



THE *TRAGER*® PROGRAM

DISCOVER YOUR PATH. DISCOVER *TRAGER*®. DISCOVER YOURSELF.



"The purpose of my work is to break up the sensory and mental patterns which inhibit free movement and cause pain and disruption of normal function."

MILTON TRAGER

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Images courtesy of Maya Vajra.

VOLUME 2 — JANUARY 2017



Discover Your Path. Discover Trager®. Discover Yourself.

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Questions?
Call 206.552.6523!

ABOUT THE *TRAGER*® APPROACH

The *Trager*® Approach is a somatic education practice that helps people experience themselves as healthy and whole. Developed by Dr. Milton Trager, it blends touch, movement, and curiosity to teach clients to feel changes in their tissues and return to this feeling state to effect long-lasting changes.

Through repeated activities, customary postures and positions, physical injury, or emotional trauma, we all develop patterns of physical being; patterns that are also held in our minds. Exploring questions such as, "What could be easier? What could be softer? Lighter? Freer?" can help us experience comfort and relaxation and re-educate the neuromuscular system to develop a new pattern of being.

Dr. Trager taught that one can only give to one's clients to the degree of one's own development. In other words, you can only give what you have. The *Trager* Approach relies on the communication of a feeling awareness. The ability to transfer this feeling, from the practitioner's hands to the tissues of the client, is the basis of the work. In truth, the skill of any practitioner is dependent upon the development of this feeling within himself or herself. Therefore, to be a *Trager* practitioner is to enjoy and participate in your own evolving well-being as well as that of your clients. You will find that as you release more and more of your own restrictions, you will enhance the quality of feeling in your hands.



THE BENEFIT OF *TRAGER*® FOR CLIENTS

Trager practitioners learn to read clients' habitual movement patterns and teach their clients how to shift to more comfortable and efficient ways to move. This supports the clients in developing better function in their day-to-day lives. The *Trager* Approach is remarkably effective and has been reported to ease a wide range of conditions.

For example, a person with sciatica or Parkinson's cannot, on their own, return to a normal level of body awareness that allows symptoms to lessen. *Trager* can remind them what the forgotten quality called "normal" feels like. This is done gently with touch and movement and without pain or discomfort. Once the client learns how to recall that feeling experience, it is possible (given practice) to return to it at will. In this way *Trager* practitioners help clients release deeply held patterns of tension which can allow discomfort and pain to melt away.

THE BENEFIT OF *TRAGER*® FOR YOU

Many professional touch therapists have learned the *Trager* Approach over the last thirty years. While each experience with *Trager* is unique, these practitioners all describe a common thread:

Their own work does not necessarily look so different, but it has been transformed.

They find themselves responding more deeply to what they are feeling in the client rather than following a protocol; working more from a place of curiosity; engaging the client as a partner in the healing process; taking much better care of themselves as a practitioner and finding a new level of joy in their work.





THE TRAGER® PROGRAM AT DISCOVERYPOINT


The *Trager* Program at Discoverypoint is an exciting new way to prepare for certification as a *Trager* practitioner. This unique 246 hour experiential learning Program meets weekly in order to offer participants consistent instructional feedback and support as they learn to facilitate the *Trager* Approach.

Through a combination of classroom instruction, supervised practice, tutorials and fieldwork, students experience, practice, and develop the knowledge, skills & attitudes central to being a *Trager* practitioner. Students also learn tools that they can integrate into their current massage or bodywork practices; ones which they can use right away.

In addition to tablework and *Mentastics*®, the *Trager* Program explores effective and appropriate professional conduct, interaction and communication practices, including client interview and education skills, feedback practices, and session documentation.

"Self-development is a never-ending process."

MILTON TRAGER



Students who successfully complete the Trager® Program at Discoverypoint are prepared to:

1. Enter a relaxed, yet highly-focused state of connectedness and facilitate client sessions from this state.
2. Demonstrate the confident and competent application of tablework and *Mentastics*® to effectively facilitate, support and empower clients to release somatic holding patterns.
3. Educate the public about the *Trager* Approach.
4. Commit to continued personal and professional growth and development.
5. Schedule final recommending tutorials and officially apply for *Trager* certification.

GENERAL PROGRAM CALENDAR

THE TRAGER® PROGRAM SCHEDULE

Beginning of October through Mid-May

- **Mondays:** 10 am to 5 pm
- **Saturdays and/or Sunday:** 10 am to 5 pm / once a month

Holidays include Thanksgiving Day weekend, a Winter Holiday Break, Martin Luther King Day and President's Day

For specifics, visit **www.discoverypointsschoolofmassage.com** or call **206.552.6523**.

STANDARDS OF PROGRESS + EVALUATION

Progress is assessed consistently throughout the Program in the following areas:

ATTENDANCE

Because this is an experiential learning Program, students must be current in their attendance. Written warning will be provided if and when they reach the maximum hours of absence (25 hours). This warning will include a reminder of the attendance policy including rules for make-up and dismissal from the Program.

ACADEMIC PROGRESS

Students must consistently demonstrate progress through the Program meeting all competencies by completing fieldwork, assignments, classroom exercises, and formal evaluations.

BEHAVIOR

Students must maintain courteous and professional behavior at all times. Inappropriate behavior will be addressed quickly and directly by instructors and/or administrators. Warnings can be verbal or written depending on the situation, and actions may include meeting with the Academic Committee, probation, or dismissal from the Program.

FINANCES

Students must be up to date on tuition, fees, and material payments. Defaulting on payments will result in dismissal.

PROBATION

Faculty and staff are committed to the success of every student. Instructors may make informal agreements with a student such as individual check-ins, extra table-side feedback, *Mentastics* practice, or adjustments in their teaching methods to support an individual student's progress. If the teacher identifies that a student has a significant challenge to progress, they may set up a meeting with the student and an Academic Committee (instructor, Education Director, and 3rd designee). The purpose of this meeting is to work together with the student to clearly identify the challenge, explore strategic options, and lay out a plan of action.

WITHDRAWAL

Students may withdraw from the Program at any time. To withdraw, students must provide Discoverypoint with a written notice that includes the date, their address, phone, and email, as well as a brief explanation for their withdrawal. Students will be provided a pro-rata refund based on the receipt of their formal written notification of withdrawal. There will be no refund provided by Discoverypoint for purchased items including books, tables, or other supplies and equipment. These are the sole responsibility of the student.



DISMISSAL

Students may be dismissed from the *Trager* Program for any behavior deemed unprofessional, inappropriate, or unethical by the Academic Committee. These behaviors or actions include but are not limited to:

- Use of alcohol or drugs
- Non-payment of tuition or fees
- Unprofessional conduct
- Harassment or inappropriate behavior
- Cheating
- Inability to meet minimum competencies
- Behavior that is not in alignment with the mission, educational philosophy, or core values of Discoverypoint

APPEALS POLICY

Students have the right to appeal student policy applications they believe are unfair. Appeals must be made in writing within one week of the initial occurrence under appeal, and be addressed to the Academic Committee. The committee will consider each appeal on a case-by-case basis and evaluate all aspects of the situation, including the student's performance prior to the appeal, instructor's observations, any special circumstances, etc. Decisions will be communicated in writing and are final.

PROGRAM STAFF + FACULTY

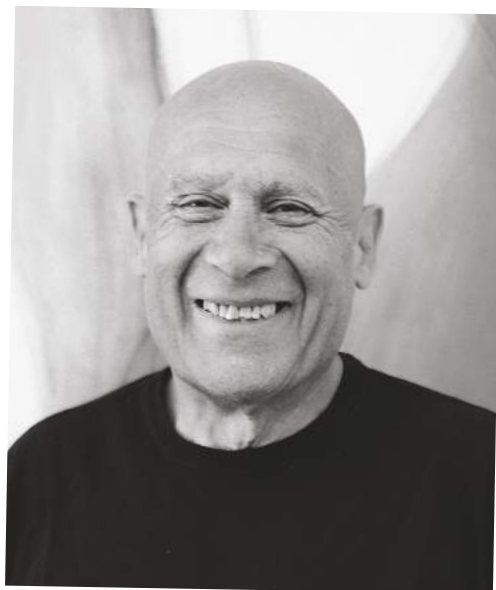


Gwen Crowell, BA, CTP, LMP

Gwen Crowell received her degree in 1974 from the University of California at Santa Cruz. She was introduced to the work of Dr. Milton Trager when she went to massage school in Berkeley. She worked with Dr. Trager from 1978 until his passing in 1997. Attracted by the joyful movement and ease of the work, Gwen was delighted to share *Trager*® first with clients and then with students beginning in 1985 when Dr. Trager selected her as one of his instructors.

Gwen was a pioneer in bringing *Trager* to Washington and has maintained a private practice since 1979. She enjoys listening and attending to people. Through *Trager*, Gwen assists others in sustaining a positive and productive internal awareness, leading to kinder, gentle relationships with themselves and others. As a teacher, she effectively guides students, helping them to anchor moments of understanding and to recognize and celebrate their competencies. She is the designer of this *Trager* Program and a core faculty member at Discoverypoint. Gwen has also been a guest lecturer at Bastyr University and teaches *Trager* certification classes throughout North America, Europe, and Japan. She enjoys participating in the creative process of *Trager* and witnessing clients and students transform through the power of touch.

George Gottlieb is a Certified *Trager*® Practitioner, Instructor, and Licensed Massage Practitioner who resides in Seattle, WA. In private practice since 1986, he added teaching in 2000. The pleasure of studying with Dr. Trager for over 10 years informs both his teaching and practice.



George Gottlieb, CTP, LMP

While recovering from a serious accident, George's interest in bodywork was sparked

by receiving *Trager* sessions. Committed to maintaining health and heightening awareness, he has studied and practiced in related fields including exercise, weight training, diet, natural health, Tai Chi, meditation, communication skills and conflict resolution. His strengths as a practitioner and instructor are a delight in the work; the ability to connect, work, and teach from a meditative place; profound respect for others; a juncture of kinesthetic understanding and intellectual curiosity; and a love for learning and sharing. Prior to his passion for bodywork George worked as a manual laborer in many fields including wilderness fire fighter, merchant seaman, commercial fisherman, timber faller and carpenter. He enjoys backpacking, sea kayaking, reading, and playing with his grandchildren.

"The body never lies."

MARTHA GRAHAM



Kathryn Hansman-Spice, MS, CTP, LMT

Kathryn is an experienced educator who enjoys creating supportive learning environments for children, families and adults. She has been a teacher, school director and trainer in the fields of early childhood education and massage therapy. Spearheading community outreach programs, she has brought

compassionate touch to special populations: developmentally delayed children and their families, hospice patients and caregivers, abuse survivors, the frail elderly, and people with Parkinson's, MS and Alzheimer's.

She specializes in The *Trager*® Approach as a practitioner and as an instructor. *Trager* has captured her heart because of its philosophy of deep respect, acknowledgement, mindfulness and gentleness. She augments her understanding of *Trager's* capacity to facilitate release and new ways of thinking, feeling, and moving with recent scientific developments regarding brain neuroplasticity, the power of presence, fascination, and collaborative relationships.

"Movement is basic to awareness."

MILTON TRAGER

Lisa Nelson has worked professionally as an athletic trainer, massage therapist, and instructor. Over the past 25 years, she has served a wide variety of education communities as a teacher, curriculum consultant, administrator, faculty mentor and learning strategist. As Director of Education at



Lisa Nelson, BA, AT/R, LMP

Discoverypoint School of Massage, Lisa serves as Program Administrator for the *Trager* Program. She is excited to work together with Gwen, George, and Kathryn to provide the *Trager* students at Discoverypoint with this unique educational opportunity.

Lisa enjoys the challenge of working with a diverse student and faculty population and thrives in a collaborative environment that utilizes and challenges her communication and problem-solving skills. Lisa is regarded as being a good listener, creative strategist, passionate team member, as well as a patient and flexible educator. She has been privileged to speak at numerous teaching conferences throughout the US, published articles for vocational educators, and contributed to several textbooks in sports medicine, sports massage, and muscle anatomy. She and Pat Archer have just completed a new book, *Applied Anatomy and Physiology for Manual Therapists*, which is now available from Lippincott, Williams & Wilkins.

ABOUT DISCOVERYPOINT SCHOOL OF MASSAGE

Our mission is to create a vibrant professional education community where individuals pursue excellence in the practice of therapeutic massage and other somatic practices.

We believe that learners must be provided a *broad spectrum of opportunities* through which they can develop and refine the knowledge, skills, and behaviors necessary for personal and professional success. When course work based on current industry standards is offered in a *warm and inviting atmosphere* and facilitated by a *seasoned and passionate faculty*, it provides the optimal framework for positive interactions that will foster learning of the highest quality.

Discoverypoint was founded by Pat Archer, Julie Ann Darrah, and Lisa Nelson in 2010. Located at 420 E. Pike, Discoverypoint is situated in the vibrant and eclectic Capitol Hill neighborhood on the edge of downtown Seattle. As a center for music, art, and alternative culture, this neighborhood's energy comes from both its dense and diverse population. The streets are dotted with public art, coffeehouses, restaurants, and boutiques, as well as a number of small performing arts theaters.

Capitol Hill also boasts the Harvard Exit that hosts the Seattle International Film Festival and the Egyptian that holds the Seattle Gay and Lesbian Film Festival. Located just a few blocks east of Discoverypoint, Seattle Central Community College also hosts a variety of films, as well as lectures and live performances year round. The broad population spectrum along with the culture of openness and acceptance make Capitol Hill the optimal environment for Discoverypoint School of Massage.

CORE VALUES

COMMUNITY

We are a diverse group of individuals who are committed to upholding our community agreements as we support and challenge one another to live, grow, and excel.

BALANCE

We choose to live in the creative yet calm tension created by the paradoxes of life, embracing neither the extremes nor the mediocre middle.



CANDOR

We are committed to fostering an atmosphere of trust by being both honest and kind in our interactions with one another and the greater community.

PERSONAL RESPONSIBILITY

We make individual choices within the framework of our community agreements and accept responsibility for our decisions.



GROWTH

We are willing to learn from our mistakes and integrate new skills and concepts so that we will develop as individuals and members of our personal and professional communities.

EXCELLENCE

We strive to offer the best to each other through persistent study, interaction, experience, and exploration.

STUDENT CONDUCT GUIDELINES

Discoverypoint School of Massage expects students to be professional and ethical in their conduct at all times. Students may be placed on probation, suspended, or dismissed for conduct which brings into question their honesty, maturity, or moral character. This includes conduct deemed unprofessional, inappropriate, or unethical by the Director of Education and/or the Executive Director, as well as:

HARASSMENT

Harassment, verbal or physical threats, abuse, aggressive behavior, or violence against any member of the community. Any sexual advances, innuendos, or sexual activity on school premises or in any *Trager* setting regardless of location, is also considered harassment.

SCHOOL AND CLASSROOM MISCONDUCT

Misconduct includes:

- Any violation of draping standards or violation of appropriate touch as taught in class
- Any violation of safety regulations
- Failure to maintain hygiene and infectious condition standards
- Negative/undermining behavior or comments that erode the fabric of the community
- Cheating on exams or assignments
- Breach of fellow student or client privacy or confidentiality
- Taking and/or using any personal property or school property without written permission from the Executive Director of the school
- Failure to meet dress codes while in school or clinic



PROFESSIONAL MISCONDUCT

Any behavior inconsistent with practice of the *Trager Approach*, as well as the Code of Ethics set forth by the AMTA, RCW, or professional conduct standards of Washington state law. This includes misrepresenting or making false claims regarding the curative power of *Trager*.

PERSONAL MISCONDUCT

Any of the following:

- The use, consumption, distribution, or being under the influence of alcohol or illegal drugs on school premises or at any school-related activity.
- Disruptive, boisterous, vulgar, or obscene behavior.
- Sexual liaison between student and faculty or staff member.



DRUGS + ALCOHOL

Intoxicants are not allowed on the premises. No controlled substances as defined in RCW 69.50 or other prescription drugs are allowed unless prescribed by a medical doctor for consumption during periods that include your school attendance. You may not attend class or practice while under the influence of intoxicants or controlled substances. Violation of this rule will result in immediate termination from the Program.

SMOKING

Smoking is not allowed inside the building or within 25 feet of the windows or entrances. This includes cigarettes, cigars, and pipes. If a visitor is smoking, please ask him or her to stop smoking or to step outside the building if they wish to continue.

DRESS CODE

Classroom attire is to be clean, neat, non-revealing, professional, and allow full free movement. Socks, slippers or shoes must be worn in the classroom for health reasons. Clothing is not to cause discomfort or harm to the client.

INSTRUCTOR-STUDENT RELATIONSHIPS

The relationships between Discoverypoint faculty and staff members and the student population are of the utmost importance to the school. In order to ensure equal treatment of all students in the classroom and/or any school-related function, the pursuit of personal friendships or on-going client/therapist relationships between instructors/staff and students must be postponed until after graduation. This is to avoid confusion on anyone's part as to the roles played by any individuals (instructor versus friend, instructor versus therapist). Faculty/staff members are not allowed to participate in student social events while those students are enrolled in the Program.

"Dysfunctional habits can be dropped. Compensations can be discovered and eliminated. Old patterns can be cleaned up, made more efficient, more valuable, fuller of meaning."

DEANE JUHAN, *Trager* teacher and author of *Job's Body*

SCHOOL + CLASSROOM POLICIES + PROCEDURES

ATTENDANCE

Regular punctual attendance is expected as a demonstration of a student's professionalism and commitment to achieving success.

GENERAL ATTENDANCE GUIDELINES

1. If you will be late or unable to attend class, regardless of the reason, you are expected to call or email the instructor as soon as possible.
2. In case of illness, act responsibly in relation to your health and the health of your classmates, fieldwork clients, staff and faculty.
3. Attendance implies intent to fully participate in class.
4. If you are late or need to leave early, you are expected to notify the instructor.
5. Late arrivals and/or early departures of more than 5 minutes will be rounded up to the nearest $\frac{1}{4}$ hour.

MAXIMUM ABSENCES

Students are allowed a maximum of 4 full class sessions, plus 1 hr. or 25 total clock hours of absence for the Program.

MAKE-UP OF ABSENCES

With the instructor's permission, some absence hours may be made up through private tutorials or assignments. Students are responsible for scheduling and paying for these sessions. A list of qualified tutors is available from the Program instructors.



LEAVE OF ABSENCE

The *Trager* Program does not allow for a formal leave of absence. If a student needs to leave the Program for longer than allowed by the attendance and absence policies, they must drop from the Program and apply for re-entry when they are ready to return.

If there is an increase in tuition and other costs, re-enrollment will be at the new rates. In addition, the student will be held to the schedule, curriculum, policies, and procedures in effect for the new enrollment, rather than those in effect at the time of their original enrollment.

ASSESSMENT + EVALUATION

The *Trager* Program is a competency-based educational Program. Students are provided consistent verbal feedback and evaluations from instructors and peers, as well as regular written progress reports throughout the Program. At three specific points, students must demonstrate gate-way competencies during formal evaluative tutorials in order to continue in the Program.

STUDENT RECORDS

By law, the School must keep student educational records for a minimum of fifty years from the date of enrollment for each student, or until the School is no longer licensed under Washington RCW 28C.10.160, whichever comes first. These records include:

1. The student's educational records consisting of a single page transcript that includes:
 - School name, address and telephone number.
 - Student name, social security number, address, telephone number and dates of attendance.
 - Subject(s) attempted and credit (if any) awarded for each subject. Date of completions or termination, along with the notation of certificate or diploma received. If termination the reason for termination must be noted.
 - Signature of the certifying officer of Discoverypoint and the date the transcript is prepared.

2. The financial records of each student must be kept for a minimum of three years from the date of enrollment, and will include:
 - Completed and signed enrollment agreement and other education or training related contracts.
 - The student's payment record.

Release of Student Records Policy

The Family Education Right and Privacy Act of 1974 prohibits the release of School records or any other information about a student to a third party without the written consent of the student. Students may sign an all-inclusive release for School records and other information, (for example, for prospective employers) or give specific written consent for each individual release of information. Students are guaranteed access to their academic records upon request, during regular office hours. In accordance with the Family Education Right and Privacy Act, the School will not release any student information to a third party without the student's written consent.

STUDENT FIELDWORK

Students at Discoverypoint are covered by the school's liability insurance during classroom instruction and practice. Students who are not yet licensed in WA as massage practitioners are also covered during fieldwork as long as they are practicing only what they have been taught in class. WA LMPs, massage therapists licensed in other states, as well as other licensed health care professionals enrolled in the Program must have professional liability insurance that covers them during fieldwork practice assignments.

COMPLETION

Upon completion of the *Trager* Program at Discoverypoint, students are prepared to schedule and take their final recommending tutorials for certification as a *Trager* practitioner (CTP). In order to practice as a CTP in Washington State, graduates must also be a Licensed Massage Practitioner (LMP). Similarly, CTPs who plan to practice in other states or countries may be required to obtain a license to touch according to the laws and regulations of their locality.

ADMISSIONS + TUITION



To apply for admission, you must:

- Be a current LMP, licensed to practice bodywork in your home location, or a 2nd semester student of Discoverypoint School of Massage. Students from other schools or professions may be admitted with permission of instructor;
- Be physically and emotionally capable of performing and receiving *Trager* tablework and *Mentastics* with people of either gender;
- Display a philosophy, professionalism and maturity compatible with the practice of *Trager*, and Discoverypoint's mission, philosophy, values, and professional standards;
- Provide documentation of any felony or misdemeanor charges and convictions (see application); and
- Complete the application process outlined below.

APPLICATION PROCESS

1. Read and understand the contents of this catalog
2. Receive at least one *Trager* session from a CTP
3. Complete at least 6 hours of *Mentastics* training or a *Trager* Introductory Day
4. Complete and submit an application with all requested documentation
5. Complete an admissions interview

TRANSFERS

We are pleased to accept transfers into the *Trager* Program at Discoverypoint. Transfer credit is awarded on a case-by case basis and must be accompanied by appropriate documentation. Transfers must also demonstrate the gate-way competencies for the Module Level(s) for which they wish to receive credit.

TUITION + PROGRAM COSTS

Tuition	\$4,920
ADDITIONAL COSTS (ESTIMATED):	
▪ Trager/Massage Table	\$400 – 700
▪ Books	\$50 – \$100
▪ Supplies	\$20 – \$50
▪ Administrative Fee	\$30

"The *Trager*® approach is not only able to relax the muscles and to release blocks to movement, but also works in the subtle body systems and regenerates and restructures the whole person."

DR. G. WYSS, ZÜRICH, SWITZERLAND





This school is licensed under chapter 28C.10. Inquiries or complaints regarding this or any other private vocational school may be made to the:

Workforce Board

128 Tenth Avenue SW, Box 43105, Olympia, WA 98504.

Web: wtb.wa.gov | Phone: 306.753.5662 | Email: pvsa@wtb.wa.gov

For additional information or a tour of the
School, write, call or visit:

DISCOVERYPOINT SCHOOL OF MASSAGE

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206.552.6523