



TRAGER International
National Association

Introductory Workshop Leader

Certification Program

The present Version 2.1

November 2012,
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Introductory Workshop Leader Application and Certification

The purpose of Introductory Workshops (Intros) is to present *Trager*® to the public. They are primarily designed to stimulate interest in receiving Trager sessions and taking *Mentastics*® classes from *Trager* people in the community. Secondly, they provide information about the *Trager* training track.

The workshops, led by Introductory Workshop Leaders (IWL) last up to two days, and are offered for a fee or for free. The major activities are *Mentastics*, teaching of the principles of Trager, and demonstrations of the tablework through "tastes" for the participants. There are also group discussions, and a couple of specific moves may be shown.

Prerequisites for Introductory Workshop Leader Application:

We recommend assisting in as many Introductory Workshops as possible before applying to become an Introductory Workshop Leader.

1. Practitioner in good standing.
2. A written recommendation from an Instructor, or a Teacher ~~or an Introductory Workshop Leader~~. **NB: VTAN does not accept recommendations from IWL's**
 - a. Co-teach a one or two day workshop together with an Instructor or a Teacher or (~~an Introductory Workshop Leader~~). The workshop shall include practicing, performing, giving feedback and receiving input in group leading, teaching *Mentastics* to groups and supporting candidates in what is the content of Intro Workshops. The price for the workshop needs to be negotiated with the peer.
 - b. or Assisting for 3 or more days in a Level I, II, III or 24h-*Mentastics* training, held by an Instructor or a *Mentastics* Teacher, during which potential applicant needs to demonstrate skills necessary for an IWL, i.e. group leadership, *Mentastics* teaching, logistics, teaching *Trager* principles, etc.

Since assisting space in trainings is limited, potential applicants should contact Class Organizer and Instructor/*Mentastics* Teacher/Intro Workshop leader far in advance. Please bring Assisting Skills Forms with you.



Application Process:

Fill out the enclosed application form and attach required written recommendations. Send this to the office of your National Association. If all prerequisites are complete the office of the respective National Association will notify applicant of approval as IWL. The office of the National Association will also inform the educational staff of this country and the Education Office of Trager International about the new approved Introductory Workshop Leader.

Qualities of an Introductory Workshop Leader:

- Competence to lead *Mentastics* in groups
- Tablework:
 - a. Models appropriate body mechanics and self-care with *Mentastics*.
 - b. Demonstrates principles such as weighing and taking out the slack rather than specific tablework repertoire.
 - c. Models smooth transitions and working within receiver's range of comfort.
- Visual impact of tablework must be smooth
- Work looks good. Smooth transitions. Ability to work and speak simultaneously
- Attitude: positive, open, professional
- Group leadership skills
- Professional appearance.
- Professional conduct with peers, clients and the National Association.
- Public presentation (speaking ability, etc.)



Special Status Application Form

Status Applied for:		\$/EuroAdditional dues (if requested by NA) enclosed
Name:		
Address:		
Phone work:		Cell phone:
Fax:		e-mail:
1 Assisting Skills Form attached with recommendation from 1 Instructor or Teacher (or Introductory Workshop Leader) based on mock class or assisting, during year of application:		
Date	Event	Supervisor
Statuses already held (if any):		
Date of first Level I Training:		Instructor:
Date of Practitioner Certification:		
Describe your private practice:		



Assisting Skills Evaluation Form	
For assistants applying for new status or change of status and assist 3 days or more	
To be filled out by Assistant	Name:
Type of training:	Current Status:
Instructor:	Applying for: (Check one of appropriate)
Training date:	<input type="checkbox"/> Tutor trainee <input type="checkbox"/> Tutor <input type="checkbox"/> Continuing Ed.
Location:	<input type="checkbox"/> SPL <input type="checkbox"/> IWL
# Days assisted:	<input type="checkbox"/> <i>Mentastics</i> [®] –Teacher Applicant <input type="checkbox"/> RR – or Anatomy –Teacher Trainee <input type="checkbox"/> Instructor Trainee
Suggested Areas of Feedback:	Skill in Corrections & Instructions
Attitude and Intention (All Assistants):	(Teaching Assistants only)
- Attentive to students? To teaching process? To environment?	- Verbal corrections: clear? Appropriate? - experienced as supportive?
- Willing to listen to Instructor? To students?	- Timing of interventions? Listening?
- Works well with other assistants?	- understanding what is needed?
- o.k. “not to know”?	- understanding practice of <i>Trager</i> [®] : <i>Mentastics</i> , tablework & Hook-up?***
- Willingness to help with logistics?	- Group leadership: clear? Appropriate?
- takes responsibility for logistics?	Sensitive?*

<p>To be filled out by Instructor/Teacher/IWL</p> <p>Assistant’s Duties: <input type="checkbox"/> Logistics <input type="checkbox"/> Correction <input type="checkbox"/> <i>Mentastics</i> teaching <input type="checkbox"/> Other: _____</p> <p>(** Feedback on <i>Mentastics</i> teaching and group leadership are important for IWL/SPL recommendations)</p> <p>Feedback to Assistant:</p> <p>Appreciations – of your particular skills and contributions to this training:</p> <hr style="border-top: 1px dotted black;"/> <hr style="border-top: 1px dotted black;"/> <hr style="border-top: 1px dotted black;"/>



Areas to Develop – qualities, skills, awareness I would like to see you develop to increase the effectiveness of your assistance and your work in general:

Instructor’s Recommendations: (If assistant is applying for status change)

This assistant shows accomplishment in most or all suggested areas of feedback appropriate to the position(s) applied for. I recommend acceptance as (please write the respective status)

This assistant shows capacity and some accomplishment in suggested areas. I recommend acceptance as (please write the respective status)

This assistant shows capacity. Additional experience recommended before reapplying for the desired status change:

- additional assisting
- attend further Practitioner trainings
- additional work with *Mentastics*
- communication / feedback training
- other _____

I don’t have enough experience.

I don’t know.

Comments:



Introductory Workshop Leader Agreement

In accepting my Introductory Workshop Leader status, I agree to uphold the integrity of my status both within Trager International and with those with whom I share this work by:

1. Observing minimum content guidelines and Standards of Instruction as well as financial agreements including associated dues if applicable
2. Maintaining an active Practitioner membership in good standing in a National Association
3. Utilizing the IWL Guidelines and other resources to provide an enriching Trager experience to the public.

I understand that to ensure and maintain my on-going IWL status, compliance with the above commitments is necessary.

Last Name	First Name
Street	City/State:
Country	Phone work:
Phone Private	Cell Phone
Fax	Email

Place/Date:

Signature:



Introductory Workshop Guidelines

The following is the suggested context, content and format of *Trager*[®] Introductory Workshops. Most IWL have assisted in core curriculum trainings and have probably in Introductory Workshops. If you feel you need more guidance than is provided here, please contact one of the Instructors.

I. Purpose

- A. To introduce *Trager* and *Mentastics* to the public in a participatory way, and to stimulate interest in private sessions and trainings.
- B. To provide a leadership opportunity, which would both, acknowledge the contribution of our active Practitioners and challenge their ability to spread the work.
- C. To provide a setting, beyond assisting, in which Practitioners can use their skills in leading groups, demonstrate their ability to teach and reach the public.
- D. To serve as a screening device:
Prospective Trager students can experience an in-depth practical “taste” of *Trager* and gain sufficient understanding to make an informed choice to seek private sessions and/or to train.
- E. To immerse people in the feeling of the *Trager* Principles.

II. Content

- A. Introductions
 - 1. Name, experience with *Trager* to date, what the person wants from the workshop.
 - 2. Set the tone for a day of relaxed, experiential exploration.
 - 3. Remind people that this is an Introduction to *Trager*, not training.
- B. Mentastics
 - 1. Make this the main emphasis for the day.
 - 2. Use to assist in the creation of the feeling of the work.
 - 3. Keep it very simple and focused.
 - a) In a given session of *Mentastics*, pick one or two forms and explore them thoroughly (Milton often spent 20 minutes just on Trager walking, and in that time the student can go to much deeper and more subtle levels of perception).



- b) Guide people to experience *Mentastics* as a mirror and extension of the tablework.
 - c) Use questions such as "what could be lighter? What could be freer?" to take people further.
- C. Hook-Up
- 1. Communicate the importance of reaching the mind through *Trager*.
 - 2. Express Hook-up in words, images, and by example of your own presence in the workshop.
- D. "Tastes" of Trager Table Work
- 1. Do small pieces of the work on several different participants if time and tables permit.
 - 2. Use your assistants, if they are at a level to do so, to let as many participants as possible experience the work (concurrent with you).
 - 3. Take time to let recipients report their experiences to the observing group.
 - 4. Don't do a whole session on one person as a demonstration.
- E. One-on-one play
- 1. Provide an opportunity for participants to play with a selected move or two in a particular area so that they may have a direct hands-on feeling of the work.
 - 2. Pick something easy and basic (rocking the pelvis/lower back, rocking the front of leg, swinging the arm).
 - 3. Don't give heavy, fussy, or detailed correction.
 - 4. Use the floor as much as possible to keep it informal and playful. Legs, feet or neck rolls are moves that can be done on the floor.
 - 6. Let each person experience giving and receiving a particular move with several different group members.
 - 7. Build in feedback time between partners and with the whole group.



8. Don't work on belly/chest area.
 9. Be clear that you are introducing a concept, not teaching a technique.
- F. Certification Program Information.
1. Acquaint participants with the National Association, its purpose and functions.
 2. Distribute handouts.
 3. Emphasize that this is an Introduction, not training and that they cannot use the name nor do the work professionally.
 4. Clarify details of Certification Program.
 5. Collect signed Participation form to send to the class organizer or the office of the National Association.

III. Logistics

- A. An Introductory Workshop can be from ½ to 2 days.
- B. Arrange to have other Trager people in your area assist your Workshop.
- C. Keep a record of each workshop.
 1. Send a roster of each workshop or notification of cancellation to the office of the National Association.
 2. Note persons on list you would hesitate to recommend for training.
- D. Please, order hand-out material from the office of the National Association in timely manner.



IV. Workshop Preparation and Follow-up

A. Publicity

1. Send your Introductory Workshop schedule listing forms (one form for each workshop) to the office of your National Association.
2. **In your advertising be clear that you are not teaching *Trager*** and make no suggestion that the participants will be able to use it, or incorporate it professionally. Follow service mark regulations for all printed matter and call the office of your National Association if you need clarification. Send a copy of advertising to the office of the National Association.

V. Format

The following is a suggested format for "putting it all together," Certification Program information is a required component. "Tastes" and one-on-one play are optional depending on time available. The suggested format is based on a 6 hr. workshop.

Introductions	45 minutes
Mentastics	45 minutes
One-on-one play	60 minutes (includes partner sharing)
Group sharing	30 minutes
Lunch or long break	
Mentastics	30 minutes
One-on-one play	60 minutes (includes partner sharing)
Taste of table work	45 minutes
Closure	45 minutes (includes National Association and training information not covered earlier, plus time to fill out feedback sheets).



History of Changes:

- Version: 1.0 1984 by the Trager Institute in Mill Valley
- Version: 1.1 updated December 2002 for Trager International by
Verena Scheidegger, Education Secretary
- Version 1.2 updated May 2007 including newly created Application Paper and
Assisting Skills Form
- Version 2.0 revision of the whole application paper by Esther Perin
Including Guidelines and newly created IWL Agreement and formatting
it according to the standards of the Educational Papers
All documents approved by Instructor Committee Management Team
Bill Scholl, Piermario Clara, Kathryn Hansman-Spice and Gwen Crowell
as counselor
Released by Education Office on 11th November 2008
- Version 2.1 updated October 2012
Changed Prerequisites, Point III Logistics and rephrased IWL Agreement
Approved by ICMT - Gabriela Scholl, Bill Scholl, Michael Lear and
Cindy Popp Hager
Released by Education Office on 3rd November 2012