

Study Groups

Share Your Experiences and Sharpen Your Techniques in a Supportive Environment



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, and they've been personally recommended by a UI-certified instructor.

To receive an application to form a UI-approved study group, call 1-800-311-9204. Ask for priority code N0602. All study groups shown here were approved as of May 1, 2002. To have your group listed in our next newsletter, your application must be submitted to UI and approved no later than August 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.

CranioSacral Therapy

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LEGEND

ADV =	Adv. I CranioSacral Therapy
ADVII =	Adv. II CranioSacral Therapy
AVM =	Adv. Visceral Manipulation
AVMII =	Adv. Visceral Manipulation II
CSI =	CranioSacral Therapy I
CSII =	CranioSacral Therapy II
CSP =	CranioSacral Therapy for Pediatrics
CST =	CranioSacral Therapy
LDT =	Lymph Drainage Therapy
OT =	Ocean Therapy
SERI =	SomatoEmotional Release I
SERII =	SomatoEmotional Release II
TBS =	The Brain Speaks
VM =	Visceral Manipulation
VMIA =	Visceral Manipulation IA
VMIB =	Visceral Manipulation IB
VMII =	Visceral Manipulation II
ZB =	Zero Balancing

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Look for IAHE Speakers at These Upcoming Engagements

➤ Florida State Massage Therapy Association (FSMTA) Annual Convention

Jacksonville, Fla. – July 10-14, 2002

Roy Desjarlais, LMT, CST-D — Dissection for CranioSacral Therapy: An Insider's View

E. Ann Harman, DO — The Feldenkrais Method®: Facilitating the Craniosacral System

➤ Florida Chiropractic Association Orlando Summer Convention 2002

Orlando, Fla. – Aug. 16-18, 2002

Judith DeLany, LMT — NeuroMuscular Therapy Approach to Whiplash Injury

Kerry D'Ambrogio, PT, DOM— Multidisciplinary Approach to Whiplash Injury

➤ Aquatic Therapy Symposium 2002

Orlando, Fla. – Aug. 21-25, 2002

Roy Desjarlais, LMT, CST-D —

Presymposium: CranioSacral Therapy;

Symposium: Aquatic CranioSacral Therapy, CranioSacral Therapy Overview

David Dolan, LMT — BioAquatic Exploration

➤ Massage Therapist Association of Alberta Annual Convention

Edmonton, Alberta (Canada) – Sept. 28-29, 2002

Roy Desjarlais, LMT, CST-D — Introduction to CranioSacral Therapy

David Malin, DD, PT— Introduction to Visceral Manipulation

➤ American Massage Therapy Association National Convention

Portland, Oreg. – Oct. 5, 2002

Roy Desjarlais, LMT, CST-D — Dissection for CranioSacral Therapy: An Insider's View

➤ Multidisciplinary Approaches to Low Back & Pelvic Pain Conference

Seattle, Wash. – Oct. 18-20, 2002

Leon Chaitow, DO, ND — Osteopathic Positional Release Approaches to Care of Low Back Problems

Judith DeLany, LMT — Trigger Point Influences in Lower Back and Pelvic Pain

Judith Aston, MFA, MT — Significant Implications of Aston Mechanics for the Pelvis

Craig Liebenson, DC — Motor Control: Neurodevelopmental and Environmental Contributors to Dysfunction

Brian Rothbart, DPM, PhD, FACFO — Lower Back and Pelvic Pain: Poor Posture Generated From Hyperpronation

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Earn CEUs for Classes in Complementary Care

The International Alliance of Healthcare Educators offers classes that satisfy continuing education requirements for many different professions. Before attending a workshop, simply verify CEU acceptance with your professional state board.

To see a complete listing of courses that qualify for CEUs, visit www.iahe.com or call toll-free: 1-800-311-9204. Ask for priority code N0602.

New and Renewed CEUs

- **USA:** The Upledger Institute is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. CranioSacral Therapy I is offered for 2.4 CEUs (Introductory level, Professional area), CranioSacral Therapy II is offered for 2.4 CEUs (Intermediate level, Professional area), and CranioSacral Therapy for Pediatrics is offered for 2.4 CEUs (Intermediate level, Professional area). ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures. Are you a member of the American Speech Hearing Association (ASHA) and interested in receiving CEUs for participating in this program? Please contact our CEU coordinator at 1-800-233-5880, ext. 1376, at least 30 days in advance of each workshop for consideration.
- **California:** Provider (UI) approved by the California Board of Registered Nursing, Provider Number CEP 9432. Call for the number of contact hours.
- **New Mexico:** Physical Therapists can earn CEUs for CranioSacral Therapy I & II, Visceral Manipulation IA and Lymph Drainage Therapy I.
- **Kansas:** Physical Therapists can earn CEUs for CranioSacral Therapy I & II.



Beyond the Dura 2003 International Research Conference

April 30-May 4, 2003
Jupiter Beach, Florida

Gain a fresh perspective and renewed vision for your work. Join us for Beyond the Dura 2003.



Keynote Speaker:
Dr. Andrew Fryer, Pediatric Cardiologist and proponent of CranioSacral Therapy

Healthcare experts and innovators from around the world will gather to explore, discuss and debate the changing landscape of complementary care.

Hear their latest discoveries. Learn treatment approaches that get results.

And examine the future of integrative healthcare. All at a beachfront resort offering an abundance of recreation opportunities.

**Discounts Available!
Call Now.**

Call Toll-Free for More Information:

- 1-800-311-9204, priority code N0602 (North America)
- 561-622-4334, priority code N0602 (Worldwide)

Proceeds from Beyond the Dura '03 benefit programs sponsored by the nonprofit Upledger Foundation. They include therapy development, community-outreach projects and patient scholarships.

The UI HealthPlex Corner

Interview With Swiss Medical Student Martin Anderau

Like most Europeans, medical students in Switzerland tend to follow traditional paths to their diplomas. In Berne their last year consists of five two-month rotations in surgical wards, pediatric clinics, emergency rooms and the like.

Yet Martin Anderau took a decidedly different approach. In a twist that surprised even him, he spent his first rotation at The Upledger Institute HealthPlex Clinical Services in Palm Beach Gardens, Fla.

Martin talks of what brought him here—and what he intends to take with him when he leaves.

Q. How did you first learn about CranioSacral Therapy?

A. Seven years ago I read *Your Inner Physician and You* and loved it. Later I'd be in the E.R.

and think, here comes a patient with a ruptured aorta. It takes us half an hour to make a diagnosis. By this time the patient could be too damaged to recover. How much better would it be if you could use your hands to diagnose? But our doctors just don't do that.

Q. What made you come halfway around the world to The Upledger HealthPlex clinic?

A. It was funny. I was right on the verge of accepting a two-month position in a pediatric clinic in Berne, Switzerland, to start my rotations. I was at my desk making my last phone call to confirm when three books fell off the table. The first one was *Your Inner Physician and You*. The second one was *Jump Into the Unknown*. And right in the middle was the Bible.

Suddenly I felt like my inner wisdom was speaking to me. I actually started stuttering and stammering, and I told the woman on the phone I'd have to think about the pediatric position after all. So I took a chance and wrote to Dr. John [Upledger] and he invited me here. I've spent the last eight weeks using CranioSacral Therapy with other therapists in the one- and two-week intensive therapy programs.

Q. What do you feel you've learned most by being here?

A. I really tuned into the whole notion of intuition using touch and arcing. Trusting your hands and going deep inside to follow what's going on in a patient's body. In traditional medicine it feels like only the left brain is working, like a computer. But Dr. John has such a wonderful way of opening doors to what you can accomplish if you only try. Even talking with immune cells makes complete sense to me now. There's a real intelligence in the body and I'll use that with my patients one day.

I've learned a lot from many different disciplines. I've worked with homeopathy and the power of prayer. My mother used to use Bach Flower Remedies and study the art of astrology. Yet here I feel like I've taken a new turn. Dr. John and everyone at the clinic have something that transcends all boundaries. Here that sense of facilitating healing becomes so natural, so easy, so down to earth. It's something anyone can access.

Q. What do you hope to take with you when you leave The Upledger Institute and start your career as a physician?

A. I often ask myself what a therapist or doctor's deepest aim is. What do they really intend? Personally, my intention is to help my patients find the divine in themselves, so they become free and not dependent on anything else. It works through God, through peace. That's my deepest aim.

Find out more about the Extern Program at The Upledger Institute HealthPlex Clinical Services. Call 561-622-4706, or visit www.upledger.com.

Milestones

The Upledger Institute has named the following certified instructors:

- Avadhan Larson, LAc, LMT, CST-D
- Dave Tomlinson, MT, CST-D
- Molly Clark, PT
- Judy Blix, PT, CST-D
- Tim Hutton, PhD, LMP, CST-D
- David Malin, DD, PT
- Tad Wanveer, LMT, CST-D

New Certified CST Teaching Assistants

- Lynne Donnelly, CST
- Bonnie Beeck, CMT, CST
- James E. Haskins, PTA, CST
- Sheryl Markley, PT, NCTMB, CST
- Martha Smith, CMT, CST
- Norma Hayhurst, RN, CST

New Certified LDT Teaching Assistants

- Karina Rhode, NCTMB

Now Certified in CST

Diplomate Level:

- Ytje Akkerman, CST-D

- Ron Borsboom, CST-D
- Thera Criens, CST-D
- Ton Jansman, CST-D
- Tanja Jekel, CST-D
- Diane Sandler, LAc, OMD, CST-D
- Rene Martens, CST-D
- Riekje te Meerman-Keuken, CST-D
- Marie Pujalte, LMT, CST-D
- Barbara Schutte, CST-D
- Wally Dekker van der Zant, CST-D
- Reitze van Giffen, CST-D
- Annie van Riemsdijk-Jansen, CST-D
- Guido Vogels, CST-D
- Tad Wanveer, LMT, CST-D

Techniques Level:

- Noelle Blanc, LMT, CST
- Eve Earley, DC, CST
- James Gilkeson, CMT, CST
- Norma Hayhurst, RN, CST
- Terri Miller, LMT, CST
- Margaret O'Brien, MCSS, LLB, CST
- Martha Smith, CMT, CST
- Mary Van Noy, COTA, CST
- Heath Wilson, RSCN, CST

Good Books That Inspire Health and Well-Being



To the Rescue: A Journaling Experience by Gail Hall

This is the first in a series of character-

building books that contain heartwarming stories appealing to both children and adults. By encouraging you to journal or draw within designated pages, it offers a fun, creative way to express personal feelings and strengthen communication skills. Highly recommended for the *CranioSacral Therapy for Pediatrics* workshop. (softcover) \$6.99



Anatomy Trains by Thomas W. Myers

Understanding the role of fascia in healthy movement and postural distortion is of vital importance to body-

workers and movement therapists. This book presents a unique "whole system" view of myofascial/locomotor anatomy. For the first time it describes in detail the body-wide connections among the muscles within the fascial net. (softcover) \$39.95



Keeping the Love You Find by Harville Hendrix, PhD

Your dreams of finding a loving, compatible partner spring from the healthiest and most fully human aspects of your nature.

Whatever your history, whatever your heart-break, as a single person you are in an ideal position to learn what you need to know — and what you can do to greatly improve your chances — for finding and keeping love. (softcover) \$14.00



Giving the Love That Heals

by Harville Hendrix, PhD,
and Helen Hunt, MA, MLA

This groundbreaking book offers a unique opportunity for personal transformation.

By resolving issues that originated in our own childhood, we can achieve a conscious, healthier relationship with our children, regardless of their age. (softcover) \$14.00

Pre-Publication Savings

Mechanical Link Textbook
by Paul Chauffour, DO, and Eric Prat, DO
Special Pre-Publication Savings
(Offer expires Sept. 6, 2002.)

Save 25% on the upcoming Mechanical Link textbook by French osteopaths Paul Chauffour and Eric Prat when you pre-order with a deposit of \$30 before Sept. 6, 2002. The balance and shipping costs for the book, which is currently being translated, will be due upon shipment. Please call 1-800-311-9204 for details. Ask for priority code N0602.

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continued from page 11

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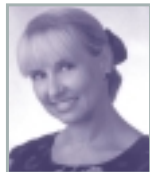
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