

# Working Wonders



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January, 2014

## Upcoming Courses

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### CranioSacral Therapy 1 (CS1)

Denver, CO	Feb 06	- 09, 2014
Boise, ID	Feb 06	- 09, 2014
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Baltimore, MD	Feb 27	- 02, 2014
Detroit, MI	Mar 06	- 09, 2014
Salt Lake City, UT	Mar 13	- 16, 2014
Asheville, NC	Mar 13	- 16, 2014
Houston, TX	Mar 13	- 16, 2014
Calgary, AB	Mar 20	- 23, 2014
Knoxville, TN	Mar 20	- 23, 2014
Palm Beach, FL	Apr 10	- 13, 2014
Portland, OR	Apr 10	- 13, 2014
Boston, MA	Apr 10	- 13, 2014
New York, NY	May 01	- 04, 2014
Anchorage, AK	May 01	- 04, 2014
Vancouver, BC	May 22	- 25, 2014
Toronto, ON	May 22	- 25, 2014
Big Sur, CA	May 25	- 30, 2014
Seattle, WA	May 29	- 01, 2014
Kansas City, MO	Jun 05	- 08, 2014
Chicago, IL	Jun 05	- 08, 2014
Tampa Bay, FL	Jun 05	- 08, 2014
Jackson, MS	Jun 05	- 08, 2014
Sacramento, CA	Jun 12	- 15, 2014
Phoenix, AZ	Jun 12	- 15, 2014
Columbus, OH	Jun 19	- 22, 2014
Minneapolis, MN	Jun 19	- 22, 2014
Lexington, KY	Jun 19	- 22, 2014
Raleigh, NC	Jul 10	- 13, 2014
New Jersey Shore, NJ	Jul 10	- 13, 2014
Atlanta, GA	Jul 10	- 13, 2014
Milwaukee, WI	Jul 17	- 20, 2014
Indianapolis, IN	Aug 07	- 10, 2014
Washington, DC	Aug 14	- 17, 2014
Birmingham, AL	Aug 14	- 17, 2014
Austin, TX	Aug 14	- 17, 2014
Hartford, CT	Sep 04	- 07, 2014
The Big Island, HI	Sep 04	- 07, 2014
Portland, ME	Sep 04	- 07, 2014
Cleveland, OH	Sep 04	- 07, 2014
Albuquerque, NM	Sep 11	- 14, 2014
San Francisco, CA	Sep 11	- 14, 2014
New Orleans, LA	Sep 18	- 21, 2014
Ottawa, ON	Sep 18	- 21, 2014
Edmonton, AB	Sep 18	- 21, 2014
Ann Arbor, MI	Sep 18	- 21, 2014
Portsmouth, NH	Sep 25	- 28, 2014
San Luis Obispo, CA	Oct 02	- 05, 2014
Winnipeg, MB	Oct 23	- 26, 2014
Palm Beach, FL	Nov 06	- 09, 2014
Dayton, OH	Nov 06	- 09, 2014
Missoula, MT	Nov 13	- 16, 2014
Dallas/Ft Worth, TX	Nov 13	- 16, 2014
Orange County, CA	Nov 20	- 23, 2014
Orlando, FL	Dec 04	- 07, 2014
St. Louis, MO	Jan 15	- 18, 2015
Los Angeles, CA	Feb 12	- 15, 2015
Palm Beach, FL	Apr 09	- 12, 2015
Las Vegas, NV	May 14	- 17, 2015
Big Sur, CA	May 24	- 29, 2015
Lansing, MI	Sep 17	- 20, 2015
San Luis Obispo, CA	Oct 01	- 04, 2015
Palm Beach, FL	Nov 05	- 08, 2015

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## WORKING WONDERS:

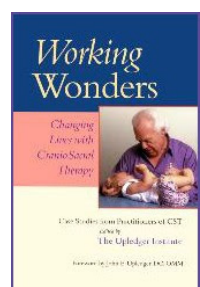
*Changing Lives with CranioSacral Therapy*

### The Case of the Disappearing Scoliosis

*The following Working Wonders excerpt was submitted by Margery Chessare, LMT, Greenfield Center, NY, CranioSacral Therapy Practitioner since 1995*

Katy's appointment for CranioSacral Therapy was a desperate last stop before undergoing surgery for severe juvenile-onset scoliosis.

At age fourteen, her life had changed dramatically. Once a very active and athletic young lady, she'd given up both gymnastics and soccer over the past year. Her painful back muscles would no longer allow for agile movement. More recently, severe headaches were affecting her schoolwork. Once a top student, she could no longer visually focus or concentrate for any length of time because her head always hurt.



Katy's pediatric orthopedist had given up on the noninvasive options. He'd had her in a back brace and physical therapy, but nothing seemed to slow down her increasing scoliotic curve. He told Katy and her parents that surgery was the only answer.

**Click to continue reading...**

## CST VALIDATED IN NATUROPATHIC MEDICINE WEEK KEYNOTE ADDRESS

Aetna CEO Endorses Naturopathy

*by James Maskell - Revive Primary Care*

Yesterday, I had an opportunity to attend the New York Association of Naturopathic Physicians' annual conference. It was great timing as today, October 7th is the first day of the first ever federally-endorsed 'Naturopathic Medicine Week'. The keynote speaker was Aetna CEO Mark Bertolini, who, if you didn't know his story, you might think would be an unlikely spokesperson for holistic medicine. By his own admission, back in 2004 he would have told you that anything outside of Western medicine, drugs and surgery, was 'voodoo medicine'.



**Click to watch CNBC interview  
with Aetna CEO Mark Bertolini**

## READER'S FAVORITE INTERNATIONAL BOOK AWARD

Presented to Tami Goldstein, WLMT, CST

Tami Goldstein, WLMT, CST, author of *Coming Through the Fog*, won a Reader's Favorite International Book Award in the Non-fiction Biography Category. She was recently presented in Miami with her award by Debra Gaynor the CEO of



Tami Goldstein, WLMT, CST (left) and Debra Gaynor, CEO of Reader's Favorite (right)



*IAHE is a coalition of healthcare instructors and curriculum developers united to advance innovative therapies through high-quality continuing-education programs.*

**To see partner curriculums and future workshop schedules, please click on a curriculum title below.**



**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)



**LYMPH DRAINAGE THERAPY**  
Bruno Chikly, MD, DO

**BRAIN THERAPY**  
Bruno Chikly, MD, DO

**HEART CENTERED THERAPY**  
Alaya Chikly, LMT



**MUSCLE ENERGY TECHNIQUE**  
Kerry D'Ambrogio, DOM, AP, PT, DO-MTP

**TOTAL BODY BALANCING**  
Kerry D'Ambrogio, DOM, AP, PT, DO-MTP

**POSITIONAL RELEASE THERAPY**  
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**ACADEMY OF LYMPHATIC STUDIES**  
Joachim Zuther, MLD/CDT Certified Instructor

**HEALING FROM THE CORE**  
Suzanne Scurlock-Durana, CMT, CST-D

**THE FELDENKRAIS METHOD**  
Ann Harmon, DO

**NEUROMUSCULAR THERAPY**  
Judith (Walker) DeLany, LMT

**SOUL LIGHTENING ACUPRESSURE**  
Aminah Raheem, PhD

**QIGONG T'CHINGS**  
Cloe S. Couturier, LMT/CO, CST-D

**ZERO BALANCING**  
Fritz Smith, MD

**FASCIAL INTEGRATION**  
Bruce Schonfeld, Advanced Rolfer

**BODY ALCHEMY**  
Rebecca M. Ridge Ph.D, TEP

**INTEGRATIVE INTENTIONS**  
Chas Perry, PhD, CST-D

**MECHANICAL LINK**  
Paul Chauffour, DO, French Osteopath

**ETHICS**

### Featured Product

#### HEALING THROUGH CHRONIC PAIN:

*A Physical Therapist's Personal Journey of Mind/Body/Spirit Transformation*

by Mary Ruth Velicki, MS, DPT

Reader's Favorite.

Tami's daughter, Heather, was diagnosed a month shy of her 13th birthday with High-Functioning Autism, Asperger's Syndrome. She watched her daughter spiral out of control medically and educationally until she found an occupational therapist (OT) who explained how Heather's Sensory Processing Disorder impacted the Autism.

Together mother and daughter learned from this OT how a Sensory Diet, CranioSacral Therapy, and Bio-Medical Therapies can lead to functioning recovery. Tami navigated the public school environment and the medical community to get the right support for Heather, who succeeded in spite of the educational discrimination.

**[Read more...](#)**

## TAD WANVEER'S NEWEST CLASS

### CST Touching the Brain 1: Stimulating Self-Correction Through Glial Interface

*"A breakthrough class for the CST curriculum! Tad has transformed the complexities of this work into the simplest techniques that produce profound changes! Jaw dropping animations!"*

- Cheryl Ann Lombardi

*"I LOVED this class! Tad's class is presented with thoroughness, intelligence, and as importantly, heart. This body of work is the next frontier!"*

- Shyamala Strack, OTR/L, CST-D

*"Tad has an ability to take complex structures and topics and bring them to an easy to understand way of working. Treatment becomes simple, beautiful and creative. Can't wait for more from Tad!"*

- Susan Cotta, MSPT, CST

*"This material is not only accessible, but fun!"*

- Maria Scotchell, BA, LMT



CTTB1 - September, 2013 - Raleigh, NC

**[Click to enlarge photo.](#)**

## NEW IAHE MEMBER

We Proudly Welcome the Academy of Lymphatic Studies (ACOLS)

The International Alliance of Healthcare Educators and the Chikly Health Institute are very pleased to announce a



new affiliation with the Academy of Lymphatic Studies (ACOLS.) There are many exciting changes happening in the Bandaging and Lymphedema Certification world. We are very fortunate to be able to work with leaders in this field to provide this aspect of Lymph training to our alumni.

ACOLS was the first school in the United States to offer comprehensive Lymphedema Therapy certification courses for healthcare providers. It was founded by Joe Zuther, MLD/CDT author of Lymphedema Management, published by Thieme Medical and Scientific Publishers. Joe is also one of founders of the Lymphology Association of North America (LANA) as well as one of the leaders of the recently formed North American Lymphedema Education Association (NALEA.) We feel this alliance gives our students the best training opportunities, recognition, acceptance and networking in this specialized field.

### Introductory Offer to IAHE Alumni

**\*Receive a 10% discount on**

**Bandaging Classes until March 31, 2014.**

(Additional discounts for CHI LDT2, LDT3 and LDA1)

*\*Please note this offer cannot be combined with other discounts*



## CONGRATULATIONS!

Newly Certified Instructors

### Caroline Barrow, CST

Axbridge, Somerset, England for CS1

### Nikki Campbell, MCSS, CST-D

Marlow, Buckinghamshire, England for SICS, CACP and CAAP

### Herbert Carty, MT, CST-D

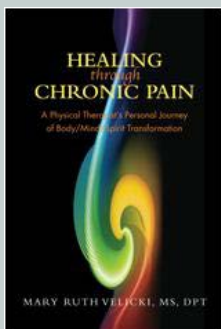
Lima, Peru for CS2

### Margaret Gill, MCSS, CST

Brighton, East Sussex, England for SER1

### Nuno Jose Nunes de Costa, DO

Quinta do Anjo, Portugal



**What you can expect from this book...**

In the summer of 2007, I was working as a physical therapist and teaching at a university when chronic pelvic pain reared up and pushed me out of my regular life. For the next five years, I worked really hard to get better, and now most of my days are completely pain-free without medications.

Before my pain began, I never thought much about the connection between the body, mind, and spirit. But then my life became one huge living example of it! Over the years, I gradually healed on all levels, layer by layer, and the process ended up transforming both me and my life. When I've told the stories in this book to friends, neighbors, and even strangers, I've found that many people can relate to my journey, even those who haven't experienced chronic physical pain, which led me to realize that the healing process I went through was somewhat universal.

If you are suffering from emotional or physical pain, my story includes concrete suggestions, hope, and inspiration to help you move down your own healing road. In my memoir, *Healing Through Chronic Pain*, I share the mental and physical strategies I used to get through the pain as well as the wisdom of my full team of caregivers, who helped me through the darkest times. This information will be especially useful if you have a condition that has many factors and is complicated, like chronic pelvic pain or fibromyalgia.

At this point in my life, I am actually grateful for this painful journey, and I am excited to share my story with you.

**Paperback - 182 pgs.  
Full Price: \$16.00**

[Click to Order](#)

**Upcoming Conventions**



**Combined Sections Meeting  
American Physical Therapy  
Association**  
Las Vegas, NV  
February 3 -6, 2014



**AMTA New England  
Regional Conference (NERC)**  
Framingham, MA  
March 20 - 23, 2014  
Keynote Speaker Suzanne  
Scurlock-Durana, CMT, CST-D  
and Conference Presenter Mariann  
Sisco, PT, CST-D

**AMTA New York Convention**  
Tarrytown, NY  
April 25 - 27, 2014  
Conference Speakers Kerry  
D'Ambrogio, DOM, AP, PT, DO, MTP  
and Tad Wanveer LMT, CST-D

**Florida State Massage  
Therapy Association  
(FSMTA)**  
Orlando, FL  
June 26 - 29, 2014

**AMTA National Convention**  
Denver, CO  
September 17 - 20, 2014



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**Miranda Warburton, PhD, CST**  
Los Gatos, CA for BAEC, BAES and BAER

Satellite News  
**Upledger Institute International**  
*Australia* - New Satellite Owners  
Shane & Jennifer Hill

*Romania* - New Satellite  
Mihaela Gugu

**The Barral Institute**  
*Australia* - New Satellite  
Shane & Jennifer Hill



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

Participants in Upledger workshops are automatically eligible for membership. Basic membership is free; a Medallion Membership that offers enhanced professional benefits is also available.

For a complete listing and description of the benefits associated with Medallion status, please visit [www.iahp.com/pages/benefits/](http://www.iahp.com/pages/benefits/)



**SAVE THE DATE**

**Beyond the Dura 2015:  
30th Anniversary - Pearls of Wisdom**

April 22 - 26, 2015 | Palm Beach, Florida  
Mark your calendars so you can be sure to join us!

**CST AROUND THE GLOBE  
Over 500 Classes Every Year**

Hopi tribal members were determined to study CranioSacral Therapy and thanks to the combined efforts of Ali Gabriel, MA, MPH, CST-D and Arizona State officials, the class became a reality.

For several years, Hopi tribal members had expressed a desire to learn CST. Since many Hopi tribal members live below the poverty level, Ali applied for a grant from the Arizona Health Education Center for scholarship funds to help defray the costs. Destiny occurred when a hospital executive that trains Osteopathic medical students wrote a letter of support for the grant. The feat was so noteworthy that class attendees included the CEO of the hospital, the chairman of the Hopi Foundation, the Hopi Cultural Center museum director and other Hopi prominent leaders.



Hopi Nation tribal members, students, Teaching Assistants and students who traveled from a school in Japan attend the CST class September, 2013 on the Hopi Reservation.

[Click to enlarge photo.](#)



[Click to share your class photos!](#)  
Please include the class title, location and date.

**WE LOVE HEARING  
FROM YOU!**



About CS1 with Michael Morgan in Toronto

*Excellent course! Opened my eyes to new concepts.  
Very well organized. Covered a lot but  
didn't feel rushed. Time was taken to help us*

## Facebook



Connect with other workshop attendees to plan arrangements for rideshares and roommates.

### Related Research

Click on a title below to read the complete article.

[Research in Support of the Cranial Concept](#)

[Using Suboccipital Release to Control Singultus](#)

[Research: The Inherent Rhythmic Motion of the Cranial Bones](#)

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*understand concept/technique.*  
- Jillian Becker, Physiotherapist

*Very easy to learn with hands on practice, therefore it was amazing!*  
- Ashley Wilson, OT

*This course is very well put together and taught.*  
- Janel Ditner, Mechanical Engineer

## NOW AVAILABLE CST logo for Certified Practitioners

We have received numerous requests from CST Certified Practitioners regarding a logo that could be used on their websites or printed materials to signify having achieved Certification. If you are certified and have not yet received the logo, please contact us at [info@upledger.com](mailto:info@upledger.com).



## SEARCHABLE ARTICLE DATABASE

For articles and research information pertaining to the modalities that we offer, an article database is now available that can be searched using various criteria.

We strive to make our searchable database as comprehensive as possible. If you know of an article that is not included on this list, please e-mail us with the article information.



***The article database is available on our website or click here.***

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With so much focus on each patient, it may be difficult to keep track of the business side of your manual therapy practice. In fact, quite a few manual therapists enter this field with little knowledge about business, and little desire to concentrate on basic business concepts.

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