child in a safe, gentle and natural manner. Item code: DCSAP. Retail price: \$120. UI price: \$90 + s&h.



Crash Course: A Self-Healing Guide to Auto Accident Trauma and Recovery

by Diane Poole Heller, PhD
Trauma reactions are part of our natural physiological

processes when dealing with auto accidents. This useful book shows you how you may be suffering from unresolved trauma symptoms from accidents – symptoms you may be ignoring or attributing to something else. (soft cover) Item code: CRASH. Retail price: \$16.95 + s&h.

Cranial Sutures: Analysis, Morphology, and Manipulative Strategies

by Marc G. Pick, DC, DICS

In this groundbreaking work, the author describes the structure and motion of the sutures in greater detail than ever before. Extensive photographic evidence shows how the bones of the cranium actually move, and how the practitioner can best affect that movement. (hard cover) Item code: CSAMM. Retail price: \$80 + s&h.

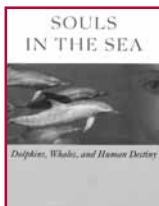


Under the Plum Tree: The Tao of Everything

by Chung Fu

In China, the plum tree is the symbol for the Tree of Life. Under the plum tree the teacher, in this case a

spirit guide known as Chung Fu or "Old Chinese," conducts inquiries into the nature and meaning of life. He graces his students with timeless wisdom concerning our most important questions. (soft cover) Item code: UTPT. Retail price: \$14.95 + s&h.

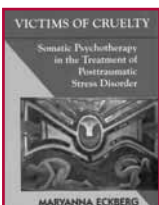


Souls in the Sea: Dolphins, Whales and Human Destiny

by Scott Taylor

Are dolphins and whales intelligent, compassionate, self-aware, and capable of healing others? These

denizens of the deep may harbor their own equivalent of a soul, says Scott Taylor, Director of the Cetacean Studies Institute. By exploring and analyzing relevant history, mythology, literature, biology, medical research and current events, he shows how these highly evolved creatures have communicated across inter-species boundaries for centuries, coming to human aid and leaving their lasting imprint in the human imagination. (soft cover) Item code: SITS. Retail price: \$19.95 + s&h.



Victims of Cruelty

by Maryanna Eckberg

In this major new work on body-oriented psychotherapy, Eckberg makes the case for somatic therapy for those suffering from

post-traumatic stress disorder. Highly recommended for SomatoEmotional Release studies. (soft cover) Item code: VOC. Retail price: \$18.95 + s&h.



Soul Lightning: Awakening Soul Consciousness

by Aminah Raheem, PhD

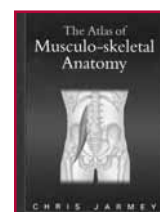
This special book is about awakening to the light and wisdom within every individual. Through stories of

the earliest childhood soul signs, and anecdotes about adult investigations and healings, Aminah Raheem takes us inside the images, feelings and even bewilderment of soul lighting as she describes her own soul journey and the life work that evolved from it. (soft cover) Item code: SLASC. Retail price: \$22.95 + s&h.

Anatomy of the Moving Body

by Theodore Dimon, Jr.

Designed for dancers and movement educators, this manual provides drawings and names of anatomical structures to form a coherent presentation of basic anatomy and its relationship to movement. (soft cover) Item code: AOTMB. Retail price: \$18.95 + s&h.



Atlas of Musculo-skeletal Anatomy

by Chris Jarmey

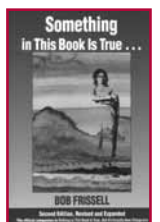
This book has been written as a complete reference guide for all students and practitioners of anatomy, massage/bodywork, physical therapy, chiropractic, medicine, physiotherapy or any other health-related field. (hard cover) Item code: AOMA. Retail price: \$55 + s&h.



The Art of Breathing

by Nancy Zi

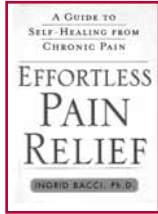
This book elevates breathing to its most potent health-enhancing level. In six simple lessons, it reveals how to use the end-less power of breathing to reach your full potential of body, mind and spirit. (soft cover) Item code: AOB. Retail price: \$29.95 + s&h.



Something in This Book Is True... Is True...

by Bob Frissell

Billed as a training manual for entering Earth's future, this book is about harnessing the personal power inside each of us and is the companion to Frissell's earlier effort, *Nothing in This Book Is True But Exactly How Things Are*. (soft cover) Item code: SITBI. Retail price: \$14.95 + s&h.



Effortless Pain Relief

by Ingrid Bacci, PhD

This book reveals a simple explanation of how stress creates chronic pain, along with clear, simple and

powerful self-help techniques for reducing and even eliminating pain. The guiding principle in this program for self-healing from chronic pain is to develop greater awareness of your body and sensitivity to it. (hard cover) Item code: EPR. Retail price: \$24.00 + s&h.

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Upcoming Speaking Engagements

Continued from page 8

Chiropractic International Symposium and Global Chiropractic Expo, sponsored by The American Chiropractor Magazine

Republic of Panama - Feb. 12-16, 2006

- Lisa Upledger, DC - CranioSacral Therapy and Chiropractic, CranioSacral Therapy and Vertebral Subluxation Complex, and Overview of CranioSacral Therapy

New England Regional Conference 2006

Boxborough, MA - March 23-26, 2006

- Don Ash, PT, CST-D - CranioSacral Therapy
- Mya Breman, LCSW, LMT, CST-D - Mini Face-Lifting Techniques Using Lymph Drainage Therapy

Understanding and Managing Trauma and Adaptation: Neural, Myofascial and Psychological Issues, Sponsored by Elsevier Publishing Co.

London, England - April 21-23, 2006

- John E. Upledger, DO, OMM - Post-Traumatic Stress Disorder and Applications of Cranio-Sacral Therapy for a Variety of Dysfunctions

Visit www.upledger.com for the most current schedule of speaking engagements.

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The Gift of Presence: A Guide to Transform Your Work and Life

by Suzanne Scurlock-Durana, CMT, CST-D

Developing and enhancing your therapeutic presence involves a distinct set of skills you can learn, practice and ultimately master. But in order to do so, you may need to make a major shift in the way you approach your work.

These four stories all have something in common:

Jim comes home from a full day at the spa after doing back-to-back massages. He started the day tired, didn't take time for lunch, and forgot to pay attention to his body dynamics. Now he collapses on the sofa, aching, too exhausted to make something healthy to eat. He spends the evening mindlessly watching TV and munching on junk food. He wakes up the next morning even more exhausted than the night before and wonders why he dreads going to a job he used to love.

Dorothy, a CranioSacral Therapist, starts the day feeling well, but after working on Tyrone, a client with severe, chronic pain from whiplash, she notices that her own neck is aching and her range of motion is reduced – problems she didn't have before the session. It takes her hours to release the pain and stop thinking about the awful situation Tyrone is facing in his life.

Mariana is a deep-tissue bodyworker whose client, Lisa, has made only sporadic progress dealing with ongoing hip and knee pain from a skiing accident. Mariana finds her sessions with Lisa running long because she wants Lisa to be pain-free at the end of every session. Despite years of experience dealing with similar problems, Mariana

worries that Lisa's lack of progress is due to her own failings as a practitioner. She wears herself out doing more with less confidence, and begins to dread seeing Lisa's name on her schedule. The very thought of working on her makes Mariana tired.

Lucas' long-term client, Frank, comes in for his regular session two weeks after his son was killed by a drunk driver. As the hands-on work gets underway, Frank's eyes fill up and his grief quietly surfaces. Sensing Frank's anguish, Lucas imagines what it would be like to lose his own son. He feels his heart clutch, then quickly tamps down the feeling so he can be there for his client. Sensing Lucas' discomfort, Frank stops crying and shuts down. The rest of the session is uncomfortable for both of them. Afterwards they avoid eye contact and Frank leaves, feeling he can never let his guard down with Lucas again.

What do these stories have in common? They represent common dilemmas faced by bodyworkers. I first became aware of them in 1983 as a new massage-school graduate. My understanding has deepened over 19 years teaching CranioSacral Therapy and SomatoEmotional Release® for The Upledger Institute. As a colleague, teacher and mentor, I've seen similar scenarios play out again and again, both with new practitioners and advanced bodyworkers.

It's become increasingly clear to me that the outcome of any bodywork is greatly influenced by the therapist's ability to hold a strong healing

presence. This unspoken, unseen connection between therapist and client occurs in every session. Making the most of this connection means learning how to remain grounded, connected and fully present in the face of whatever presents itself.

This can be daunting, emotional work. It means being empathetic without taking on your client's pain. It means facilitating a healing process without inadvertently violating your client's boundaries or losing your own. In short, it means learning how to be in touch with and nurture yourself, so that your presence can catalyze and nurture the healing process for others.

How do you make that shift so your energetic bank account stays in the black? Read the full article – or dive right into a Healing From the Core workshop. A two-part series, "The Gift of Presence: A Guide to Transform Your Work and Life," by Suzanne Scurlock-Durana, ran in the Nov./Dec. and Jan./Feb. issues of MASSAGE Magazine; www.massagemag.com, (888) 883-3801.

For workshops, see the Course Calendar on page 8. To register or for more details, call Educational Services at 1-800-233-5880 and ask for priority code N1005. You're also welcome to visit www.upledger.com or e-mail us at upledger@upledger.com.



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