

Upledger UpDate

Powerful Skills From Our Hands To Yours

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Relearning Life After Stroke

When the skin under the fingernails of her right hand started to hurt and turn black and blue, Barbara Eliopoulos largely dismissed it. She was a nail biter and had probably just traumatized the skin, she reasoned. She was, after all, active and healthy.

A week later when her fingers weren't getting any better, she went to the doctor. Believing she had developed a potentially dangerous blood clot, he sent her immediately to the hospital. That was May 1, 2000.

The next morning an angiogram was performed to determine where the clot was located. For this test, dye (contrast) is injected into the arteries and x-rayed to gauge blood flow.

Ninety minutes after the procedure, 29-year-old Barbara Eliopoulos had a massive stroke.

In a split second this vibrant young woman, mother of a 2-year-old daughter, with a master's degree in elementary education, who spoke four languages and once instructed aerobics, was stripped of all her abilities and left barely clinging to life.

Her parents, just returning from a trip to Italy, rushed to the hospital to find Barbara in a coma, on life support, given little chance for recovery, and separated from her husband on top of it all. Thoughts at once turned to granddaughter Allison. "I let Barbara know that I was taking care of her child," her mother Paula says. "Even though we were told she wasn't conscious of anything, she squeezed my hand and let out a sigh. It was as if she was saying, 'I'm OK now.'" But she was far from it.

Increased swelling on Barbara's brain necessitated surgery the next day to relieve the pressure. While the surgery was a success, the post-operative prognosis did nothing to ease the pressure on the family as they contemplated Barbara's future.

"We were told that Barbara would never talk or walk and we should find her a nursing home," Paula says. "When I suggested a rehabilitation hospital, they said there was no way she was going to recuperate." They didn't count on a tenacious mother and a patient with a huge will to live.



Barbara Eliopoulos (far right) poses with daughter Allison and parents Paula and Luciano Neve at Disney World in December 2004.

Back to Basics

Relocated to an area rehab hospital, Barbara began the arduous process of relearning life — how to walk, process information, count, read, write, and do so many other daily functions we take for granted.

Birth Experience Inspires CST Obstetrics Course

by Carol McLellan, CMT, CST-D, Doula

My inspiration for a CranioSacral Applications to Obstetrics course started when I became a labor coach (doula) about 15 years ago. CranioSacral Therapy just seemed to fit perfectly with pregnancy and labor. It felt natural to apply CST during labor, and the moms loved it. The doctor who headed up the program was open to CST, so I thought it would be wonderful to teach all of the labor coaches how to induce a still point.

In November 1995 I was five months pregnant with my third child and enjoying a refreshing professional getaway with fellow therapists at The Upledger Institute's Beyond the Dura Research Conference in Curaçao.

Surrounded by the crystal blue waters of the Caribbean, my friend and colleague Susan Pinto, MA, CFT, CST-D, thought it would be fun to work on the baby and me in the water. She had been doing a lot of therapy in the water and had worked on my previous baby in utero with beautiful results. I was excited. After all, I had been practicing CST for about six years at that point and incorporating it in my practice as a labor coach and teacher of prenatal classes. What a wonderful experience for my third baby and me to share.

My obstetrician had set up a program that allowed all the moms to have a labor coach paid for by the hospital. We were going to be his last delivery (of thousands). This would be the icing on the cake, preparing us for the perfect birth I had planned.

An Unexpected Encounter

Working in the water while pregnant added a wonderful dimension to the CST experience. It was relaxing and easy to turn/point my body in the direction the baby wanted for certain energies. I was very startled, however, when she

communicated quite clearly that she wanted her birth to be different than what I, the professional labor coach, had planned.

My first thought was, "Look how involved I am with natural childbirth! What does this fetus know? She's only half baked." Obviously it was a good opportunity for my daughter and me to really communicate. As a result of the experience she was relieved of a potential future SomatoEmotional Release®, and I learned to trust the immense wisdom of this little spirit and her needs for her own optimum birth experience. It also set up a wonderful communication and trust between us for life.

On March 26, 1996, my daughter Karina — almost 10 pounds of her! — came into the world her way, arriving a mere 14 minutes after we reached the hospital. It was truly a phenomenal experience. In the quiet and dimly lit room, I helped deliver her onto my tummy, and she was peacefully nursing before the cord was cut. It was a few hours before she was lifted off of me to be weighed and measured, and then tucked inside Dad's shirt to nestle skin to skin.

Years later, at a pre-K parent-teacher conference, Karina's teacher said, "This 4-year-old is more comfortable in her own skin than most adults I know."

By heeding the advice my daughter was sharing in utero, she got to come into the world the way she wanted and be who she's meant to be without lingering birth issues getting in the way.

A New Perspective Emerges

Experiencing the power of CranioSacral Therapy and SomatoEmotional Release applied to my own birthing experience as well as to others' has

You can learn the approaches discussed here in the new four-day CranioSacral Applications for Obstetrics 1 class created and taught by Carol McLellan.

The training is very visual and hands-on, incorporating demo patients, props and biological slides to equip you to:

- Palpate the craniosacral rhythms of both the mother and fetus.
- Prepare the optimal physical and emotional environment for gestation, labor and delivery.
- Apply CST in new ways through all three trimesters and beyond.

**The prerequisite is
SomatoEmotional Release I.
To learn more, call us at
1-800-233-5880.**

Ask for priority code NL-SNEWS.



Carol McLellan,
CMT, CST-D, Doula

strengthened my desire for all children to be able to experience their optimal birth.

Most times as therapists we get involved in a person's healthcare after a problem has materialized. But what could be the outcome if we worked with parents from their first thoughts of getting pregnant through the birth of their child and even into the postpartum period that follows? How many infertile couples might be helped? How many difficult pregnancies and births avoided? And how many cases of postpartum depression prevented? What better way to create more peace on earth than to allow peace at birth.

With that in mind, I developed and pursued this ideal in my own work. Some eight years later I met Capt. Sandra DeGroot, then Commanding Officer of

Naval Hospital Lemoore in California. She believed in CST and allowed me to apply it to labor and delivery in the hospital setting with wonderful results. [Editor's note: Capt. DeGroot was also instrumental in bringing CST to Lemoore for use in the treatment of returning veterans suffering from PTSD. Now retired from military duty, she is still actively working to bring CST and other holistic therapies to more military hospitals.]

Thirty-four hospital personnel were trained in basic CST. They have since taken it to the front lines of combat as well as to other facilities, and it was incorporated at Naval Air Station Lemoore in their Wellness Center. Members of the service continue to show interest.

Through these initial clinical trials, we saw consistent optimum outcomes for Mother and Baby, and less need for invasive procedures.

It didn't take long to recognize that this approach needed to be available and practiced on a wider scale. What ultimately emerged was a new course: CranioSacral Applications to Obstetrics 1. The class focuses on preventing problems and effecting change at the earliest stages of life.

So many people have challenges from their births. If we can eliminate issues from the outset so they can have the optimal birth, then they're not spending half their lives trying to get past it.

Carol McLellan has a 22-year background in health education and bodywork — 17 of which have focused on CranioSacral Therapy. She is a CST instructor for The Upledger Institute, a doula and the owner of a wellness center in Visalia, California. She also works as a volunteer at Naval Hospital Lemoore in California, and is a member of the Board of Governors of San Joaquin Valley College.

A Better Birth for Mother and Baby

by Carol McLellan, CMT, CST-D, Doula

I had known Kara* and her family for a long time, so I felt honored when she asked me to be her labor coach for her first child. I had worked on her for anxiety in the past. Now, as her hormones kicked in with pregnancy, the condition was amplified.

Kara had a number of sessions during her pregnancy. She became quite good at communicating with her baby (fetus). She did not want her baby to take on her issues.

With CranioSacral Therapy and SomatoEmotional Release, Kara was able to dialogue with the anxiety. She found out that she had taken this on as a fetus. It was her mother's fear, not hers, that was creating the amplified anxiety she was experiencing. By realizing this, Kara could calm herself before her reticular alarm system (RAS) really accelerated. While she was relaxing her RAS, she would talk to her baby in order to help Baby experience calm and peace.

Approach Prevents Anxious Delivery

When Kara went into labor it took a lot of effort and a lot of CST (almost constant still points at first) to keep her from going into an anxiety attack. Staying in communication with the baby during this time helped motivate her to be calm for the baby's sake. Kara finally started to realize that she could control her body and RAS instead of it controlling her. The baby's Inner Physician liked feeling calm instead of anxious like Mom. Kara's strong desire for her baby not to take on her anxiousness actually helped release that old pattern in her cellular memory.

Kara delivered a beautiful, sweet and peaceful daughter she named Leigh*. Kara swears she wouldn't have made it through labor and delivery without CST. The communication with Leigh in utero had not only helped to keep Leigh calm and peaceful but had helped Kara relax during labor.



The Next Generation of CST Therapists?

When Kara had her second child I was out of town. She let me know that she was helped through the labor and delivery by remembering what we had done and what CST felt like during labor and delivery. (Sometimes cellular memory can be beneficial!)

Now pregnant for the third time, Kara recently visited my office for CST. She was accompanied by her two daughters, who have picked up an appreciation for CST and like to use it to help Mom and Baby.

Leigh, now 5, has even gone a step beyond. She told me that she used the techniques on one of the family's goats that was having a difficult pregnancy! When Leigh put her hands on the mama goat, the goat calmed down and Leigh was able to work on the baby in the mama's tummy. In the process she was sure she felt two baby goats. Her certainty was proven true during the birth process as she placed her hands on Mama Goat and helped her have two kids. It looks like our next generation of CranioSacral Therapists is already rising up!

Note: At the time this article was being written, Kara was due with baby No. 3 at the end of January 2007. She believes that CST is such a wonderful tool in the obstetrical setting that she gave us permission to video her having CST during labor and delivery to show in the CranioSacral Applications to Obstetrics 1 classes. Stay tuned!

*Names changed to protect confidentiality.

Presentation at Army Medical Center Paves Way for Future Collaboration

As the U.S. Army's largest healthcare facility, the renowned Walter Reed Army Medical Center (WRAMC) in Washington, DC, provides comprehensive healthcare to soldiers and other service members along with their families. What many do not know is that the expansive Walter Reed Health Care System serves as the Army's leading center of clinical research and innovation in numerous areas such as traumatic brain injury (TBI).

With that focus in mind, Bruno Chikly, MD, DO (hon.), presented from his Brain curriculum on the topic of "Neural Tissue Trauma Recovery" to members of the WRAMC staff on December 18, 2006. Among those in attendance were the heads of the trauma and amputee units and their personnel, along with some 15 practitioners in town for Dr. Chikly's LDB1 class (Brain Tissue, Nuclei, Fluid and the Autonomic Nervous System).

Joining Dr. Chikly in the presentation itself were three alumni of his LDB1 course who had worked with wounded soldiers — Natalie Sadler, MD, Joanna Haymore, OTR/L, and Maria Bakari, LMT.

The hour-long presentation consisted of an explanation of the work and a demonstration featuring an injured Iraq War veteran who had benefited from Dr. Chikly's Lymph Drainage Therapy and Brain techniques. (It was due largely to the persistence of the soldier's wife that the door was opened to present at Walter Reed.)

"The biggest trauma from today's war in Iraq is closed-head injury caused by improvised explosive devices (IEDs) and rocket propelled grenades," Dr. Chikly says. "They're called the 'signature of the war.' If shrapnel is involved there is

also infection. The concussion to the brain causes many soldiers to become completely disabled or disoriented. They can experience headaches, nausea, loss of balance, clumsiness, decreased memory, attention/concentration problems, difficulty learning and impaired judgment. Some go into a coma.

"Using the Brain techniques we follow a protocol that allows us to alleviate a lot of the symptoms from these injuries — often within one to three sessions. It starts with releasing the autonomic nervous system disorders (fear) in the tissues, then the specific nuclei and then the brain parenchyma in that order."

The soldier in this case had suffered traumatic brain injury, amputation of his right arm above the elbow, a right-leg shrapnel wound, and had been in a coma for two months. Prior to the demonstration he was seen by both Natalie Sadler and Joanna Haymore. Initial treatment focused on releasing trauma in his body/brain tissues and lesions in the R/L frontal and L temporal caused by the traumatic brain injury. He was mostly

nonverbal and nonresponsive if asked a question.

After returning from the Brain-1 class taught by Dr. Chikly, Joanna applied the techniques she had just learned to the veteran's left brain stem. He responded by opening his eyes and conversing for the first time. Following the second session family members reported that he went from just being able to sit at the dinner table to joining in the conversation.

During the demonstration Dr. Chikly zeroed in on a strong dysfunction of the patient's left cerebellar lobe. "It was very hard for him to balance on either leg," Dr. Chikly says. "After about 15 to 20 minutes of applying the Brain techniques he was standing very stable on one leg then the other. It was a very encouraging conclusion to the presentation.

"This experience really opened up the minds of the Walter Reed staff to the possibility that help exists for these traumatized soldiers. Our hope is that this is just the beginning of good things to come. The next step is to try and get support for research along with grant money for these techniques to be studied and made available to all our veterans."

"Using the Brain techniques we follow a protocol that allows us to alleviate a lot of the symptoms from these (traumatic head) injuries – often within one to three sessions. It starts with releasing the autonomic nervous system disorders (fear) in the tissues, then the specific nuclei and then the brain parenchyma in that order."

You can learn the approaches presented at WRAMC in Dr. Chikly's four-day course Brain Tissue, Nuclei, Fluid and the Autonomic Nervous System (LDB1). For dates and locations of classes, see the Course Calendar on pages 6 and 7. A number of prerequisite options exist for alumni of CranioSacral Therapy, Lymph Drainage Therapy, Visceral Manipulation and Mechanical Link. For qualifications call Educational Services at 1-800-233-5880 or (561) 622-4334 and ask for priority code NL-SNEWS. You're also welcome to visit www.upledger.com.

How Healing From the Core Helps You Become a Better CranioSacral Therapist

It's common sense — if you want to be a better CranioSacral Therapist, take more CranioSacral Therapy classes. Yet Michelle Mintz, OTR, CMT, CST, says there's another critical step you should include if you're serious about creating the best experience for every client.

Here Michelle shares how she became a more effective therapist after taking classes in Healing From the Core. This in-depth training program was developed by Suzanne Scurlock-Durana, CMT, CST-D, to help other therapists improve client outcomes, protect themselves from burnout and enjoy fulfilling lives.

Editor: Saying that Healing From the Core (HFC) classes made you a better CranioSacral Therapist is an intriguing statement. How did they help?

Michelle: They allowed me to deepen my experience with clients in so many ways. For one thing, I no longer get zapped out by taking care of everyone else. By taking care of myself first using just one HFC technique — the process of grounding and filling — I have more energy for my practice, my kids, my family, everything.

Editor: How long does the grounding and filling take? And how do you use it in a CST session?

Michelle: The whole thing takes no more than 3 minutes. It's a fast way to connect to your energetic resources that you can use all the time.

I use it with every client I have, both on myself beforehand and together with them when I'm sitting at their feet before

I start the cranial work. I take them through their whole body to see where their energy is flowing. Then I help them guide their energy to areas where it may be stuck or stagnant.

By connecting better to themselves, my clients are also more aware of the subtle improvements taking place from the cranial work. The value of the time we spend together is much more evident to them, which certainly makes it easier for them to enroll in follow-up sessions.

Editor: What other principles of Healing From the Core do you find most helpful in your practice or your life?

Michelle: I love the one about your day-to-day life being like a bus with a bunch of people on board. You not only want to kick the critic off the bus, but you want to make sure that the highest, most evolved person is doing the driving.

I used that principle today when I found myself in a tough space. When I stopped and reconnected to myself, I realized that the wrong person — the fearful person — was driving my bus.

So I replaced the fearful person with the part of me who has strength and confidence and unconditional love. As soon as the highest part of me was driving the bus, everything in my day began to shift.

Editor: You said you've taken the HFC Grounding and Healthy Boundaries class a number of times. What keeps drawing you back?

Michelle: I've actually taken it four or five times and I get something new out of each one. I love the whole environment the classes create, both the creative and sincere people they attract as well as the feeling of safety.

Advanced I CranioSacral Therapy

Vancouver, BC – June 12-16, 2006



Front row (l-r): Susan Pinto, MA, CFT, CST-D (instructor); Keira Widmer, LMT, CST, RYT (teaching assistant); Colleen Geis, RMT. Middle row: Donna Rustebakke, RDA, CST (teaching assistant); Cathie Grindler, Reflexology Practitioner (teaching assistant); Claire Schielke, RMT; Shelley Rike, HHP; Karina Lechner Anderson, RMT. Back row: Shawn Axten, PT; Jeannette Raskin, RMT; Heather Wisniewski, DC; Catherine Rose, Reiki Practitioner; Kelly Handyside, NCTMB; Susan Hartzog, RMT, CST.

Course Calendar: May 1 - December 31, 2007

CranioSacral Therapy Curriculum

CranioSacral Therapy I

AK: Anchorage — Oct. 18-21
 AZ: Phoenix — June 21-24
 Tucson — Dec. 6-9
 CA: Big Sur — Oct. 7-12
 Orange County — Nov. 1-4
 Sacramento — June 7-10
 San Diego — May 17-20
 San Francisco — May 3-6
 San Francisco — Sept. 20-23
 San Jose — Oct. 18-21
 CO: Boulder — Aug. 9-12
 Colorado Springs — Oct. 4-7
 CT: Hartford — Sept. 27-30
 DC: Washington — Aug. 23-26
 FL: Ft. Lauderdale — June 28-July 1
 Ft. Myers — Oct. 25-28
 Gainesville — Aug. 9-12
 Orlando — Oct. 4-7
 Palm Beach — Nov. 8-11
 Palm Beach Gardens — Aug. 18-19, 25-26
 Tallahassee — Sept. 20-23
 Tampa Bay Area — June 14-17
 GA: Atlanta — May 17-20
 HI: Maui — May 10-13
 Oahu — Sept. 13-16
 IL: Chicago — June 14-17
 Chicago — Dec. 13-16
 IN: Indianapolis — July 19-22
 LA: New Orleans — Aug. 2-5
 MA: Boston — Aug. 2-5
 Boston — Dec. 6-9
 MI: Detroit — Oct. 18-21
 Grand Rapids — Aug. 16-19
 Lansing — June 28-July 1
 MN: Minneapolis — June 7-10
 Minneapolis — Nov. 1-4
 NC: Charlotte — Nov. 8-11
 Raleigh — July 26-29
 NJ: Jersey Shore — Nov. 15-18
 NM: Albuquerque — Oct. 18-21
 NV: Las Vegas — May 31-June 3
 NY: New York — Sept. 15-18
 Syracuse — Nov. 15-18
 OH: Akron — May 3-6
 Cleveland — Nov. 8-11
 Columbus — Sept. 27-30
 Dayton — July 26-29
 Toledo — May 10-13
 OK: Oklahoma City — May 17-20
 Tulsa — Aug. 23-26
 OR: Bend — Nov. 8-11
 Portland — Sept. 6-9
 PA: Allentown — Nov. 29-Dec. 2
 Philadelphia — June 21-24
 SC: Charleston — May 3-6
 TN: Nashville — Oct. 25-28
 TX: Austin — June 28-July 1
 Dallas/Ft. Worth — July 19-22
 Dallas/Ft. Worth — Nov. 15-18
 San Antonio — Oct. 11-14
 UT: Salt Lake City — Aug. 16-19

VT: Burlington — Aug. 16-19
 WA: Seattle — Sept. 6-9
 WI: Appleton — Nov. 29-Dec. 2
 Milwaukee — July 12-15
 AUS: Adelaide — Nov. 24-27
 Melbourne — Sept. 27-30
 Sydney — July 5-8
 CAN: Edmonton — Sept. 29-Oct. 2
 Halifax — May 31-June 3
 Toronto — May 24-27
 Toronto — Nov. 24-27
 Vancouver — May 24-27
 Vancouver — Nov. 24-27
 Winnipeg — Dec. 13-16
 NZ: Christchurch — June 2-5
 SING: Singapore — Oct. 6-9

CranioSacral Therapy II

AZ: Phoenix — June 21-24
 CA: Big Sur — May 13-18
 Orange County — Nov. 1-4
 San Francisco — May 3-6
 CT: Hartford — Sept. 27-30
 FL: Ft. Myers — Oct. 25-28
 Palm Beach — Nov. 8-11
 Tampa Bay Area — June 14-17
 HI: Oahu — Sept. 13-16
 IL: Chicago — June 14-17
 KY: Louisville — Oct. 4-7
 MA: Boston — Dec. 6-9
 MD: Baltimore — Oct. 11-14
 MN: Minneapolis — June 7-10
 MO: Kansas City — Oct. 25-28
 St. Louis — July 26-29
 NC: Raleigh — July 26-29
 NY: Albany — Aug. 23-26
 New York — May 10-13
 OH: Cleveland — Nov. 8-11
 OR: Portland — Sept. 6-9
 TX: Dallas/Ft. Worth — July 19-22
 VT: Burlington — Nov. 29-Dec. 2
 WI: Milwaukee — July 12-15
 AUS: Sydney — July 12-15
 CAN: Edmonton — Sept. 29-Oct. 2
 Toronto — Nov. 24-27
 Vancouver — May 24-27
 NZ: Christchurch — Nov. 29-Dec. 2
 SING: Singapore — Oct. 11-14

Applying Acupuncture Principles to CranioSacral Therapy

TX: Dallas/Ft. Worth — Nov. 15-18
 CAN: Toronto — May 24-27

SomatoEmotional Release® I

CA: San Diego — May 17-20
 DC: Washington — Aug. 23-26
 FL: Palm Beach — Nov. 8-11
 GA: Atlanta — Sept. 28-Oct. 1
 IL: Chicago — Dec. 13-16
 MA: Boston — Aug. 2-5
 MI: Detroit — Oct. 18-21
 MN: Minneapolis — Nov. 1-4
 NY: New York — May 10-13
 OR: Portland — Nov. 29-Dec. 2

WA: Seattle — Sept. 6-9
 WI: Milwaukee — July 12-15
 ARG: Buenos Aires — Nov. 22-25
 AUS: Adelaide — Nov. 24-27
 CAN: Toronto — May 24-27
 Vancouver — Nov. 24-27

SomatoEmotional Release® II

CA: San Francisco — Sept. 20-23
 FL: Palm Beach Gardens — June 14-17
 MA: Boston — Dec. 6-9
 NY: New York — Sept. 15-18
 OH: Dayton — July 26-29
 CAN: Edmonton — Sept. 29-Oct. 2

Adv. CranioSacral Therapy

AZ: Sedona — Sept. 17-21
 CA: Big Sur — Aug. 13-17
 FL: Palm Beach — July 23-27
 Palm Beach — Dec. 3-7
 IL: Peoria — Nov. 12-16
 MA: Boston — May 21-25
 NJ: Convent Station — Oct. 22-26
 VA: Madison — June 11-15
 CAN: Vancouver — Nov. 12-16
 SING: Singapore — Sept. 17-21

Adv. II CranioSacral Therapy

FL: Palm Beach — Oct. 8-12

Clinical Application of CST

FL: Palm Beach Gardens — Aug. 20-24

Clinical Application of CST & SomatoEmotional Release®

FL: Palm Beach Gardens — May 21-25

Clinical Application of Adv. CST for Pediatrics

FL: Palm Beach Gardens — June 4-8

CranioSacral Therapy for Pediatrics

CA: Los Angeles — July 12-15
 FL: Palm Beach — Aug. 2-5
 TX: Dallas/Ft. Worth — Nov. 15-18
 NZ: Christchurch — June 7-10

CranioSacral Therapy and the Immune Response

FL: Palm Beach — Nov. 3-6

Equine CranioSacral Techniques I

CA: Huntington Beach — June 8-11

Clinical Symposium with a Pediatric Focus

CT: Hartford — Aug. 11-12

The Brain Speakssm

TX: Austin — June 28-July 1

CST and the Reversal of Pathogenic Processes

FL: Palm Beach — Aug. 2-5

CranioSacral Techniques 1 for Small Animals

CA: Orange County — May 10-13
 MA: Boston — Aug. 2-5

Use of CranioSacral Therapy with Wolves and Wild Canids

IN: Lafayette — July 13-16

BioAquatic Exploration: Ocean Therapy I

BAH: Freeport — Aug. 30-Sept. 2

BioAquatic Exploration: Shared Connections

BAH: Freeport — July 5-8
 Freeport — Sept. 6-9

BioAquatic Exploration (SER)

BAH: Freeport — May 31-June 3
 Freeport — June 14-17
 Freeport — Aug. 16-19

BioAquatic Exploration (ADV)

BAH: Freeport — June 7-10
 Freeport — July 12-15

BioAquatic Adv. and Dolphins Exploration

BAH: Freeport — June 14-17
 Freeport — Aug. 2-5

CST and Dysfunctions of the Brain and/or Spinal Cord

FL: Palm Beach Gardens — Dec. 8-9

CST and the Digestive and Gastrointestinal Systems

FL: Palm Beach Gardens — June 23-24

CST and the Endocrine System

FL: Palm Beach Gardens — Sept. 22-23

ShareCare®

FL: Palm Beach Gardens — July 21
 Palm Beach Gardens — Oct. 20

Healing From the Core Curriculum

Grounding and Healthy Boundaries

CA: Big Sur — July 15-20
 San Diego — May 17-20
 CO: Boulder — Aug. 9-12
 FL: Orlando — Oct. 4-7
 MN: Minneapolis — Nov. 1-4
 NC: Raleigh — July 26-29
 OH: Columbus — Sept. 27-30

Expanding Present-Moment Consciousness

WV: Charles Town — May 2-6

From Trauma Recovery to Ecstasy-Healing Nervous System

WV: Charles Town — Nov. 14-18

Adv. Energy Dynamics and Applications

WV: Charles Town — Oct. 10-14

Lymph Drainage Therapy Curriculum

LDT Mini Face Lifting Techniques

FL: Palm Beach Gardens — May 5

Lymph Drainage Therapysm I

AZ: Tucson — Dec. 6-9
CA: Big Sur — Nov. 11-16
San Diego — May 17-20

CO: Boulder — Aug. 9-12
CT: Hartford — Sept. 27-30
FL: Orlando — Oct. 4-7
Palm Beach — Nov. 3-6

HI: Maui — May 10-13
IL: Chicago — Dec. 13-16
IN: Indianapolis — July 19-22

MD: Baltimore — Oct. 11-14
MN: Minneapolis — June 7-10
MO: Kansas City — Oct. 25-28
St. Louis — July 26-29

NC: Charlotte — Nov. 8-11
NM: Albuquerque — Oct. 18-21
NY: Syracuse — May 31-June 3

OH: Akron — Aug. 16-19
Toledo — May 10-13
OR: Portland — Nov. 29-Dec. 2

PA: State College — July 26-29
TX: Dallas/Ft. Worth — July 19-22
UT: Salt Lake City — Aug. 16-19

WA: Seattle — Sept. 6-9
CAN: Vancouver — Nov. 24-27
ON: Toronto — May 24-27
SING: Singapore — Aug. 18-21

CO: Colorado Springs — Oct. 4-7
DC: Washington — Aug. 23-26
FL: Palm Beach — Aug. 2-5
GA: Atlanta — May 17-20
HI: Oahu — Sept. 13-16
NY: New York — Sept. 15-18
Syracuse — Nov. 15-18
OH: Columbus — Sept. 27-30
PA: Philadelphia — June 21-24
TX: Dallas/Ft. Worth — Nov. 15-18
CAN: Toronto — Nov. 24-27
Vancouver — May 24-27
SING: Singapore — Aug. 23-26

Lymph Drainage Therapysm II
CA: Los Angeles — July 12-15

Lymph Drainage Therapysm III
FL: Palm Beach — Nov. 3-6
TX: Dallas/Ft. Worth — July 19-22
CAN: Vancouver — Nov. 24-27

LDT's Lymphedema/CDP Certification
FL: Miami — Nov. 8-13

Adv. 1 Lymph Drainage Therapy
CA: San Francisco — Sept. 20-23

LDB1: Brain Tissue, Nuclei, Fluid & Autonomic Nervous System
FL: Palm Beach — July 6-9
CAN: Calgary — Aug. 3-6

LDB2: Brain Tissue, Nuclei, Fluid & Reticular Alarm System
CA: San Francisco — May 3-6
FL: Palm Beach — July 14-17
GA: Atlanta — Sept. 28-Oct. 1

Lymphedema/CDP Adv. Techniques 1
FL: Palm Beach — July 13-15

Lymphedema/CDP Adv. Techniques 1
FL: Miami — Nov. 8-13

Adv. 1 Lymph Drainage Therapy
CA: San Francisco — Sept. 20-23

LDB1: Brain Tissue, Nuclei, Fluid & Autonomic Nervous System
FL: Palm Beach — July 6-9
CAN: Calgary — Aug. 3-6

LDB2: Brain Tissue, Nuclei, Fluid & Reticular Alarm System
CA: San Francisco — May 3-6
FL: Palm Beach — July 14-17
GA: Atlanta — Sept. 28-Oct. 1

Lymphedema/CDP Adv. Techniques 1
FL: Palm Beach — July 13-15

Lymphedema/CDP Adv. Techniques 1
FL: Miami — Nov. 8-13

**Visceral Manipulation/
Nervous System Curriculum**

Listening Techniques 1

CA: Orange County — Nov. 2-4
MA: Boston — Aug. 24-26
CAN: Edmonton — Oct. 19-21

Visceral Manipulation: Abdomen 1

AZ: Phoenix — June 21-24
CA: Orange County — Nov. 1-4
San Francisco — Sept. 20-23

IL: Chicago — Dec. 6-9
MN: Minneapolis — Nov. 1-4
NM: Albuquerque — Oct. 18-21
NY: New York — May 10-13
WA: Seattle — Oct. 4-7
CAN: Edmonton — Oct. 18-21
Toronto — Nov. 24-27
Vancouver — May 24-27

Visceral Manipulation: Abdomen 2
CO: Boulder — Aug. 9-12
CT: Hartford — Sept. 27-30
IL: Chicago — June 14-17
CAN: Calgary — Oct. 25-28

Visceral Manipulation: The Pelvis
CA: San Francisco — Sept. 20-23
IL: Chicago — Dec. 6-9

Visceral Manipulation: The Thorax
IL: Chicago — June 14-17
MA: Boston — Aug. 23-26

Visceral Manipulation: The Thorax
IL: Chicago — June 14-17
MA: Boston — Aug. 23-26

Visceral Manipulation: The Thorax
IL: Chicago — June 14-17
MA: Boston — Aug. 23-26

Visceral Manipulation: The Thorax
IL: Chicago — June 14-17
MA: Boston — Aug. 23-26

Visceral Manipulation: The Thorax
IL: Chicago — June 14-17
MA: Boston — Aug. 23-26

WA: Seattle — Oct. 4-7

VisceroEmotional 2

NY: New York — Nov. 16-18

Visceral Manipulation Dissection

OR: Portland — Dec. 7-9

Visceral Applications in Pediatrics

NM: Albuquerque — Nov. 8-11

Neuro-Viscero-Emotional Synthesis

FL: Miami — July 26-28

Clinical Symposium with

Jean-Pierre Barral, DO

FL: Miami — July 29

NV: Las Vegas — July 15

Nervous System:

Neuromeningeal Manipulation

NV: Las Vegas — July 12-14

Nervous System: Peripheral Nerve

Manipulation; Upper Body

NM: Santa Fe — July 19-21

Nervous System: Peripheral Nerve

Manipulation; Lower Body

NV: Las Vegas — July 12-14

Nervous System: Brain, Cranial and

Thoracic Nerve

NM: Santa Fe — July 19-21

IAHE Courses

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

AZ: Sedona — Nov. 15-18
FL: Palm Beach — July 7-10
GA: Atlanta — June 2-5
HI: The Big Island — May 18-21
MI: Grand Rapids — Sept. 6-9

HCT 2: Soul Ignition
MN: Minneapolis — Sept. 21-24

NMT: Posture, Acture & Gaiting
AZ: Phoenix — May 19-20

NMT for the Lower Extremity
FL: Miami — Nov. 2-4
Sarasota — Nov. 30-Dec. 2
IL: Chicago — Nov. 9-11
MA: Pittsfield — Nov. 9-11
Worcester — Nov. 2-4
MD: Baltimore — June 1-3
MO: St. Louis — Oct. 19-21
NC: Greensboro — Oct. 12-14

NMT for the Torso and Pelvis
AZ: Phoenix — Aug. 24-26
DC: Washington — June 29-July 1
FL: Orlando — Sept. 7-9
TX: Austin — June 22-24

NMT for the Upper Extremity
FL: Miami — Aug. 10-12

NMT for the Upper Extremity
FL: Miami — Aug. 10-12

NMT for the Upper Extremity
FL: Miami — Aug. 10-12

NMT for the Upper Extremity
FL: Miami — Aug. 10-12

NMT for the Upper Extremity
FL: Miami — Aug. 10-12

FL: Sarasota — Oct. 12-14
MA: Pittsfield — Sept. 14-16
Worcester — Aug. 3-5
MO: St. Louis — Aug. 10-12
NC: Greensboro — June 22-24

NMT for Cervical and Cranium
AZ: Phoenix — Nov. 16-18
DC: Washington — Nov. 2-4
FL: Miami — May 18-20
Orlando — Nov. 9-11
Sarasota — July 6-8
Chicago — May 4-6
MA: Pittsfield — June 22-24
Worcester — June 1-3
MO: St. Louis — June 8-10
TX: Austin — Nov. 16-18

**Self-Corrective Mechanisms 1:
Introduction to Feldenkrais®**
CA: Warner Springs — Oct. 18-21

SCM: Feldenkrais® & Developmental Movement
CA: Warner Springs — Aug. 2-5

Zero Balancing® I
CA: Santa Cruz — June 9-12
IL: Chicago — Sept. 27-30
MA: Boston — July 19-22
MD: Columbia — Nov. 15-18
Laurel — May 10-13
ME: Poland Spring — May 17-20
NY: New York — July 26-29
PA: State College — May 17-20

Zero Balancing® I
CA: Santa Cruz — June 9-12
IL: Chicago — Sept. 27-30
MA: Boston — July 19-22
MD: Columbia — Nov. 15-18
Laurel — May 10-13
ME: Poland Spring — May 17-20
NY: New York — July 26-29
PA: State College — May 17-20

Zero Balancing® I
CA: Santa Cruz — June 9-12
IL: Chicago — Sept. 27-30
MA: Boston — July 19-22
MD: Columbia — Nov. 15-18
Laurel — May 10-13
ME: Poland Spring — May 17-20
NY: New York — July 26-29
PA: State College — May 17-20

Zero Balancing® I
CA: Santa Cruz — June 9-12
IL: Chicago — Sept. 27-30
MA: Boston — July 19-22
MD: Columbia — Nov. 15-18
Laurel — May 10-13
ME: Poland Spring — May 17-20
NY: New York — July 26-29
PA: State College — May 17-20

Zero Balancing® I
CA: Santa Cruz — June 9-12
IL: Chicago — Sept. 27-30
MA: Boston — July 19-22
MD: Columbia — Nov. 15-18
Laurel — May 10-13
ME: Poland Spring — May 17-20
NY: New York — July 26-29
PA: State College — May 17-20

Zero Balancing® I
CA: Santa Cruz — June 9-12
IL: Chicago — Sept. 27-30
MA: Boston — July 19-22
MD: Columbia — Nov. 15-18
Laurel — May 10-13
ME: Poland Spring — May 17-20
NY: New York — July 26-29
PA: State College — May 17-20

Zero Balancing® I
CA: Santa Cruz — June 9-12
IL: Chicago — Sept. 27-30
MA: Boston — July 19-22
MD: Columbia — Nov. 15-18
Laurel — May 10-13
ME: Poland Spring — May 17-20
NY: New York — July 26-29
PA: State College — May 17-20

Zero Balancing® I
CA: Santa Cruz — June 9-12
IL: Chicago — Sept. 27-30
MA: Boston — July 19-22
MD: Columbia — Nov. 15-18
Laurel — May 10-13
ME: Poland Spring — May 17-20
NY: New York — July 26-29
PA: State College — May 17-20

WA: Seattle — Oct. 25-28
BC: Victoria — June 11-15

ZB: Fields and Fulcrums
BC: Victoria — May 17-20

Zero Balancing® II
AZ: Tucson — Sept. 13-16
CT: Hartford — June 7-10
DE: Georgetown — June 7-10
FL: Gainesville — Sept. 20-23
IA: Des Moines — Oct. 4-7
ID: Boise — May 24-27
Boise — Sept. 13-16
IL: Chicago — Oct. 11-14
MA: Watertown — Nov. 1-4
ME: Poland Spring — Aug. 16-19
NE: Omaha — July 26-29
NY: New York — May 3-6
PA: Philadelphia — Sept. 14-16
State College — Sept. 27-30
VA: Charlottesville — Sept. 7-8, 14-15
VT: Wilmington — Oct. 4-7

Zero Balancing® II
AZ: Tucson — Sept. 13-16
CT: Hartford — June 7-10
DE: Georgetown — June 7-10
FL: Gainesville — Sept. 20-23
IA: Des Moines — Oct. 4-7
ID: Boise — May 24-27
Boise — Sept. 13-16
IL: Chicago — Oct. 11-14
MA: Watertown — Nov. 1-4
ME: Poland Spring — Aug. 16-19
NE: Omaha — July 26-29
NY: New York — May 3-6
PA: Philadelphia — Sept. 14-16
State College — Sept. 27-30
VA: Charlottesville — Sept. 7-8, 14-15
VT: Wilmington — Oct. 4-7

Zero Balancing® II
AZ: Tucson — Sept. 13-16
CT: Hartford — June 7-10
DE: Georgetown — June 7-10
FL: Gainesville — Sept. 20-23
IA: Des Moines — Oct. 4-7
ID: Boise — May 24-27
Boise — Sept. 13-16
IL: Chicago — Oct. 11-14
MA: Watertown — Nov. 1-4
ME: Poland Spring — Aug. 16-19
NE: Omaha — July 26-29
NY: New York — May 3-6
PA: Philadelphia — Sept. 14-16
State College — Sept. 27-30
VA: Charlottesville — Sept. 7-8, 14-15
VT: Wilmington — Oct. 4-7

Zero Balancing® II
AZ: Tucson — Sept. 13-16
CT: Hartford — June 7-10
DE: Georgetown — June 7-10
FL: Gainesville — Sept. 20-23
IA: Des Moines — Oct. 4-7
ID: Boise — May 24-27
Boise — Sept. 13-16
IL: Chicago — Oct. 11-14
MA: Watertown — Nov. 1-4
ME: Poland Spring — Aug. 16-19
NE: Omaha — July 26-29
NY: New York — May 3-6
PA: Philadelphia — Sept. 14-16
State College — Sept. 27-30
VA: Charlottesville — Sept. 7-8, 14-15
VT: Wilmington — Oct. 4-7

Zero Balancing® II
AZ: Tucson — Sept. 13-16
CT: Hartford — June 7-10
DE: Georgetown — June 7-10
FL: Gainesville — Sept. 20-23
IA: Des Moines — Oct. 4-7
ID: Boise — May 24-27
Boise — Sept. 13-16
IL: Chicago — Oct. 11-14
MA: Watertown — Nov. 1-4
ME: Poland Spring — Aug. 16-19
NE: Omaha — July 26-29
NY: New York — May 3-6
PA: Philadelphia — Sept. 14-16
State College — Sept. 27-30
VA: Charlottesville — Sept. 7-8, 14-15
VT: Wilmington — Oct. 4-7

Zero Balancing® II
AZ: Tucson — Sept. 13-16
CT: Hartford — June 7-10
DE: Georgetown — June 7-10
FL: Gainesville — Sept. 20-23
IA: Des Moines — Oct. 4-7
ID: Boise — May 24-27
Boise — Sept. 13-16
IL: Chicago — Oct. 11-14
MA: Watertown — Nov. 1-4
ME: Poland Spring — Aug. 16-19
NE: Omaha — July 26-29
NY: New York — May 3-6
PA: Philadelphia — Sept. 14-16
State College — Sept. 27-30
VA: Charlottesville — Sept. 7-8, 14-15
VT: Wilmington — Oct. 4-7

Zero Balancing® II
AZ: Tucson — Sept. 13-16
CT: Hartford — June 7-10
DE: Georgetown — June 7-10
FL: Gainesville — Sept. 20-23
IA: Des Moines — Oct. 4-7
ID: Boise — May 24-27
Boise — Sept. 13-16
IL: Chicago — Oct. 11-14
MA: Watertown — Nov. 1-4
ME: Poland Spring — Aug. 16-19
NE: Omaha — July 26-29
NY: New York — May 3-6
PA: Philadelphia — Sept. 14-16
State College — Sept. 27-30
VA: Charlottesville — Sept. 7-8, 14-15
VT: Wilmington — Oct. 4-7

Zero Balancing® II
AZ: Tucson — Sept. 13-16
CT: Hartford — June 7-10
DE: Georgetown — June 7-10
FL: Gainesville — Sept. 20-23
IA: Des Moines — Oct. 4-7
ID: Boise — May 24-27
Boise — Sept. 13-16
IL: Chicago — Oct. 11-14
MA: Watertown — Nov. 1-4
ME: Poland Spring — Aug. 16-19
NE: Omaha — July 26-29
NY: New York — May 3-6
PA: Philadelphia — Sept. 14-16
State College — Sept. 27-30
VA: Charlottesville — Sept. 7-8, 14-15
VT: Wilmington — Oct. 4-7

Zero Balancing® II
AZ: Tucson — Sept. 13-16
CT: Hartford — June 7-10
DE: Georgetown — June 7-10
FL: Gainesville — Sept. 20-23
IA: Des Moines — Oct. 4-7
ID: Boise — May 24-27
Boise — Sept. 13-16
IL: Chicago — Oct. 11-14
MA: Watertown — Nov. 1-4
ME: Poland Spring — Aug. 16-19
NE: Omaha — July 26-29
NY: New York — May 3-6
PA: Philadelphia — Sept. 14-16
State College — Sept. 27-30
VA: Charlottesville — Sept. 7-8, 14-15
VT: Wilmington — Oct. 4-7

Zero Balancing® II
AZ: Tucson — Sept. 13-16
CT: Hartford — June 7-10
DE: Georgetown — June 7-10
FL: Gainesville — Sept. 20-23
IA: Des Moines — Oct. 4-7
ID: Boise — May 24-27
Boise — Sept. 13-16
IL: Chicago — Oct. 11-14
MA: Watertown — Nov. 1-4
ME: Poland Spring — Aug. 16-19
NE: Omaha — July 26-29
NY: New York — May 3-6
PA: Philadelphia — Sept. 14-16
State College — Sept. 27-30
VA: Charlottesville — Sept. 7-8, 14-15
VT: Wilmington — Oct. 4-7

Spirit of the Organs:

Zero Balancing® the Viscera

IL: Chicago — Sept. 6-9

Delivering Zero Balancing®

to Survivors of Sexual Abuse

CA: Santa Cruz — Aug. 12-15

ZB: Geometry of Healing

KY: Bowling Green — Sept. 27-30

ME: Poland Spring — July 19-22

MO: Kansas City — Oct. 4-7

Zen and Zero Balancing®

ME: Blue Hill — Sept. 26-30

ZB: Unlocking the Secrets of the Skull

IL: Chicago — Sept. 14-15

Basic Acupressure: Clinical Applications

CO: Boulder — Aug. 9-12

MD: Baltimore — Oct. 11-14

MI: Lansing — June 28-July 1

NJ: Jersey Shore — May 3-6

Jersey Shore — Oct. 4-11, 18-25

NY: New York — June 7-10

TX: Dallas/Ft. Worth — Nov. 15-18

Basic Acupressure 2: Meridians

PA: Philadelphia — May 16-20

VT: White River Junction — July 12-16

PA 4: Transpersonal Integration

CA: Borrego Springs — Oct. 14-21

Newest Brain Course Focuses on Advanced Release Techniques

Brain Tissue, Nuclei, Fluid and the Reticular Alarm System (LDB2) is the latest class from Bruno Chikly, MD, DO (hon.), to explore the intricacies of the brain offers specific hands-on techniques for releasing key restrictions and dysfunctions that impede the body's optimal functioning.



Bruno Chikly,
MD, DO (hon.)

"There are probably just a handful of courses today that focus on the brain parenchyma and nuclei, particularly from the manual therapy standpoint — Dr. John Upledger's work being among them," Dr. Chikly says. "By learning the form, function and response mechanisms of the brain's various components, we can use our hands to effectively release many primary restrictions that can affect the whole body."

Practitioners in LDB2 will apply techniques for the median, medial and lateral columns designed to downregulate main components of the RAS in the body tissue. Focus will also be placed on facilitating releases within the main ascending and

descending pathways, as well as the six- and three-layered cortex of the central nervous system.

Because of the advanced nature of the work, practitioners are required to take LDB1 (Brain Tissue, Nuclei, Fluid and the Autonomic Nervous System) and use the techniques for four

to six months after the workshop before attending LDB2. "We are working with an area of human physiology that is highly complex and intricate," Dr. Chikly says. "It is important to have a firm foundation and comfortableness in applying each technique before moving on to other areas."

Elements of LDB1, such as the brain and spinal cord release, will be reviewed, reinforced and supplemented in LDB2. "This next class will first deepen skills and then open new areas and ways of working with the brain and spinal cord," Dr. Chikly says. "For example, we will teach how to free the cauda equina/filum terminale, the spinal cord nerve roots, and the foramen magnum area."

Cindy Rowe, PT, who took LDB1 in Dec. 2005, says "Brain-1 was one of the more exciting and eye-opening classes I have ever taken. And what I learned can be easily incorporated into my treatments. This is now a whole new tool I have to draw on to achieve even better results, or to use with patients who aren't responding to techniques I have relied on in the past. I've been seeing amazing results with a wide variety of different problems. Many patients have been helped, even those who have their problems and symptoms in other body parts.

"I'm sure there are many more dimensions yet to be learned from this unique approach. I'm very excited about LDB2."

For dates and locations of Brain Tissue, Nuclei, Fluid and the Reticular Alarm System (LDB2) workshops, see the Course Calendar on pages 6 and 7. For qualifications to attend LDB2 and its prerequisite LDB1, call 1-800-233-5880 or (561) 622-4334 and ask for priority code NL-SNEWS. You're also welcome to visit www.upledger.com.

How Healing From the Core Helps You Become a Better Therapist

continued from page 5

It's so powerful when you're sitting together in the circle and you realize that even though everyone's path may be different, we all want the same things out of life. Their lessons may be different than mine, but the bottom line is we all want the same thing. The more I sink into that experience, the better I connect with people in other areas of my life.

I'm also in a new place in my life each time I take the class. So I hear

things in a different way and get new information that hones my understanding of the principles. The workshops seem to speak to whatever I'm going through at the time.

That really helps me in a day-to-day way, because every client who comes in my door is at a different place in their own lives. By learning and applying the HFC principles at different stages and ways, I'm much more in tune with how my clients

can use the tools at whatever stage of life that they're in. It's terrific practice.

Save up to \$200 on Healing From the Core: Grounding and Healthy Boundaries. Call Educational Services toll-free at 1-800-233-5880. Be sure to ask for priority code NL-SNEWS. For course dates and locations, see the Course Calendar on pages 6 and 7. You're also welcome to look the class up on the web at www.upledger.com.

The Upledger Clinic Corner

Introducing Amy Beaupre, MS, OTR/L

Amy Beaupre may have taken a round-about route to get to The Upledger Clinic as a staff clinician in 2006, but she was never truly off course.

After earning her master of science degree in occupational therapy from the University of Indianapolis in 1992, she began her career at the Children's Therapy Clinic in Charleston, West Virginia. That's when she decided to follow her "gypsy blood."

Amy joined a company that specialized in contract therapy jobs and began traveling across the U.S. For more than two years she criss-crossed the country filling three- to five-month positions in different settings, from pediatric clinics to nursing homes. "I met people from every walk of life," Amy says.

Ironically, the variety cemented Amy's original desire to focus her work on children. "You can see their souls in their eyes," she says. "I've always been drawn to that." So she returned to St. Mary's Pediatric Clinic in Athens, Georgia.

A few years later Amy opened her own private practice in Indianapolis where she integrated occupational therapy with CranioSacral Therapy (CST) and Sensory Integration (SI) to deliver a range of family-education programs. "I got to play with everything from early intervention to the use of humor to improve your health."

Amy also served as an adjunct faculty member for the OT departments at the University of Indianapolis and Brenau University. And she presented on topics combining CranioSacral Therapy, Sensory Integration and child development to groups across the region.

So what finally brought her to The Upledger Clinic? "I'm passionate about the work," she says. "Now I get to do it in a way that I find most fulfilling. I work

primarily with children, and I combine CST with SI a lot." You can often find Amy working in the clinic's new room dedicated to Sensory Integration.

Now Amy says that what she does here isn't even a career anymore — it's just who she is. "I turn it over to a willingness to show up and be fully present. That's really how I've followed my path and it's never steered me wrong. As Tolkien once said, 'All who wander are not lost.'"



Amy Beaupre (left) works with a client in the clinic's Sensory Integration room. The ball pit pictured here is designed to provide tactile input while also challenging the child's vestibular system.

Meet Darla Lord, LMT

Darla Lord brings a unique perspective to her position as a staff therapist in The Upledger Clinic's intensive-therapy programs. A few years ago she was a patient here.

"I found myself in a challenging place in my life," Darla says. "I was in a difficult marriage dealing with some of the same issues I faced when I was growing up. That's when I realized that if I didn't get help, I was likely to get very ill."

After experiencing CranioSacral Therapy from another bodyworker, she felt moved to attend an IP (intensive program) at The Upledger Clinic in Palm Beach Gardens, Florida. These 5- and 10-day outpatient programs combine individual and "multihands" therapy to help participants move past plateaus in their healthcare processes.

"It changed my life," Darla says. "After so many years I was finally able to let go of a lot of childhood trauma that had been holding me back. I also recognized that I had natural strengths, and I found my voice."

Darla used her newfound courage to

forge a new life as a single mom to her children, Cabot and Katie. Profoundly influenced by the CranioSacral Therapy she received, she also went on to become a massage therapist at the same time she began her CST training with The Upledger Institute.

After participating in the IP as a visiting therapist for two years, Darla became a full-time staff clinician in 2005.

"Having been on both sides of the program now, I have a great deal of empathy for the people I meet and the stories they share, Darla says. "Yet at the same time I'm able to recognize that it's their story, not mine. I don't have to take it on. Ultimately that's helped me become a better therapist, and a much happier person."

The Upledger Clinic offers a range of complementary approaches and intensive-therapy programs focusing on CranioSacral Therapy. To learn more, please log on to www.upledgerclinic.com. To make an appointment call (561) 622-4706.



Darla Lord, LMT

Relearning Life After Stroke

continued from front cover

By July she was living back at her parents' house with daughter Allison and beginning the rounds of outpatient therapy — primarily physical, occupational and speech therapies. A regime of twice-a-week acupuncture was also added along with stretching exercises, massage and yoga. Together these helped strengthen and lengthen Barbara's shortened right leg to where she could get out of the wheelchair and walk a bit. Slowly she was regaining the ability to perform everyday tasks.

Barbara's vision and cognitive speech remained the biggest challenges. "It wasn't as much that I couldn't speak," she says, "but that I would look at words and numbers on paper and they meant nothing. Plus, I had tunnel vision."

About a year and a half into her yoga classes, Barbara encountered an osteopathic physician at class who told her about a technique he used that might help her: CranioSacral Therapy. She started alternating between yoga and CST in her weekly routine.

"I began to notice that my body was straighter," Barbara says. "Also, the pain in my back, shoulder and arm wasn't as bad."

Then the osteopath moved and the CST stopped — until Barbara went to an eye specialist who told her about The Upledger Clinic.

Reconnecting Lines of Communication

Barbara's goals from the outset were to regain use of the right side of her body as much as possible and to improve her vision.

Darla Lord, LMT, was part of Barbara's therapy team through two 5-day intensive-therapy programs. "When Barbara came in the first time, she had noticeable

trouble with her gait along with paralysis of the right side and arm. She also presented with impaired (tunnel) vision and had trouble recalling words.

"Because Barbara was a stroke patient, we really focused on trying to get that part of the brain that was damaged to regenerate and have better function. We used a lot of Dr. John's (Upledger) Immune Response and Brain Speaks techniques to work with the brain tissue, to reconnect the communication lines. We also worked throughout the whole dural tube to free up anything that was causing restrictions and keeping her from being more mobile. As the week progressed, Barbara gained more control of her arm and her gait improved."

At Barbara's second visit Darla saw that a good deal of additional improvement had occurred. "While her right hand was still restricted," Darla says, "her arm tissue had softened and she could extend her hand easier. Her gait was better. And even though there were still some pauses in her speech, it wasn't as difficult for her to recall words. She did so much better."

Barbara especially remembers the day she left South Florida to return home after that second program. "We were on our way to the airport when my face just 'woke up.' From that point on I could feel the inside of my mouth more. Before then I used to bite the right side of my mouth because I couldn't feel it. My head also felt freer and I could understand things better."

The next big change came unexpectedly and might have gone unnoticed for a while if not for a certain potholder at home. Barbara recalls, "I was in the kitchen looking straight ahead and I could see a red potholder hanging from a hook off to my right side!" The peripheral vision she longed for had returned.

A Move Toward Independence

"Every day there is a little bit more improvement," Paula says. "A week will go by and we'll notice, 'Oh, Barbara wasn't doing that before. Look what she can do now.' It's like something opened up inside of her. I don't know how to explain it, but there has been so much improvement."

While Barbara still faces many challenges on the road to recovery, she is able to function much more independently these days. She's at a 4th-grade reading level and 2nd-grade in math. She manages her own checkbook. She can use the computer again. She can go up and down stairs. She talks on the phone. And she is working part-time at a travel agency.

Laughing, Barbara says, "When people hear me on the phone they'll ask, 'Are you Spanish?' 'No, stroke,' I answer."

Barbara continues to receive CST once a week from certified CranioSacral Therapist Ingrid Bacci, PhD, CAT, CST, in nearby Cortland Manor, New York. "I'm also planning to come to the clinic for another intensive-therapy program," Barbara says.

In the meantime, Barbara and daughter Allison are enjoying life in their new home, which they moved into in December 2006. It's right across the street from Mom and Dad. "I feel like a grown person again," Barbara says. "I'm very happy." Paula adds, "One day Barbara is going to be able to drive again and won't need me at all. I'm sure of that."

The Upledger Clinic offers a range of complementary approaches and intensive-therapy programs. For an individual appointment or to reserve space in a 5- or 10-day intensive-therapy program, call the clinic at (561) 622-4706. To learn more about CranioSacral Therapy, please visit our website at www.upledger.com.

Milestones

Congratulations and Well Wishes

- Gusti Axelsson, MT, is now certified to teach CranioSacral Therapy II
- Erla Olafsdottir, CST, is now certified to teach CranioSacral Therapy I

Now Certified in CranioSacral Therapy

Diplomate Level:

- Sylvia Elings-Lunenborg, PT, CST-D
- Marita Geysels-de Putter, PT, CST-D
- Trudy de Ruyter, Psy, CST-D
- Minka de Weerd, CST-D
- Ank Gloudemans, PT, CST-D
- Marcel Heitkamp, Psy, CST-D
- Riekje Kaufman, PT, CST-D
- Ronald Knobon, PT, CST-D
- Ariette Lengkeek, PT, CST-D
- J. Maas, DO, CST-D
- Carol McLellan, CMT, CST-D
- Yvonne Passtoors, RN, CST-D
- Lucienne Pragt, PT, CST-D
- Renny Riemersma, Nurse, CST-D
- Loes Ruitenbeek, PT, CST-D
- Rogier Ubels, PT, CST-D
- Anneke van Heerde, PT, CST-D
- Sjon van Straten, PT, CST-D

Techniques Level:

- Marilena Barbato, CST
- Brenda Bryant, LMT, CST
- Nicoletta Casagrande, CST
- Santa Cauteruccio, CST
- Andrea Fusaro, CST
- Margaret Gill, MT, CST
- Orla Higgins, NLP, CST
- Janet Hillier, CST
- Giacomo Leone, CST
- Luisa Maria Lodi, CST
- Samo Lutman, PT, CST
- Anne Marie Mokam, CST
- Joanna Moran, Rx, MT, IHM, CST
- Patricia Quirini, CST
- **Pat Thummanond, PT, CST**
- Gabor Vajnai, CST
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The Upledger Clinic runs a number of classes and symposiums throughout the year in their large intensive-therapy room.

Registrations are still being accepted for these upcoming workshops:

- **Lymph Drainage Therapy Mini Face-Lifting Techniques**
May 5, 2007
Taught by Mya Breman, LCSW, LMT, CST
- **CranioSacral Therapy I**
August 18-19, 25-26, 2007
Taught by Mariann Sisco, PT, CST

Classes fill quickly!

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New Season of BioAquatic Exploration Brings Waves of Options

It may be winter outside now, but summer's coming — and with it the eighth season of The Upledger Institute's BioAquatic Exploration classes in Freeport, Bahamas. This year includes nine excursions catering to different interest and skill levels — from basic CranioSacral Therapy to upper-level SomatoEmotional Release. There's even one geared for couples called Shared Connections.

Each is created for the purpose of teaching CranioSacral Therapy practitioners how to tap into the resources of the ocean to enhance the therapeutic effects of CST.

The basic format of each four-day class involves group meetings, individual time in the water with dolphins present, and

multiple-therapist sessions in the water (see photo). Roles are rotated so that each participant has the opportunity to serve as the patient and lead therapist.

Completion of certain BioAquatic courses qualifies you to get your feet wet in other ways, too: as a teaching assistant in a BioAquatic class, or as an extern or visiting therapist for an Upledger Clinic



Dolphin-Assisted Therapy Intensive Program (DATIP). Plus, did you know that when you recommend a client for DATIP you can attend as their therapist for free? The attendance fee is waived.

BioAquatic Explorations (BAE) run the last day of May through early September 2007. For a schedule of this year's classes, see the Course Calendar on pages 6 and 7. For descriptions and prerequisites of each BAE, along with information on becoming a teaching assistant or intensive-therapy program extern or visiting therapist, call Educational Services at 1-800-233-5880 and ask for priority code NL-SNEWS. Information is also available at www.upledger.com.



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