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January 2016

Upcoming Courses

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CranioSacral Therapy 1 (CS1)

Los Angeles, CA	Feb 4-7, 2016
Calgary, AB	Feb 11-14, 2016
Denver, CO	Feb 11-14, 2016
Albany, NY	Feb 18-21, 2016
Bozeman, MT	Feb 25-28, 2016
Baltimore, MD	Feb 25-28, 2016
Detroit, MI	Mar 3-6, 2016
Asheville, NC	Mar 17-20, 2016
Houston, TX	Mar 17-20, 2016
Portland, ME	Mar 17-20, 2016
Salt Lake City, UT	Mar 17-20, 2016
Palm Beach, FL	Apr 7-10, 2016
Boston, MA	Apr 28-1, 2016
Vancouver, BC	May 5-8, 2016
Portland, OR	May 5-8, 2016
Las Vegas, NV	May 12-15, 2016
New York, NY	May 12-15, 2016
Santa Barbara, CA	May 12-15, 2016
Ottawa, ON	May 12-15, 2016
Anchorage, AK	May 12-15, 2016
Columbus, OH	May 19-22, 2016
Seattle, WA	May 19-22, 2016
Toronto, ON	May 19-22, 2016
Big Sur, CA	May 29-3, 2016
Chicago, IL	Jun 2-5, 2016
Minneapolis, MN	Jun 2-5, 2016
Palm Springs, CA	Jun 2-5, 2016
Tampa Bay, FL	Jun 9-12, 2016
Kansas City, MO	Jun 9-12, 2016
Birmingham, AL	Jun 23-26, 2016
Phoenix, AZ	Jun 23-26, 2016
Nashville, TN	Jul 7-10, 2016
Raleigh, NC	Jul 7-10, 2016
Milwaukee, WI	Jul 14-17, 2016
San Diego, CA	Jul 14-17, 2016
Miami, FL (in Spanish)	Jul 21-24, 2016
Indianapolis, IN	Aug 4-7, 2016
Washington, DC	Aug 11-14, 2016
Austin, TX	Aug 18-21, 2016
Sarasota, FL	Aug 25-28, 2016
Pittsburgh, PA	Sep 8-11, 2016
Cincinnati, OH	Sep 8-11, 2016
Moncton, NB	Sep 8-11, 2016
New Orleans, LA	Sep 8-11, 2016
San Francisco, CA	Sep 15-18, 2016
Edmonton, AB	Sep 15-18, 2016

AN ANSWER TO YOUR PAIN: CST for Health and Healing

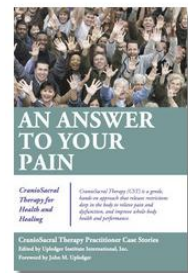
From Tissue to Soul to a Purpose: A Case Study on Healing PTSD

The following is an excerpt from *An Answer to Your Pain*
submitted by Karen Axelrod, BA, CST-D

Mary was a thirty-two-year-old, fully disabled veteran suffering from post-traumatic stress disorder (PTSD). It was brought on not by combat, as one may expect, but as a result of being drugged and raped by a fellow officer. It took her three months to remember and report the incident, after which she was embroiled in nine years of therapy through the Veterans Administration (VA).

Mary developed migraines, heartburn, and digestive problems. As years went by, she and the VA struggled to cope with her increasingly diminishing capacities. She was deemed "fully unemployable with an inability to be retrained." She felt insulted and abandoned.

[Click to continue reading...](#)



Fargo, ND	Sep 15-18, 2016
Hartford, CT	Sep 29-2, 2016
Portsmouth, NH	Oct 6-9, 2016
Ann Arbor, MI	Oct 6-9, 2016
Missoula, MT	Oct 13-16, 2016
Sacramento, CA	Oct 20-23, 2016
Charlotte, NC	Oct 20-23, 2016
Winnipeg, MB	Nov 3-6, 2016
Dallas/Ft Worth, TX	Nov 3-6, 2016
Palm Beach, FL	Nov 17-20, 2016
Orange County, CA	Dec 1-4, 2016
Orlando, FL	Dec 8-11, 2016
Atlanta, GA	

CranioSacral Therapy 2 (CS2)

Albany, NY	Feb 18-21, 2016
Detroit, MI	Mar 3-6, 2016
Calgary, AB	Mar 10-13, 2016
Toronto, ON	Mar 10-13, 2016
Houston, TX	Mar 17-20, 2016
Hartford, CT	Mar 31-3, 2016
Fargo, ND	Apr 7-10, 2016
Fairfield, NJ	Apr 14-17, 2016
Albuquerque, NM	May 12-15, 2016
Anchorage, AK	May 12-15, 2016
Indianapolis, IN	May 12-15, 2016
Las Vegas, NV	May 12-15, 2016
San Francisco, CA	May 19-22, 2016
Minneapolis, MN	Jun 2-5, 2016
Portland, OR	Jun 9-12, 2016
Tampa Bay, FL	Jun 9-12, 2016
Phoenix, AZ	Jun 23-26, 2016
Milwaukee, WI	Jul 14-17, 2016
NJ Shore, NJ	Jul 14-17, 2016
Boston, MA	Aug 4-7, 2016
Cincinnati, OH	Sep 8-11, 2016
Portland, ME	Sep 22-25, 2016
Big Sur, CA	Sep 25-30, 2016
Portsmouth, NH	Sep 29-2, 2016
Missoula, MT	Oct 6-9, 2016
Winnipeg, MB	Oct 20-23, 2016
Palm Beach, FL	Oct 27-30, 2016
Chicago, IL	Nov 3-6, 2016
Asheville, NC	Nov 17-20, 2016
Orange County, CA	Nov 17-20, 2016
Vancouver, BC	Nov 17-20, 2016

Applications of Upledger CST, Massage & Bodywork for Autism (CSMB-A)

Grafton, WI	Apr 1, 2016
Lancaster, PA	Apr 9, 2016

CranioSacral Dissection (CSD)

Lebanon, OR	Nov 11-13, 2016
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Sensory Integration for CranioSacral Therapists (SICS)

SER1 OMBUDSMAN'S VIEWPOINT

I want to clarify some misconceptions about some aspects in the SomatoEmotional Release 1 (SER1) class.



Meridians, Chakras and Vectors

These techniques are taught on Day 4 of SER1 per Dr. Upledger and are not intended to be ways of "treating," but rather of balancing those energetic structures after a SomatoEmotional Release (SER) or an Energy Cyst resolution. We selectively balance a specific chakra or meridian based on the content of the treated Energy Cyst (EC). If the EC had contained unresolved anger, we might check the liver meridian at the end of the session to look for, and open, blockages. Our paradigm is that the body is self-healing, so if the underlying anger has been resolved, blockages along the liver meridian will resolve on their own... but it might take hours or days. Our intention is to facilitate fuller integration at the end of the session to allow our client to leave the session feeling more balanced and grounded.

[Click to continue](#)

WWAFT vs NFL ALUMNI

The Dr. John E. Upledger and the Ricky Williams Foundations jointly sponsored the Wounded Warrior Amputee Football Team (WWAFT) vs. NFL Alumni of South Florida Veterans Day Tribute held on November 10, 2015. As Community partners, our work with PTSD and Concussions with the Veteran and the NFL alumni populations was showcased during this south Florida event. Proceeds from this event benefited the WWAFT and Disabled Veteran's Initiatives in South Florida.

This impactful experience can only be appreciated by viewing the video. Take a moment to witness the power and potential of healing.



Palm Beach, FL Aug 13-14, 2016
Albuquerque, NM Sep 17-18, 2016

Ecosomatics 1 (ESE1)

Indian River, ON Sep 29-2, 2016
Truth or Consequences, NM Oct 26-29, 2016
Los Angeles, CA Dec 8-11, 2016

Ecosomatics 2 (ESE2)

Columbus, NC Apr 19-22, 2016
Indian River, ON Jun 16-19, 2016
Truth or Consequences, NM Oct 21-24, 2016

Ecosomatics 3 (ESE3)

Columbus, NC Apr 14-17, 2016

CranioSacral Therapy Ecosomatics

Small Animals 1 (ESSA1)

Indian River, ON Jun 2-5, 2016
Indian River, ON Sep 22-25, 2016
Los Angeles, CA Dec 1-4, 2016

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INTERNATIONAL, INC.

CRANIOSACRAL THERAPY
John E. Upledger, DO, OMM



Upledger Institute International Representatives at the Veterans Day Tribute from (left to right) Jackie Halderman, UII Director of Marketing; Shelly Heisler, LMT; Lynn K. Mabry, DC, CST; JR Olson, UII Director of Community Relations; Carrie Fisher, BS, LMT, CST and Vickie McCabe



[Click to view video](#)

Video Produced by Michael Horvath - E-6 Enterprises

CRANIOSACRAL THERAPY FOR LONGEVITY - Reversal of the Aging Process (CSLRAP)

Craniosacral Therapy for Longevity-Reversal of the Aging Process (CSLRAP) is a new 4-day course developed and taught by Michael Morgan LMT, CST-D.

This exciting workshop was created based on Dr. Upledger's work with the immune system and Michael's research on the effects of CST on the treatment of Alzheimer's and Dementia in the 60-90+ population. Listen now to Michael as he explains the objectives of each day and how this seminar will help you better help your clients.



[Click to view video](#)

UPLEDGER STUDY GROUPS AND PRACTICE GROUPS

Click here for full class listing

THE BARRAL INSTITUTE

VISCERAL MANIPULATION

Jean-Pierre Barral, DO, MRO(F), PT

NEURAL MANIPULATION

Jean-Pierre Barral, DO, MRO(F), PT
Alain Croibier, DO, MRO(F)

NEW MANUAL ARTICULAR APPROACH

Jean-Pierre Barral, DO, MRO(F), PT
Alain Croibier, DO, MRO(F)



Click here for full class listing

THE D'AMBROGIO INSTITUTE

TOTAL BODY BALANCING

Kerry D'Ambrogio, DOM, AP, PT, DO-MTP

JOINT BALANCING

Kerry D'Ambrogio, DOM, AP, PT, DO-MTP

MUSCLE BALANCING

Kerry D'Ambrogio, DOM, AP, PT, DO-MTP

FASCIAL BALANCING

Kerry D'Ambrogio, DOM, AP, PT, DO-MTP



CHIKLY HEALTH INSTITUTE

Chikly Health Institute is now independent of IAHE. For class listings and registration, [click here](#).



Click here for full class listing

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STECCO FASCIAL MANIPULATION

Luigi Stecco, PT

Enjoy the Benefits...

Study Groups create wonderful opportunities to practice the skills you have already learned and further your understanding of your chosen modality by sharing experiences and asking questions of other like-minded practitioners.



Study Groups include hands-on practice, techniques review and time available to have your questions answered. Study Groups are led by Instructors, Teaching Assistants, or Certified Therapists.

Practice Groups are more informal, and allow for students to practice in order to prepare for further study.

To learn more about adult learning and why Study Groups are so important, please [click here](#).

To locate a study group in your area, [click here](#).

To become a Study Group Leader or Practice Group Organizer, email Kristen Bloom at kristen.bloom@iahe.com



PROMOTIONAL SPONSOR

Did you know that by joining our Referral Reward program, you can earn vouchers???

The Promotional Sponsor program is available to anyone who has registered in the program and refers a colleague to an entry level workshop.

It's really easy, just simply refer colleagues to our entry level classes: CS1, VM1, NM1, TBB1, MB, JB, FB and earn vouchers when the registering student mentions your name. Receive 10% tuition credit for each new person referred that completes an IAHE entry level class.

And as an added bonus: Receive 20% tuition credit when you refer over 10 people in a calendar year.

Students referred must successfully complete their classes.

To Register to Become a Promotional Sponsor, call 800-311-9204 or email ps@iahe.com

WE ♥ HEARING FROM YOU!

Antonio Stecco, MD

ACADEMY OF LYMPHATIC STUDIES

Joachim Zuther, PT, MT, CDTI

HEALING FROM THE CORE

Suzanne Scurlock-Durana, CMT, CST-D

THE FELDENKRAIS METHOD

Ann Harman, DO, LMT

NEUROMUSCULAR THERAPY

Judith (Walker) DeLany, LMT

SOUL LIGHTENING ACUPRESSURE

Aminah Raheem, PhD

QIGONG T'CHINGS

Cloé S. Couturier, LMT, CO, CST-D, MQM

ZERO BALANCING

Fritz Smith, MD

FASCIAL INTEGRATION

Bruce Schonfeld
Certified Advanced Rolfer, NCBTMB

BODY ALCHEMY

Rebecca M. Ridge,
Ph.D, TEP, LMT, CST-D

INTEGRATIVE INTENTIONS

Chas Perry, PhD, CST-D

MECHANICAL LINK

Paul Chauffour, DO, French Osteopath

REGISTER NOW



Upcoming Intensive Programs

- **Concussion IP**
June 13-17, 2016



Click here to read testimonials from former NFL players George Visger and Markus Koch

- **PTSD IP**
November 8-14, 2016

Click here for more details
or call 561-622-4706.



About CS1 with Michael Morgan in Chicago

Learned that these techniques are more universally applicable. The class was a wonderful healing experience.

- Chalice Coleman

About CS2 with Karen Axelrod in San Francisco

I love everything about the Upledger Institute. The instructors are extremely knowledgeable and the material I am learning is changing my patients lives.

- Dorothy Lizak



The Upledger Alumni Association (UAA) is managed by the International Association of Healthcare Practitioners (IAHP).

Participants in Upledger workshops are automatically eligible for membership. The basic membership is free.

The Medallion Membership offers enhanced professional benefits. **Newly added benefit - Online video reviews of class you attend.**

Videos now available:

CCPB 1	LDT1- 3	NVMT A	VNAC UMAC	VVML VVM
CS1-2	LT1-2	SCB1	1	U
CSIR	MAL	SER1-2	VAP	
CSP1- 2	E	SICS		
LDA1	MASP	TBS1	VM1-6	
	NM1- 4		VMAT	

For a complete

listing and description of the benefits associated with Medallion status, please visit **IAHP membership benefits.**

ASSOCIATION FOR PRENATAL & PERINATAL PSYCHOLOGY AND HEALTH (APPAH)

19th International Congress -

Clinical Mentorship Program

The mentorship program is designed to give you the support and the flexibility you need to help you improve your art and practice of CranioSacral Therapy.

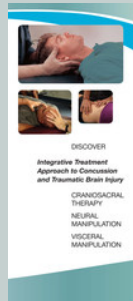


[Click here to learn more about the Upledger CranioSacral Therapy Mentorship Program.](#)

Featured Products

Discover Integrative Treatment Approach to Concussion and Traumatic Brain Injury

This helpful brochure, written in laymen's terms, explains the value of integrative manual therapies for traumatic brain injuries.



Excellent tool for Therapists to help market their practice.
100 /pkg - \$35.00 (USD)

Discover Integrative Treatment Approach to Concussion and Traumatic Brain Injury Wall Chart

Post-Concussion Syndrome and associated symptoms have been shown to clinically respond to CranioSacral Therapy (CST). This wall chart details the use of integrative manual therapies for traumatic brain injuries.
20" w x 26.5" h - \$35.00 (USD)



Conference Dec 3-6, '15, Berkeley, CA

Carol McLellan, CMT, CST-D's poster presentation, "CranioSacral Therapy for Pregnancy and Birth - Ongoing Outcome Studies."

[Click here to view Carol's poster presentation](#)



Peg Bledsoe (left), Carol McLellan, CMT, CST-D (center) and Melinda Naye, CMT, CST (right)

ZERO BALANCING (ZB)

Zero Balancing (ZB) has recently listed all of their courses with IAHE. In addition, IAHE is now handling all registrations.

Save with ZB Core-Pak

The Core-Pak Program offers students an opportunity to sign up for a series of courses at a substantial savings over regular tuition and it also includes payment for Zero Balancing Certification.



**Fritz Smith, MD
Developer of ZB**

[Click here for Core-Pak details!](#)



ANNOUNCEMENTS

New International Affiliates

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Upcoming Conventions

Combined Sections Meeting American Physical Therapy Association (CSM)

February 17 - 20, 2016
Anaheim, CA

AMTA - Florida Annual Meeting

February 20 - 21, 2016
Palm Beach Gardens, FL

- CST Introduction -
Carrie Fisher
- TBB Introduction -
Kerry D'Ambrogio
- VM Introduction -
Grace Dedinsky Rutherford
- NM Introduction -
Grace Dedinsky Rutherford

Vermont Occupational Therapy Association Conference

February 20 - 21, 2016
Rutland, VT

- CST Introduction -
Jill Mabry

Kansas Association of Therapeutic Massage and Bodywork Annual Meeting

April 1 - 3, 2016
Great Bend, KS

- Introduction to TBB -
Jack Ryan

AMTA - Connecticut Chapter Conference

April 22 - 24, 2016
Bristol, CT

- Introduction to CST -
Carrie Fisher
- Introduction to ZB -
Verilee Herpich

AMTA - New York Annual Convention

April 28 - May 1, 2016
Albany, NY

- 4 day CS1 class -

**India: Dr. Prem
Venkatesan, Manipal
University, Bangalore,
Karnataka.** Email:
velloreprem@yahoo.com

**Sri Lanka: Thomas
Rasmussen, University
of Colombo.** Email:
post@manuel-
medicin.dk

Congratulations

**Cloé Couturier,
LMT/CO, CST-D of
The Upledger Institute
Clinic,** has been awarded
her doctorate in medical
qigong from the International Institute of Medical Qigong.

New Teacher

Margarita Soberon Mainero, CST-D of Mexico is now a
CranioSacral Therapy 2 (CS2) teacher.

Erla Olafsdottir, PT of Iceland is now a SomatoEmotional
Release 1 (SER1) teacher.

CLICK HERE



CONGRATULATIONS

Upledger Institute International
CranioSacral Therapy
Certification Program

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Newly Certified Therapists

- CranioSacral Therapy Techniques
- CranioSacral Therapy Diplomate

Congratulations

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Integrative Intentions, LLC

Congratulations to Kat and Chas Perry
of **Integrative Intentions**, LLC. They
are the first to become an Upledger
Institute Affiliated Clinic. They have
been providing clinical services,
educational seminars, certification
services and Comprehensive Therapy Programs for the
Upledger Institute international since 2000. We look forward to
continuing our work together, and appreciate the quality and
dedication of the Integrative Intentions' team.



STECCO FASCIAL MANIPULATION

We are please to announce a new IAHE
affiliate, Stecco Fascial Manipulation

The Fascial Manipulation Method was developed

Claudia Silva

[New Brunswick Massotherapy Association Spring Conference](#)
April 30, 2016
Pointe Verde, NB

- 2 hour Intro to CST

[FSMTA - Florida State Massage Therapy Annual Convention](#)

June 23 - 26, 2016
Orlando, FL

- June 23rd, 2016
Part 1 - 7:30 - 11:30am
Introduction to CST -
Carrie Fisher
- June 23, 2016
Part 1 - 7:30 - 11:30am
Introduction to TBB -
Kerry D'Ambrogio
- June 23, 2016
Part 1 - 7:45 - 11:45am
Introduction to VM
- June 23, 2016
Part 2 - 1:00 - 5:00pm
Introduction to CST -
Carrie Fisher
- June 23, 2016
Part 2 - 1:15 - 5:15pm
Introduction to VM
- June 24, 2016
Part 2 - 8:15 - 12:15pm
Intro to TBB -
Kerry D'Ambrogio
- June 24, 2016
Part 1 - 1:30 - 5:30pm
Intro to HFC -
Suzanne Scurlock Durana
- June 25, 2016
Part 2 - 8:00 - 12:00pm
Intro to HFC -
Suzanne Scurlock Durana

[American Massage Therapy Association - AMTA National Convention](#)

October 26 - 29, 2016
Milwaukee, WI

Seminar Travelmate
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by Luigi Stecco, who is active in clinical aspects. The teaching and ongoing research is carried on by his children, Carla and Antonio, both of whom are Medical Doctors and published authors in Italy. They are conducting seminars in 44 countries, have 15 indexed PubMed articles, have books published in 11 languages and more.



We invite you to review the research, text books, and course offering online.

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NOW AVAILABLE

CST Logo for Certified Practitioners

We have received numerous requests from CST Certified Practitioners regardin

g a logo that could be used on their websites or printed materials to signify having achieved certification. If you are certified and have not received the logo, please contact us at **info@upledger.com**



RELATED RESEARCH

Click on a title below to read the complete article.

The Effect of General Osteopathic Treatment on Pain in Veterans Diagnosed with Post Traumatic Stress Disorder by Andrea Mounce-Halasz

The three most frequently treated lesions were found to be cranial in nature (temporal, SBS, occiput). The sacrum was the fifth most treated lesion. These structures affect the core link immensely. Many common areas of pain that subjects reported were affected by a dysfunctional core link such as




Connect with other workshop attendees to plan rideshares and arrange roommates.

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headaches, neck and low back pain. The most often treated human energy field tissue lesion was the kidney. When someone's kidneys are not expressing health or are their "weak link", fear is more firmly rooted and may cause more problems (Barral, 2007). Could weak kidney health be one of the potential risk factors for PTSD?

[Click here to continue](#)

Other Articles of Interest

- [PTSD Could be Treated with CST According to a Research Study](#)
- [Researchers Find Textbook-Altering Link Between Brain, Immune System by Josh Barney](#)
- [Palpating and Treating the Immune System Using CST by Tim Hutton, PhD, LMP, CST-D](#)



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