

Fall 2007

# Upledger UpDate

*Powerful Skills From Our Hands To Yours*

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*Ui*  
Upledger Institute

## Football Star Ricky Williams Explores the Gentler Side of Life Through CranioSacral Therapy

Former NFL running back Ricky Williams has had his share of ups and downs over the last few years, both on and off the field. Yet through it all, he has continued to delve into his own soul to find out what he's really made of.

Surprisingly, it may not be the tough stuff you normally associate with larger-than-life sports stars. Among various disciplines of the body, mind and spirit, Williams has been studying CranioSacral Therapy.

We recently caught up with him at a SomatoEmotional Release II workshop at The Upledger Clinic in Palm Beach Gardens, Florida. He told us a bit about what drew him to this work, and where he hopes his spiritual journey will take him in the future.

**EDITOR:** What got you interested in studying CranioSacral Therapy?

**WILLIAMS:** I played last season in Toronto in the Canadian Football League and their trainers practiced CranioSacral Therapy. I saw one of them doing CST on one of my teammates and he looked completely relaxed, almost knocked out.

After practice that day, I came in and the trainer worked on me for about an hour. I had no idea what she was doing, but I heard some gurgles and felt some shocks going up and down my body. When I got up I was just like, "Wow, I feel so much lighter."

Then, after I broke my arm and suffered from a partial tear to my Achilles tendon, I began seeing an osteopath who practiced CST. Those appointments for me were probably the most valuable part of my week because I knew something major was going on.

When I went back on the field to play after two months off, I had a good game. I actually felt better coming back than before I started to play for the league. I know it was from the CranioSacral Therapy I received.

So I decided I wanted to learn CST. I was talking to my trainer, the one who had first worked on me, and she told me about The Upledger Institute and the workshops they offer. So I signed up for a class.



Former NFL running back Ricky Williams recently participated in an SERII workshop at The Upledger Clinic in Palm Beach Gardens, Fla.

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www.upledger.com

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# Ricky Williams — Finding His Way With CST

continued from front cover

**EDITOR:** In your experience of either studying CST or giving the therapy to others, was there a moment of revelation or clarity where you said to yourself, “I need to study further”?

**WILLIAMS:** After I took my first CranioSacral Therapy course, I had that sense of feeling lighter again. I just felt better, happier. It was like I was able to feel things that I wasn't able to feel before.

**EDITOR:** You mean you had emotional feelings as a result?

**WILLIAMS:** Yeah [laughs], yeah. I thought about it and realized that as a football player you don't really touch people a lot. So sitting in a room with people I didn't even know and putting my hands on them to help them heal, that was really powerful for me.

I saw that it helped me get more in touch with my feelings, and it made me feel better about myself. I thought, “Wow, I want to learn to do this more.”

**EDITOR:** This is the fourth class [SERII] you've taken through UI. It seems like you've dedicated a significant amount of time studying CST. How have you been incorporating all this toward your personal goals?

**WILLIAMS:** Well, the past three years of my football career have been very rocky. I've been suspended twice, I played in Canada, I was in exile for 6 months, then I retired a couple years ago and came back.

So, when I thought I wasn't going to play football anymore, the next question was, “Okay, then what am I going to do?” It didn't take long to realize that I wanted to do something to help people. I knew I had some ability as a healer. I didn't know where to start.

It made sense for me when I started learning CranioSacral Therapy to combine it with my knowledge of football to help people in a practical way. It's a lot easier than trying to teach these guys yoga, you know?

This path has also helped me realize that I'm a very spiritual person. Being an athlete working with my body and then being a yoga teacher and studying meditation and comparative religion and spirituality, I'm trying to find the link between the body, mind and spirit.

CranioSacral Therapy just helps open up so much more of that link for me. I could say it's been a part of my spiritual path to do this work.

**EDITOR:** How do you think CST might be received by guys that are used to more standard ways of training or treating their injuries?

**WILLIAMS:** It's strange, the Canadian Football League is one-tenth the size of the NFL, and sports are such a big deal in the states that you would think the NFL would look for different, more effective ways to take care of their athletes. But they don't.

I know that when I play football again, it's going to be important for me to start sharing CST with our trainers in the states and to start working on the guys on the team. I think the guys will be more open to it because it's me working on them, and because they'll experience the kind of relaxation they're always looking for.

When the players are receptive, it'll make the trainers more receptive. I think there should be a trainer on each football team trained in CranioSacral Therapy.

“CranioSacral Therapy just helps open up so much more of that link for me. I could say it's been a part of my spiritual path to do this work.”

**EDITOR:** Do you see any parallels between the type of mindset needed to play professional sports and the type of mindset needed to become a CST practitioner?

**WILLIAMS:** I think there's a very big difference. As a football player, or any kind of athlete, you're usually more focused on assertion than receptivity. You have a goal to accomplish. You have a game to win. So you're not really in a feeling or receptive mode – it's just go, go, go.

I think to be a good therapist and a good patient, you have to be very receptive and open. So I think this helps bring balance to that world.

**EDITOR:** Have you started incorporating what you know about CranioSacral Therapy into the yoga or is that not a match?

**WILLIAMS:** It's definitely a match. The training for CranioSacral Therapy works on a similar philosophy. In both practices you're tuning-in to your body, you're finding where you have things stored, and you're trying to do things to let them go. So they really complement each other very well.

And I found that because of my yoga practice, CranioSacral Therapy is much more beneficial for me. After a CST session, my yoga postures are actually better.

Each course I've taken seems to get me closer to the spiritual aspect of this healing modality and that's my journey. So the deeper I go, the easier it is to relate certain things.

I've studied psychology, yoga and sports, which have all been separate. CranioSacral Therapy allows me to combine all three in a practical way to benefit other people.

# Featured Healing From the Core Workshop

## From Trauma Recovery to Ecstasy — Healing the Nervous System



Suzanne Scurlock-Durana, CMT, CST-D

The nervous system is a magnificent portal for healing that goes beyond trauma recovery into expanded states of consciousness and ecstatic experiences. Learn how to stimulate nervous-system remodeling, then anchor the changes to uncover more creativity, fluidity and joy.

### Course Highlights

- Examine a wide range of healing approaches, from ancient indigenous methods to today's leading-edge energy research on trauma.
- Discover ways to heal and transform using touch, expanded intention, vibration, sound and movement.
- Practice hands-on protocols to open and enliven the entire system.

### Next Workshop Coming Soon -

**Charles Town, West Virginia  
November 14-18, 2007**

Tuition: \$795

Repeat This Class for Only \$100!

*This class is already more than half full. Be sure to reserve your spot today. Please contact Educational Services toll-free at 1-800-233-5880. Be sure to ask for priority code N-FALL.*

*For course dates and locations, see the Course Calendar on pages 4 and 5. You're also welcome to look the class up on the web at [www.upledger.com](http://www.upledger.com).*



## The Natural Beauty of CranioSacral Therapy

by Tamiko Lagerwaard Carroll, BSc (Hons.)

It's a tranquil Sunday morning. My husband Mike and I are sitting in my home office, which has a sliding glass door. We hear a loud thud and I know that a bird has just flown into one of the windows.

I immediately get up, open the door and see this beautiful Cedar Waxwing crumpled on the ground. His head is twisted at a 45-degree angle to the right. His wings are askew and his legs aren't able to support him.

I approach him very slowly and kneel down. I gently pick him up and cradle him in my hands.

He is panting and it is clear from his actions that he is terrified. I meld with him and within moments he calms down and becomes still and quiet.

I ask his CSR if he can survive. It indicates "yes," so I ask his body to show me how I can help him recover.

As I treat him his right leg starts twitching and his eyes blink rapidly. Several energy cysts leave his neck, head and body. His spine undulates and his head suddenly straightens.

After several minutes I put him back on the patio and walk inside. I stay connected with him as I wash my hands and return to the window

where I sit and watch my little Waxwing through the glass.

He is standing upright, wings tucked in. He keeps peering around his shoulder at me. After a few minutes he flies away.

My heart swells with joy. I cannot express the delight and gratitude I feel at being able to help this beautiful little creature recover with CST. I believe I can speak for myself and the bird when I say, "Thank you, Dr. John," for bringing this therapy into the world.

*We'd love to hear of your personal experiences using CST. If you have a special story that you would like to share with our readers, please send an email to us at [editor@upledger.com](mailto:editor@upledger.com).*



*Find out how to save up to \$200 on a CranioSacral Therapy I workshop. Please contact Educational Services toll-free at 1-800-233-5880. Make sure to ask for priority code N-FALL. For class dates and locations, see the Course Calendar on pages 8 and 9. Or visit [www.upledger.com](http://www.upledger.com).*

## Course Calendar: November 1, 2007 - July 31, 2008

## CranioSacral Therapy Curriculum

## CranioSacral Therapy I

AZ: Phoenix — June 19-22, '08  
Tucson — Dec. 6-9, '07

CA: Big Sur — Feb. 10-15, '08  
Los Angeles — Feb. 21-24, '08  
Orange County — Nov. 1-4, '07  
San Diego — May 29-June 1, '08  
San Francisco — Jan. 4-7, '08  
San Francisco — May 8-11, '08

CO: Boulder — July 31-Aug. 3, '08  
Denver — Feb. 14-17, '08

CT: Hartford — Mar. 13-16, '08

DC: Washington — Jan. 10-13, '08

FL: Ft. Lauderdale — July 10-13, '08  
Miami — Jan. 24-27, '08  
Palm Beach — Nov. 8-11, '07  
Palm Beach — Apr. 26-29, '08  
Sarasota — Jan. 4-7, '08  
Tampa Bay — June 12-15, '08

GA: Atlanta — Apr. 17-20, '08

HI: The Big Island — May 15-18, '08

IA: Des Moines — Apr. 17-20, '08

IL: Chicago — Dec. 13-16, '07  
Chicago — June 5-8, '08

IN: Indianapolis — Mar. 6-9, '08

KY: Louisville — Apr. 3-6, '08

LA: Baton Rouge — June 5-8, '08

MA: Boston — Dec. 6-9, '07  
Boston — Apr. 10-13, '08

MD: Baltimore — Feb. 28-Mar. 2, '08

ME: Portland — Mar. 13-16, '08

MI: Detroit — Mar. 27-30, '08  
Lansing — June 26-29, '08

MN: Minneapolis — Nov. 1-4, '07  
Minneapolis — June 12-15, '08

MO: Kansas City — June 26-29, '08  
St. Louis — Jan. 17-20, '08

NC: Charlotte — Nov. 8-11, '07  
Greensboro — Jan. 10-13, '08  
Raleigh — July 10-13, '08  
Wilmington — Apr. 24-27, '08

NJ: Denville — July 17-20, '08  
Ft. Lee — Feb. 17-20, '08  
New Jersey Shore — Nov. 15-18, '07

NV: Las Vegas — Apr. 17-20, '08

NY: Albany — Feb. 28-Mar. 2, '08  
Long Island — Mar. 6-9, '08  
New York — Jan. 17-20, '08  
New York — May 8-11, '08  
Rochester — May 15-18, '08  
Syracuse — Nov. 15-18, '07

OH: Akron — Apr. 10-13, '08  
Cincinnati — Jan. 17-20, '08  
Cleveland — Nov. 8-11, '07  
Toledo — July 24-28, '08

OK: Tulsa — July 16-19, '08

OR: Bend — Nov. 8-11, '07  
Portland — June 5-8, '08

PA: Allentown — Nov. 29-Dec. 2, '07  
Philadelphia — Jan. 24-27, '08  
Pittsburgh — June 19-22, '08

RI: Providence — Feb. 21-24, '08

SC: Columbia — Mar. 13-16, '08

TN: Memphis — Apr. 24-27, '08

TX: Dallas/Ft. Worth — Nov. 15-18, '07  
Dallas/Ft. Worth — May 15-18, '08  
Houston — Feb. 7-10, '08

UT: Salt Lake City — Mar. 6-9, '08

VA: Virginia Beach — Apr. 3-6, '08

VT: Burlington — July 24-27, '08

WA: Seattle — Jan. 10-13, '08  
Spokane — Mar. 27-30, '08

WI: Appleton — Nov. 29-Dec. 2, '07  
Madison — Feb. 14-17, '08  
Milwaukee — July 17-20, '08

ARG: Buenos Aires — Apr. 3-6, '08

AUS: Adelaide — Nov. 24-27, '07  
Sydney — Apr. 3-6, '08

CAN: Calgary — Jan. 31-Feb. 3, '08  
Halifax — May 29-June 1, '08  
Montreal — Feb. 21-24, '08  
Ottawa — Apr. 3-6, '08  
Saskatoon — Apr. 10-13, '08  
Toronto — Nov. 24-27, '07  
Toronto — May 22-25, '08  
Vancouver — Nov. 24-27, '07  
Vancouver — May 22-25, '08  
Winnipeg — Dec. 13-16, '07

NZ: Christchurch — Mar. 27-30, '08

PR: Caguas — Dec. 6-9, '07

## CST and Dysfunctions of the Brain and Spinal Cord

FL: Palm Beach — Dec. 8-9, '07

## CST and the Cardiac and Pulmonary Systems

FL: Palm Beach — Mar. 29-30, '08

## CST and the Digestive and Gastrointestinal Systems

FL: Palm Beach — June 28-29, '08

## CranioSacral Therapy II

AZ: Phoenix — June 19-22, '08

CA: Big Sur — Apr. 20-25, '08  
Orange County — Nov. 1-4, '07  
Sacramento — June 26-29, '08  
San Diego — May 29-June 1, '08  
San Francisco — Jan. 4-7, '08

CO: Boulder — July 31-Aug. 3, '08

DC: Washington — Jan. 10-13, '08

FL: Ft. Lauderdale — July 10-13, '08  
Miami — Jan. 24-27, '08  
Palm Beach — Nov. 8-11, '07

IA: Des Moines — Apr. 17-20, '08

IL: Chicago — June 5-8, '08

IN: Indianapolis — Mar. 6-9, '08

MA: Boston — Dec. 6-9, '07

ME: Portland — Mar. 13-16, '08

MI: Detroit — Mar. 27-30, '08

MN: Minneapolis — June 12-15, '08

NC: Raleigh — July 10-13, '08

NY: New York — Jan. 17-20, '08

OH: Akron — Apr. 10-13, '08  
Cleveland — Nov. 8-11, '07

PA: Philadelphia — Jan. 24-27, '08

RI: Providence — Feb. 21-24, '08

TX: Houston — Feb. 7-10, '08

VT: Burlington — Nov. 29-Dec. 2, '07

WA: Seattle — Jan. 10-13, '08

WI: Milwaukee — July 17-20, '08

AUS: Sydney — July 24-27, '08

CAN: Calgary — Jan. 31-Feb. 3, '08  
Toronto — Nov. 24-27, '07  
Vancouver — May 22-25, '08

NZ: Christchurch — Nov. 29-Dec. 2, '07  
Christchurch — July 17-20, '08

## Unwinding Meridians: Applying Acupuncture Principles to CST

MA: Boston — Apr. 10-13, '08

OH: Columbus — Feb. 14-17, '08

TX: Dallas/Ft. Worth — Nov. 15-18, '07

## SomatoEmotional Release® I

AZ: Phoenix — June 19-22, '08

CA: San Francisco — Jan. 4-7, '08

CT: Hartford — Mar. 13-16, '08

FL: Palm Beach — Nov. 8-11, '07  
Tampa Bay — June 12-15, '08

IL: Chicago — Dec. 13-16, '07

MD: Baltimore — Feb. 28-Mar. 2, '08

MN: Minneapolis — Nov. 1-4, '07

NC: Raleigh — July 10-13, '08

OR: Portland — Nov. 29-Dec. 2, '07

PA: Philadelphia — May 29-June 1, '08

TX: Dallas/Ft. Worth — May 15-18, '08

ARG: Buenos Aires — Nov. 22-25, '07

AUS: Adelaide — Nov. 24-27, '07

CAN: Calgary — Jan. 31-Feb. 3, '08  
Vancouver — Nov. 24-27, '07

## SomatoEmotional Release® II

FL: Palm Beach — Apr. 26-29, '08

MA: Boston — Dec. 6-9, '07

MN: Minneapolis — June 12-15, '08

WI: Madison — Feb. 14-17, '08

## Adv. CranioSacral Therapy

FL: Palm Beach — Dec. 3-7, '07

IL: Peoria — Nov. 12-16, '07

BC: Vancouver — Nov. 12-16, '07

## Clinical Application of CranioSacral Therapy

FL: Palm Beach — Mar. 3-7, '08

NC: Cary — Nov. 26-30, '07

TX: Houston — Apr. 7-11, '08  
Waco — Mar. 19-23, '08

## Clinical Application of CST &amp; SomatoEmotional Release®

FL: Palm Beach — June 23-27, '08

NC: Cary — Dec. 3-7, '07

WA: Bellingham — Dec. 3-7, '07

## Clinical Application of CST &amp; SER for Pediatrics

FL: Palm Beach — Jan. 28-Feb. 1, '08

## Clinical Application of Adv. CST for Pediatrics

FL: Palm Beach — July 21-25, '08

## CranioSacral Therapy for Pediatrics™

CA: San Francisco — May 8-11, '08

CO: Denver — Feb. 14-17, '08

CT: Hartford — Mar. 13-16, '08

FL: Palm Beach — July 31-Aug. 3, '08

TX: Dallas/Ft. Worth — Nov. 15-18, '07

ON: Toronto — May 22-25, '08

## Therapeutic Imagery and Dialogue™ I

FL: Ft. Lauderdale — July 11-13, '08

WI: Madison — Feb. 15-17, '08

## CranioSacral Therapy and the Immune Response

CA: Los Angeles — Feb. 21-24, '08

FL: Palm Beach — Nov. 3-6, '07

## The Brain Speaks™

CA: San Francisco — Jan. 4-7, '08

CT: Hartford — Mar. 13-16, '08

## CST and the Reversal of Pathogenic Processes

FL: Palm Beach — June 12-15, '08

## Application of CranioSacral Therapy for Chiropractors

FL: Palm Beach — Feb. 23-24, '08

## Sensory Integration for CranioSacral Therapists

FL: Palm Beach — Dec. 15-16, '07

## Use of CranioSacral Therapy with Wolves and Wild Canids

IN: Lafayette — July 11-14, '08

## Beyond the Dura '08

FL: Palm Beach — May 1-3, '08

## Healing From the Core Curriculum

## Grounding and Healthy Boundaries

DC: Washington — Jan. 10-13, '08

FL: Miami — Jan. 24-27, '08

MA: Boston — Apr. 10-13, '08

MN: Minneapolis — Nov. 1-4, '07

NC: Raleigh — July 10-13, '08

NY: New York — May 8-11, '08

OR: Portland — June 5-8, '08

TX: Houston — Feb. 7-10, '08

ON: Toronto — May 22-25, '08

## Expanding Present-Moment Consciousness

WV: Charles Town — May 21-25, '08

## Release and Renewal

AZ: Sedona — Jan. 9-14, '08

## From Trauma Recovery to Ecstasy — Healing Nervous System

WV: Charles Town — Nov. 14-18, '07

**Lymph Drainage Therapy Curriculum**

**Lymph Drainage Therapy<sup>™</sup> I**

AZ: Phoenix — June 19-22, '08  
Tucson — Dec. 6-9, '07  
CA: Big Sur — Nov. 11-16, '07  
Los Angeles — Feb. 21-24, '08  
San Francisco — Jan. 4-7, '08  
CO: Boulder — July 31-Aug. 3, '08  
FL: Palm Beach — Nov. 3-6, '07  
Sarasota — Jan. 4-7, '08  
Tampa Bay — June 12-15, '08  
GA: Atlanta — Apr. 17-20, '08  
HI: The Big Island — May 15-18, '08  
IL: Chicago — Dec. 13-16, '07  
MI: Detroit — Mar. 27-30, '08  
MS: Jackson — Feb. 7-10, '08  
MT: Bozeman — Mar. 27-30, '08  
NC: Charlotte — Nov. 8-11, '07  
NY: Albany — Feb. 28-Mar. 2, '08  
New York — Jan. 17-20, '08  
OR: Portland — Nov. 29-Dec. 2, '07  
PA: Philadelphia — May 29-June 1, '08  
TN: Memphis — Apr. 24-28, '08  
UT: Salt Lake City — Mar. 6-9, '08  
VT: Burlington — July 24-27, '08  
WI: Milwaukee — July 17-20, '08  
CAN: Vancouver — Nov. 24-27, '07

**Lymph Drainage Therapy<sup>™</sup> II**

CA: San Francisco — May 8-11, '08  
FL: Palm Beach — July 31-Aug. 3, '08  
IN: Indianapolis — Mar. 6-9, '08  
MO: St. Louis — Jan. 17-20, '08  
NY: Syracuse — Mar. 13-16, '08  
OH: Columbus — Feb. 14-17, '08  
OR: Portland — June 5-8, '08  
TX: Dallas/Ft. Worth — Nov. 15-18, '07  
CAN: Calgary — Jan. 31-Feb. 3, '08  
Toronto — Nov. 24-27, '07

**Lymph Drainage Therapy<sup>™</sup> III**

FL: Palm Beach — Nov. 3-6, '07  
NY: New York — May 8-11, '08  
PA: Philadelphia — Jan. 24-27, '08  
TX: Dallas/Ft. Worth — May 15-18, '08  
CAN: Vancouver — Nov. 24-27, '07

**LDT's Lymphedema/CDP Certification**

FL: Miami — Nov. 8-13, '07

**Adv. 1 Lymph Drainage Therapy**

FL: Palm Beach — July 31-Aug. 3, '08

**Adv. 2 Lymph Drainage Therapy**

FL: Palm Beach — Apr. 26-29, '08

**Brain Curriculum**

**Brain Tissue, Nuclei, Fluid & the Autonomic Nervous System**

AZ: Sedona — Feb. 9-12, '08  
FL: Palm Beach — May 7-10, '08

**Brain Tissue, Nuclei, Fluid & the Reticular Alarm System**

TX: Dallas/Ft. Worth — Apr. 4-6, '08

**Brain Tissue, Nuclei, Fluid & the Peripheral Nerve System**

AZ: Sedona — Feb. 15-17, '08

**IAHE Courses**

**Listening Techniques 1**

CA: Orange County — Nov. 2-4, '07  
WA: Seattle — Apr. 11-13, '08

**Manual Thermal Evaluation/Introduction to VisceroEmotional**

NM: Santa Fe — Mar. 20-23, '08  
ARG: Buenos Aires — Nov. 8-11, '07

**Visceral Manipulation: Abdomen 1**

CA: San Francisco — May 15-18, '08  
FL: Palm Beach — Apr. 24-27, '08  
IL: Chicago — Dec. 6-9, '07  
Chicago — June 12-15, '08  
MN: Minneapolis — Nov. 1-4, '07  
NM: Santa Fe — Feb. 21-24, '08  
NY: New York — May 1-4, '08  
OH: Cincinnati — Feb. 7-10, '08  
OR: Portland — June 5-8, '08  
CAN: Edmonton — Mar. 6-9, '08  
Ottawa — Apr. 24-27, '08  
Toronto — Nov. 24-27, '07

**Visceral Manipulation: Abdomen 2**

CA: San Francisco — Jan. 10-13, '08  
MN: Minneapolis — June 19-22, '08  
NM: Santa Fe — Dec. 6-9, '07

NM: Santa Fe — Mar. 27-30, '08  
WA: Seattle — Apr. 10-13, '08  
ARG: Buenos Aires — Nov. 13-16, '07

**Visceral Manipulation: The Pelvis**

IL: Chicago — Dec. 6-9, '07  
NM: Santa Fe — June 26-29, '08  
NY: New York — Jan. 24-27, '08  
CAN: Toronto — May 22-25, '08

**Visceral Manipulation: The Thorax**

CA: San Francisco — Jan. 10-13, '08  
NM: Santa Fe — Feb. 21-24, '08  
Santa Fe — May 8-11, '08  
NY: New York — May 1-4, '08

**VisceroEmotional Relationships**

CA: San Francisco — May 16-18, '08  
NM: Santa Fe — May 2-4, '08  
NY: New York — Nov. 16-18, '07

**Visceral Manipulation Dissection**

OR: Portland — Dec. 7-9, '07

**Neuro-Viscero-Emotional Synthesis**

LA: New Orleans — July 17-19, '08

**Vascular System Manipulation**

NV: Las Vegas — July 24-26, '08  
NV: Las Vegas — July 29-31, '08

**Clinical Symposium with**

Jean-Pierre Barral, DO  
FL: Palm Beach — July 13, '08

**Nervous System: Neuromeningeal Manipulation**

CA: San Francisco — May 1-3, '08  
NY: New York — Feb. 7-9, '08

**Nervous System: Peripheral Nerve Manipulation; Upper Body**

FL: Palm Beach — July 10-12, '08

**Nervous System: Peripheral Nerve Manipulation; Lower Body**

FL: Palm Beach — July 10-12, '08

**Nervous System: Brain and Cranial Nerve Manipulation**

LA: New Orleans — July 17-19, '08

**Heart Centered Therapy 1: Mastering Dialoguing Skills**

AZ: Sedona — Nov. 15-18, '07  
ID: Boise — July 24-27, '08  
MI: Grand Rapids — May 22-25, '08  
MT: Missoula — Feb. 28-Mar. 2, '08  
TX: Dallas/Ft. Worth — Jan. 11-14, '08  
MEX: Puerto Vallarta — Apr. 4-7, '08

**NeuroMuscular Therapy and the Gravity Game**

MA: Pittsfield — Mar. 8-9, '08  
NC: Greensboro — Dec. 8-9, '07

**NeuroMuscular Therapy for the Lower Extremity**

AZ: Phoenix — May 16-18, '08  
FL: Miami — Nov. 2-4, '07  
Orlando — Apr. 25-27, '08  
Sarasota — Nov. 30-Dec. 2, '07  
IL: Chicago — Nov. 9-11, '07  
MA: Pittsfield — Nov. 9-11, '07  
Worcester — Nov. 2-4, '07  
MD: Baltimore — June 6-8, '08

**NeuroMuscular Therapy for the Torso and Pelvis**

FL: Miami — Mar. 14-16, '08  
MA: Worcester — Feb. 29-Mar. 2, '08  
NC: Greensboro — Mar. 7-9, '08

**NeuroMuscular Therapy for the Upper Extremity**

AZ: Phoenix — Feb. 22-24, '08  
DC: Washington — June 6-8, '08  
FL: Orlando — Feb. 15-17, '08  
MD: Baltimore — Mar. 7-9, '08  
TX: Austin — June 20-22, '08

**NeuroMuscular Therapy for Cervical and Cranium**

AZ: Phoenix — Nov. 16-18, '07  
DC: Washington — Nov. 2-4, '07  
FL: Miami — May 30-June 1, '08  
Orlando — Nov. 9-11, '07  
MA: Worcester — June 6-8, '08  
MD: Baltimore — Nov. 16-18, '07  
NC: Greensboro — June 20-22, '08  
TX: Austin — Nov. 16-18, '07

**Applications of the Feldenkrais<sup>®</sup> Method for CST Therapists**

FL: Tampa Bay — Feb. 21-24, '08

**Avenue of Expression:**

**A Feldenkrais<sup>®</sup> Approach**  
FL: Palm Beach — Nov. 9-12, '07

**Zero Balancing<sup>®</sup> I**

CA: Borrego Springs — Feb. 10-13, '08  
CO: Boulder — Feb. 21-24, '08  
CT: Hartford — Nov. 8-11, '07  
Hartford — Apr. 24-27, '08  
MA: Deerfield — Mar. 6-9, '08  
Watertown — Apr. 6-9, '08  
MD: Laurel — Nov. 16-19, '07  
ME: Poland Spring — May 15-18, '08  
MO: St. Louis — Jan. 17-20, '08  
NJ: New Jersey Shore — Nov. 1-4, '07  
NY: Long Island — Jan. 17-20, '08  
VA: Virginia Beach — Apr. 17-20, '08  
VT: Burlington — Nov. 8-11, '07  
USVI: St. Croix — Mar. 6-9, '08

**Zero Balancing<sup>®</sup> II**

CO: Boulder — Feb. 28-Mar. 2, '08  
IL: Chicago — Jan. 24-27, '08  
Springfield — Mar. 1-2, 8-9, '08  
MA: Watertown — Nov. 1-4, '07  
MD: Laurel — Feb. 22-25, '08  
NC: Asheville — May 15-18, '08  
NE: Lincoln — Nov. 1-4, '07  
NJ: New Jersey Shore — Apr. 3-6, '08  
NY: Long Island — Mar. 20-23, '08

**ZB: Freely Movable Joints**

PA: Philadelphia — Jan. 17-20, '08

**ZB: Open Forum**

CO: Boulder — Feb. 25-26, '08  
IL: Chicago — Feb. 1-3, '08  
MA: Cambridge — Jan. 26-27, '08

**ZB: Inside with Dr. Fritz Smith**

MA: Boston — June 19-22, '08

**ZB and Chakras: Connecting Heaven and Earth**

MD: Baltimore — Nov. 1-4, '07

**ZB: Alchemy of Touch**

IL: Chicago — Nov. 1-4, '07  
MD: Laurel — Apr. 24-27, '08

**ZB: Geometry of Healing**

NY: New York — Dec. 6-9, '07

**The Natural Bridges of Zero Balancing<sup>®</sup>**

MEX: Guadalajara — Mar. 7-15, '08

**ZB: El Silencio - Soul Vision**

CA: Borrego Springs — Feb. 16-23, '08

**Basic Acupressure: Clinical Applications**

CO: Boulder — July 31-Aug. 3, '08  
MA: Boston — Apr. 10-13, '08  
MO: St. Louis — Jan. 17-20, '08  
TX: Dallas/Ft. Worth — Nov. 15-18, '07

**Qigong T'chings 1**

FL: Palm Beach — Mar. 1-2, '08

# Brain Nuclei Techniques Bring About an Unexpected Smile

by Veronica Schlegel, PT

Jim is a 47-year-old physical therapist who severely injured his left shoulder and suffered a subluxation and fracture of the greater tuberosity in a skiing accident in November, 2005. He later reinjured his supraspinatus in June, 2006 with resulting adhesive capsulitis of the anterior shoulder.

Jim had a history of hitting his head. He fell from a bunk bed at 5 years old and biked into a tree at 11. Functionally he was limited – at work in lifting and transporting patients, when he practiced Tai Chi, and when he rode his bike. He has attended a number of manual therapy courses and study groups where he had received therapy. But to my knowledge, he had not been through any course of treatment for his injuries.

In October 2006, Jim presented with reversed scapular movement, limitation of all pectoral joints, and active ROM with flex 90 ext 10 abd 40 IR 10 ER 8. He had a left ilial upslip and general fascial pull cephalad on the left side with listening from the legs.



For 42 years Jim lacked full facial symmetry until he experienced Brain Nuclei techniques and realized greater range of motion, flexibility and balance.

All left cranial sutures were restricted. Cranial membranes were torqued counterclockwise on the tentorium. Cranial nerves XI, VII and V were restricted on the left. Medial brachial plexus, supra-spinous nerve, infraspinous nerve, Arnold and T2 were restricted cephalad.

Visceral general listening was to the right 3rd rib. The visceral sheath of the neck was restricted left superiorly and posterior right inferior. Local listening showed multiple decreased mobility and motility of the liver, stomach, pancreas and spleen.

Postural analysis showed a decrease in thoracic kyphosis and lumbar lordosis, a decrease in his left shoulder height with anterior shift, and facial asymmetry of the left eye and zygoma and mouth. Jim said he had been unable to smile with the left side of his mouth since he was 5 years old.

## Chasing Jim's Elusive Smile

Jim's initial sessions were a mixture of techniques focused on releasing cranial membranes, thoracic joints, cranial nerves, peripheral nerves, and VM of the liver and associated C3 segmental section. After 5 sessions his ROM had increase to flex 120 ext 15 abd 50 IR 15 ER 50.

At this point I attended Dr. Bruno Chikly's class called "Brain Tissue, Nuclei, Fluid & Autonomic Nervous System." Jim was a willing guinea pig for these fascinating techniques.

The torque his body mirrored in his pelvis and neck with a counter-clockwise "slew" presented in the ventricles. First there were 3 "shakings" – one frontal, one left temporal and one right posterior. The lateral left claustrum, insula and septum inducium were released on the left, and

posterior cranium on the right. In the next session, Jim felt that he had more facial symmetry. His partner had commented that his left eye appeared more wide open and lively.

Treatment continued weekly or bi-weekly for a total of 23 30-minute sessions following the listening of the tissues. In the brain, the listening continued on the left, moving medially through caudate, thalamus to fornix and hypothalamus, toward the right nuclei, then posterior to the cranial nerve nuclei.

Thoracic blood vessels, lymph and lung ligaments and tissue were also addressed, as well as pectoral girdle joints. We also used integrative somatic movement for range and strengthening tissues within the new range gained.

At this time Jim has AROM of the left shoulder beyond expectation, lacking only 5 IR and the end range of elevation of the left shoulder. He can ride his bike up to 40 miles without pain, and his Tai Chi and work have improved.

But the most amazing result may well be the facial symmetry with lifting of the left eye and zygoma. And a smile on his face.

Veronica Schlegel, PT, trained in London and has worked in the United Kingdom, Africa and the United States. She continues her "global" approach in an outpatient setting in Boston.

*The Brain Curriculum has recently expanded to include four powerful workshops. To learn more – or to find out how to save up to \$200 on a Lymph Drainage Therapy workshop – call Educational Services toll-free at 1-800-233-5880. Make sure to ask for priority code N-FALL. You're also welcome to visit [www.upledger.com](http://www.upledger.com).*

# Milestones

## Congratulations and Well Wishes

Please join us in saluting The Upledger Institute North American 100 Club. These 11 instructors have each taught more than 100 UI workshops in North America:

- Judy Blix, PT, CST-D
- Nina Chernick, RMT, CST-D
- Sue Cotta, PT, ATC
- Roy Desjarlais, LMT, CST-D
- Charles Gilliam, LMT, CST-D
- Avadhan Larson, LAc, LMT, CST-D
- Michael Morgan, LMT, CST-D
- Chas Perry, PhD, CST-D
- Fred Stahlman, PT, CST-D
- Shayamala Strack, OTR/L, CST-D
- Charles Swenson

The following instructors have been certified to teach three levels of Clinical Application workshops:

- Tim Hutton, PhD, LMP, CST-D
- Avadhan Larson, LAc, LMT, CST-D
- Chas Perry, PhD, CST-D

The following instructors have been certified to teach CranioSacral Therapy Introduction and Overview Tutorials:

- Carol McLellan, CMT, CST-D
- Eric Moya, LMT, CST-D
- Mable Sharp, MS, PT, CM, CST

Now Certified in CranioSacral Therapy  
**Diplomate Level:**

- Marilena Barbato, CST-D

- Giacomo Leone, CST-D
- Nuala O'Rourke, LMT, Rx, CST-D
- Patrizia Quirini, CST-D

### Techniques Level:

- Loretta Arvizu, RN, LMP, CST
- Giovanni Cautero, CST
- Jane Clappison, PT, Ar Ac, CST
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- Adam Hakim, PT, CST
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Now Certified in Lymph Drainage Therapy, Lymphedema/CDP  
**Level 1:**

- Andrea Bair, MsT, LLCC
- Teresa Cook, LMT, LLCC
- Laura Gadberry, OTR/L, LLCC
- Patricia Grier, PT, LLCC
- Alice Kenly, LMT, LLCC
- Kathy Kinsey, NCTMB, LLCC
- Vivian Schultz, LMT, LLCC
- Tamara Uliantzeff, PT, LLCC

Now Certified in Lymph Drainage Therapy Techniques

- Carolyn Courneya, NCTMB, LTC

New Certified CST Teaching Assistants

- Anasuya Batliner, NC, DABT, CST
- Julia Day, MMS, CST, CAEH
- Claudia Silva, RPT, CST

## CranioSacral Dissection

Portland, OR – June 15-17, 2007



Students of the CranioSacral Dissection course get into gear to explore the craniosacral system from the inside out.

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# Beyond the Dura 2008: Healing in Paradise

May 1-3, 2008 - Jupiter, Florida

Join more than 250 of your colleagues and friends at Beyond the Dura '08. It's the only conference in the world wholly dedicated to exploring dynamic, new approaches to better health through CranioSacral Therapy and other light-touch therapies.

The Upledger Institute is bringing together innovators in the field of complementary healthcare to share their latest discoveries and treatment approaches in an interactive and dynamic mix of individual presentations, panel discussions and hands-on sessions.

Some of the speakers already confirmed include John E. Upledger, DO, OMM; Alaya Chikly, LMT; Bruno Chikly,

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LMT, CST-D.

New to this year's Beyond The Dura are hands-on workshops on Friday that allow participants to explore new techniques and experiences in a more interactive way. Attendees will get to choose from one topic in the morning and one in the afternoon.

And don't forget to bring your finest tropical fashions. The conference concludes Saturday evening with a festive Polynesian Luau.

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