

The UI HealthPlex Clinic Corner

Upledger Program Provides CranioSacral Therapy to Victims of September Attacks

With its successful record of reducing symptoms of trauma and grief, The Upledger Foundation recently organized a program to benefit those affected by the tragic events of Sept. 11th.

CranioSacral Therapy for Trauma Relief was held in New York City Dec. 17-22 at the Swedish Institute, College of Massage Therapy. Practitioners provided hands-on help to victims, family members, rescue workers and others suffering from post-traumatic stress in the wake of the terrorist attacks.

"The centerpiece of the effort was modeled after the intensive programs we hold here at the clinic," says Tad Wanveer, LMT, staff clinician at The Upledger Institute HealthPlex Clinical Services in Palm Beach Gardens, Fla.

He co-developed the program along with staff clinician Sheryl McGavin, MBA, OTR/L. An international team of 37 therapists donated their time, travel and lodging expenses to treat 130 patients during the six-day program. All therapy was free of charge.



CranioSacral Therapists work in "multi-hands sessions" on victims of 9/11.

"Each session had a lead therapist and at least one co-therapist, and lasted roughly two hours," Tad says. The program took place in a large room with up to nine sessions taking place at one time. "The patient load for the day varied depending on how many lead therapists we had," he adds. Every session

was booked before the program began.

Was the program successful? "Absolutely," Tad says. "Our goal was twofold. First, to help victims of this terrible attack release their trauma and pain. And second, to raise public awareness of how valuable CranioSacral Therapy can be in such a direct way." Tad smiles. "There's nothing esoteric about this," he adds. "CranioSacral Therapy gets results."

Program participants agree. "I had the opportunity to go to a session last week here in New York City," notes Bob. "I want to thank everyone in your organization who made this possible. I was nervous about going but quickly found the therapists to be very reassuring and caring. All I can say is that it was a terrific session and it helped me tremendously. It must be nice working for an organization that does so much good."

"The 'multiple hands' was amazingly powerful and I felt many changes," comments Sara.* "I arrived feeling very weak and emotional, but after the session I felt strong and calm. I felt waves of pain shift and change, mainly in my liver, upper torso and head. I also felt the fatigue, grief and fear start to release and let go."

Jane* says, "I felt somehow lightened or released, like what crying or mourning can do for you but more effective and specific. I felt 'stuck' before but now I feel I can move forward."

Learn more about The Upledger Foundation's community-outreach programs and how you can help. Visit www.upledger.com today.

*Name changed to protect confidentiality.

Clinical Preceptorship Program Offers Hands-On Practice

Strengthen your skills hands-on through the UI Preceptorship Program. Work side by side with seasoned therapists and learn first-hand about the manual therapies performed at UI HealthPlex Clinical Services in Palm Beach Gardens, Fla.

It's an ideal opportunity to gain confidence incorporating your own skills into a whole-body approach. It's also a prime training ground to prepare for CranioSacral Therapy certification.

Prerequisite: SomatoEmotional Release I. Tuition: \$30 per day, \$150 per week.

Register or learn more about the Clinical Preceptorship Program. Call UI HealthPlex at 561-622-4706. E-mail: uihealthplex@upledger.com. Or visit www.upledger.com today.

Thank You, Friends

The Upledger Institute wishes to acknowledge the many volunteers who graciously assisted with the CranioSacral Therapy for Trauma Relief Program in New York City.

Therapists

- Ingrid Bacci, PhD, CAT, BWT
- Kathy Cramblet
- Jill Crino, LMT
- Nelle Davis, LMT
- Meg Dellenbaugh
- Lee deRham, LMT
- Glenys Eldred
- Jane Gatanis, MA, OTR/L
- Margaret Gill, AR, MT
- Lisa Klein Grondahl, OTR
- Margarita Guergué
- Linda Hanson, PT
- Irwin Hoenig, NCTMB
- Patricia Joyce, OTR/L
- Kate Kennedy, PT
- Diana Ludwig, ND
- Sheryl McGavin, MBA, OTR/L
- Mary McQueen, MA
- Gene Miller, AHP
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- Judith Monk, MT
- Sally Morgan, PT, TEAM
- Stephani Murdoch, TP

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- Elizabeth Pasquale, LMT
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- Martine K. Rini, PT
- Jacob Robinette
- John Rollinson, HDD
- Kevin Rose, LMT
- Susan Steiner, OTR/L, CST-D
- David Tomlinson, MT, CST-D
- Kathleen Ullmann, LMT
- Tad Wanveer, LMT
- Nancy Westphal, LMT, CST

Friends

- Ruth Bell
- Bebe Bush
- Patti Bradshaw, LMT
- Karen Brown, LMT
- Nancy Brown
- Marilyn Dunefsky
- Lucy Liben, MS
- Carole Lillys
- Paula Macali, LMT
- Joan Wanveer
- Laura Winick
- Swedish Institute, College of Massage Therapy

Charity Tribute to Honor Dr. Upledger

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The Foundation was established by Dr. Upledger in 1987 as a way to bring CranioSacral Therapy and related approaches to those less fortunate. Over the years it's been instrumental in the development of numerous community-outreach programs. The Foundation also assists with financial aid to patients suffering from brain and spinal cord injuries, strokes, learning disabilities, degenerative diseases, migraines and many other difficult conditions.

Tickets to the April celebration — a fitting climax to CranioSacral Therapy Awareness Month — are \$125 per person to benefit The Upledger Foundation. "Every ticket to the tribute is good for 'casino dollars' at the gaming tables," Barb explains. Players, who can also purchase additional chips, can cash them in for raffle tickets. An array of exclusive prizes will be awarded to the winners at the end of the evening.

Reserve your spot at this once-in-a-lifetime event. Call Educational Services toll-free: 1-800-233-5880. Ask for priority code N0102. You're also welcome to e-mail us at upledger@upledger.com, or fax us at 561-622-4771.

Mini-Fundraising Events Earn Special Rewards

continued from front cover

"Those who raise the most money for Dr. John's cause will have the opportunity to present the check to him in person," Community Relations Director Barb Richmond explains. "We're providing a free trip to Jupiter Beach Resort the weekend of the tribute, complete with airfare and seaside accommodations." Specially selected second- and third-place prizes will also be awarded.

Please join us in these valuable efforts. To help you prepare, UI has assembled a fundraising kit with plenty of tips. "They're simple ideas," says Barb. "For instance, for a small donation practitioners and patients can write short testimonial letters to show how they've been helped by the work." UI staff will then present an album of these personal messages to Dr. Upledger at the tribute.

The deadline for fundraising donations to qualify for the grand-prize trip is April 5, 2002. To get your fundraising kit, simply call Barb Richmond at 561-622-4334. You'll also find one on our website at www.upledger.com.

Look for UI Speakers at These Upcoming Engagements

- American Academy of Pain Medicine 18th Annual Meeting**
San Francisco, Calif. – March 2, 2002
Roy Desjarlais, LMT – CranioSacral Techniques
 - The Alliance for Integrative Medicine of Northern New England**
Manchester, N.H. – March 14, 2002
John E. Upledger, DO, OMM – The Enhancement of Innate Healing Processes
 - American Massage Therapy Assoc., Vermont Chapter**
New England Regional Conference
Boxborough, Mass. – March 15-16, 2002
John E. Upledger, DO, OMM – Message: The World at Our Fingertips (keynote), and Cell Talk
Don Ash, PT, CST-D – CranioSacral Techniques and Applications for Massage Therapy
 - International Congress of Esthetics**
Long Beach, Calif. – June 30, 2002
Bruno Chikly, MD (France) – Lymph Drainage Therapy: A Breakthrough in Lymph Techniques for Overall Beauty
 - Florida State Massage Therapy Assoc.**
Jacksonville, Fla. – July 10-14, 2002
 - Florida Chiropractic Assoc.**
Orlando, Fla. – Aug. 16-18, 2002
Judith Walker DeLany, LMT, and Kerry D'Ambrogio, PT, DOM - Whiplash
 - American Massage Therapy Assoc. National Convention**
Portland, Ore. – Oct. 5, 2002
Roy Desjarlais, LMT, CST-D – Dissection for CranioSacral Therapy: An Insider's View
 - Association of Massage Therapists and Wholistic Practitioners Annual Convention**
Banff, Alberta (Canada) – Oct. 24-27, 2002
John E. Upledger, DO, OMM – Keynote Presentation
Alaya Chikly, CMT, and Gayle Mya Breman, MSW, LMT, CST-D – Lymph Drainage Therapy Overview
Alaya Chikly, CMT – Introduction to Heart Centered Therapy
Gayle Mya Breman, MSW, LMT, CST-D – Overview of CranioSacral Therapy
- Visit www.upledger.com for details.

Become Part of Dr. Upledger's Circle of Care

Have you or your patients been touched by Dr. John or his work in a special way? Have you been moved by his personal care? Inspired by his innovative theories and unending curiosity? Supported by his commitment to share his life's work with patients and practitioners around the world?

Take this opportunity to personally thank him by joining his Circle of Care. Simply send \$1 to The Upledger Foundation. We'll include your name, city and country on a circle of ribbons that will surround Dr. John at his tribute on April 28th. If you'd prefer, you can send \$10 with a personal letter. It will be included in an album presented to him that evening.

Help us show him, firsthand, how many people appreciate him for the work he has done — and the thousands of lives he has affected. Fill in the form below, enclose it with your donation and send it to the address shown by April 5, 2002.

Join Our Circle of Care

Yes, I want to personally thank Dr. John for touching my life. I've enclosed a \$1 donation to The Upledger Foundation, or a \$10 donation along with a personal letter of thanks.

Print name _____
City/Province _____
Country _____

Mail to: The Upledger Institute, Inc.
Attn: Community Relations Dept.
11211 Prosperity Farms Rd., D-325
Palm Beach Gardens, FL 33410-3487

THE UPLEDGER FOUNDATION IS A CHARITABLE ORGANIZATION UNDER SECTION 501(C)(3) OF THE INTERNAL REVENUE CODE. YOUR DONATION IS FULLY DEDUCTIBLE FOR INCOME TAX PURPOSES. A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE 1-800-HELPFLA WITHIN THE STATE. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL OR RECOMMENDATION BY THE STATE.



Join a Study Group

Share Your Experiences and Sharpen Your Techniques in a Supportive Atmosphere

The study groups listed here have satisfied the requirements to become officially sanctioned by The Upledger Institute. The leaders are either teaching assistants or certified in their therapies. They've also been personally recommended by a UI-certified instructor.

To receive an application to form a UI-approved study group, please call 1-800-233-5880. Ask for priority code N0102. All study groups shown here were approved as of Dec. 1, 2001. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than April 1, 2002.

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

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Books and Products to Support Your Healthcare Practice



Aston's Walking the New Body Videotape by Judith Aston

This video introduces the revolutionary math of human movement as it applies to everyday walking. The material is presented in a fun, simple, step-by-step progression to assist you with better body usage. This is accomplished by the unique Aston approach, which releases the stress and excess tension of old movement habits and guides you in the use of four new body principles. \$25.95



Hands of Love: Seven Steps to the Miracle of Birth by Carol J. Phillips

Combines the personal knowledge and wisdom of more than two dozen mothers to create a road map that will guide expectant families through nine months of anticipation as they await the moment that will change their lives forever. (soft cover) \$39.95



Massage for Dummies by Steve Capellini, LMT, and Michel Van Welden, PT, NT

Knead your way to relaxation and wellness with this easy guide to the art of massage. From Swedish to Shiatsu, sports massage to self-massage, authors Steve Capellini and Michel Van Welden show you, move by move, how to harness the healing power of touch. (soft cover) \$21.99



Infant Massage: Building Loving Communication CD by Olivia di Khetaa

This is a companion CD to Vimala McClure's *Infant Massage: A Handbook for Loving Parents*. (1 CD) \$26.95



The Four Agreements by don Miguel Ruiz

don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, *The Four Agreements* offers a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, happiness and love. (soft cover) \$12.95

Journal of Bodywork and Movement Therapies

This quarterly journal plays a vital role in helping the international community of bodywork and movement-therapy professionals clarify their roles while discussing a broad range of pertinent issues. It publishes peer-reviewed articles, editorials, summaries and technique papers that explore practical approaches to musculoskeletal dysfunction that apply across all bodywork, movement and manual therapies. The journal also explains and interprets assessment approaches, therapeutic strategies and techniques involved in the prevention, treatment and rehabilitation of musculoskeletal dysfunction. (2002 series, 4 issues) \$74.00, or \$63.00 for IAHP members

The A.D.D. and A.D.H.D. Diet by Rachel Bell and Dr. Howard Peiper

Take a comprehensive look at contributing factors and natural treatments for symptoms of A.D.D. and hyperactivity. Learn the latest information on what to eat, what to avoid, problems with chemicals, supplements that help, non-dietary approaches to A.D.D., A.D.H.D. and more. This revised edition includes updated names and phone numbers of supplement suppliers and research organizations. So you can make an informed choice for safer, easier and less expensive treatments for A.D.D./A.D.H.D. (soft cover) \$9.95



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Energy Medicine: The Scientific Basis by James L. Oschman, PhD

Provides an exciting and challenging read for anyone interested in the therapeutic aspects of energy — from skeptics to devotees alike. (soft cover) \$39.95

Study Groups

Continued from page 13

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The International Alliance of Healthcare Educators® (IAHE) has unveiled a newly redesigned website created to act as a comprehensive guide to hands-on health.

Developed in 1995, the IAHE is a coalition of curriculum developers and instructors dedicated to the advancement of progressive therapeutic modalities. Its goal is to educate practitioners worldwide in the latest innovations in



complementary care, establish a foundation for learning that is uncompromising in its high standards, and equip practitioners to meet today's complex healthcare challenges.

The new website will go a step further to educate practitioners and patients alike on a full range of natural manual therapies. To learn more — or to join the powerful IAHE network — visit www.iahe.com today.

Advanced I CranioSacral Therapy

Salt Spring Island, British Columbia - July 9-13, 2001



Back row (l-r): Julia Day Lavelle, AEH; Judy Liu Ramsey, NCTMB, MA; Hank Meldrum, PT, DMT (instructor); Tricia Newman, CMT; Mary Potasnik, OTR. Front row: Deborah Hunter, CMT (preceptor); Tim Hutton, PhD, LMP, CST-D (preceptor); Lucy Krakowiak, LMT; John Heatherstone (preceptor); Martha Nicholson, LMP; Patricia McKeral, MA, RN, LCPC; Donald Boire; Fred Norwood.

CranioSacral Therapist wanted in Nashua, NH, to rent space as independent contractor in chiropractic holistic wellness center. Call Dr. Carol Parnell, 603-882-5742.

Classified Ad Rates

The *Upledger UpDate* reaches more than 40,000 therapists interested in the field of complementary healthcare. The cost to run a classified ad is \$5.00 per 30 characters, which includes punctuation marks and spaces. To submit a classified ad, fax your request to the Newsletter Editor at 561-622-4771.

Correction

In the Fall 2001 *IAHP Connection*, the name of Kim Juroe, AP, OMD, CST, was inadvertently left off the caption of a photo showing equine therapy at the FSMTA 2001 annual convention. We apologize for any confusion this may have caused.

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