

Frequently Asked Questions

MEMBER WEBSITE

<http://www.tragerus.org/members>

TRAINING QUESTIONS:

1. What about a "Pilot Class", who teaches these? ***Trager "Pilot Classes" can be taught by Instructors, Elective or Anatomy Teachers, Workshop Leaders, or Practitioners. "Pilot Classes" are submitted to the Instructors Committee for initial approval to offer the class. An Instructor attends the first offering of the "Pilot Class", and submits additional information to the Instructors Committee who approves the "Pilot Class" as a Trager Elective. Once the "Pilot Class" is approved, the Teacher of the "Pilot Class" becomes an Elective Teacher for that class ONLY.***
2. Does a Pilot Class provide CE credits? ***We cannot say that a "pilot" class provides NCBTMB Continuing Education credits – but once it is approved as a Trager Elective, then we submit it to NCBTMB and most likely it would be approved by them at that time. Our understanding is that most nursing and PT organizations provide Continuing education credit for "contact hours" and if we offer a "pilot" class (which by definition in our organization means under supervision) – then we would think those organizations would give the credit --- but the bottom line is you can't use the CE form with the NCBTMB number for USTA for a pilot class.***
3. When Level 1 is offered over 2 separate weekends, can I take just the first half of the class? ***No, the Level 1 is a 6-day course and registration is for the entire 6 days, unless you have made other arrangements with the Instructor to complete the class.***
4. Does a College Anatomy course fulfill the Anatomy requirement to become a Trager Practitioner? ***If a person wants to ask for a waiver of the Trager Anatomy requirement and they are not a graduate of a 500 hour massage program, and they do not hold a paramedical license such as a Nurse, Physical Therapist, Chiropractor, MD, etc., and they want to take a college Anatomy course to fulfill this requirement; then they should submit a letter to the USTA Administrative office explaining the extenuating circumstances that cause them to ask for this exception. The decision is made by the Instructors Committee.***
5. Why do you ask about assisting on the renewal form? ***The reason this is asked is because when a Practitioner applies to be a Tutor, the administrative staff have to prepare a transcript that includes all of the assisting they have done - without collecting that information as we go, it would be very difficult to re-create.***
6. Are there any other options to getting the required 24 hours of Mentastics®, I can't find a 3-day class in my area? ***Yes, special tutorials with a focus on Mentastics and Mentastics Workshops can accumulate to fulfill the 24-hour requirement. (See Handbook page 2-5.10) –ADDENDUM—As of January 1, 2006 ONLY 24 hours Mentastics classes will fulfill the core curriculum Mentastics requirement, this will apply to any member who is still a student as of January 1, 2006. – This class will only be taught by Mentastics teachers. You can attend a 3-day Mentastics Training taught by a Trager Instructor, and meet the entire requirement. Or you can combine hours from Mentastics Workshops taught by certified Mentastics***

Leaders, or several tutorials, as long as at least 8 hours total are specifically related to the leading of Mentastics with clients.

7. Can I count attending a free demo (1.5 hours) as an Introductory Workshop for the pre-requisite for Level I? **Short demos do NOT fulfill the pre-requisite. Introductory Workshops of at least 4 hrs. in length may be counted as a pre-requisite.**
8. Do Somatic Explorations classes fulfill my Anatomy Requirement? **No, Somatic Explorations classes are Trager Electives that focus on specific parts of the body. These classes are based on Anatomy but do not cover the basic material.**
9. Why do you need to wait for a Roster to verify that I took the training? Don't you trust me? **Every Trager Training that we have a Roster for is put in the computer database, and the participants' records are updated so they get credit for the training. If we don't have a roster, this means several people who took the training will not get the correct credits. This is the information we use to generate transcripts for those members who request them.**
10. What is a Level V class? Is this just one of the Electives taught by a Core Curriculum Instructor? **Level V classes are listed as Level V classes. They are taught by our Core Curriculum Instructors, and are a deeper exploration into an area of particular interest of the Instructor.**

11. The Pre-requisites for Trager® Level I: These Pre-requisites are current as of May 2005 and are subject to change. If there are any questions, please contact the USTA office for confirmation of Pre-requisites.

2 Trager Sessions from a current Trager Practitioner + written Practitioner recommendation

OR

1 Trager Session from a current Trager Practitioner AND attendance at 1 Introductory Workshop + written recommendation of workshop leader or Practitioner

OR

1 Trager Session from a current Trager Practitioner AND 6 hours of Mentastics® classes + written recommendation of class leader or Practitioner

OR

1 Trager Session from a current Trager Practitioner AND attendance at any of the following Trager Elective 3-day classes approved as open to the public:

Sidelying Somatics Level I – Jack Blackburn

Movement and Exploration (any) – Roger Tolle

Somatic Explorations (any) – Deane Juhan

Power of Presence – Audrey Mairi

TEACHER/INSTRUCTOR QUESTIONS:

1. Can Mentastics® Teachers be one of the two people who approve Intro Workshop Leaders or does it need to be a Level I Instructor who approves Intro Workshop Leaders? Also if you are both an Intro Workshop Leader and Mentastics® Teacher could you be one of the two people to approve a local person in your area that has a desire to be an Intro Workshop Leader – as an exception if necessary.

Currently the answer is no. Mentastics® Teachers are not automatically approved to supervise and recommend workshop leaders.

2. Can you explain the difference between an Instructor, an Elective Teacher, and a Workshop Leader? ***Trager Core Curriculum Instructors (INS) have fulfilled the requirements of the Instructor Committee to teach Core Curriculum Trainings. Core Curriculum Instructors are also Tutors, Supervised Practice Leaders, Mentastics Teachers, and Introductory Workshop Leaders. Some Core Curriculum Instructors ALSO teach Trager Electives or Anatomy.***

Elective Teachers (ELT) are members who have been approved by the Instructors Committee to teach Trager Electives. These Elective Teachers do not have to be Core Curriculum Instructors, but they are approved by the Instructors Committee.

Anatomy Teachers (ANT) are members who have been approved by the Instructors Committee to teach Anatomy courses: Anatomy I, Anatomy II, (Somatic Explorations classes taught by Deane Juhan, and the Movement and Transformation classes taught by Roger Tolle, are Electives). Although they cover various aspects of Anatomy in a specific manner, they are Electives and NOT the required Anatomy trainings.

Instructor Emeritus (INE) is a new status for those Core Curriculum Instructors who are retiring from teaching, but want to continue to be Practitioners.

Workshop Leaders - Introductory Workshop Leaders (IWL), Mentastics Teachers (MET), Supervised Practice Leaders (SPL) -- are all certified by their respective National Association based on criteria established by the Instructors Committee and passed along to the National Associations from the Trager International Education Office.

MEMBERSHIP QUESTIONS:

1. Why do I have to be a member of USTA to take the training? ***This is a policy of the organization at this time.***
2. When is my next tutorial due? ***This information is printed on your renewal form each year. It can also be retrieved from the new website under the "Membership Services" portion.***
3. Under the current curriculum, what is required after I become a Practitioner? ***During the first two years after becoming a Practitioner, you must take a Level IV. To maintain Practitioner status you need to receive at least 4 sessions each year and have at least one tutorial every two years.***
4. I am a Retired Practitioner and I can't afford to get the bi-annual tutorial? Can I still give sessions to members that count as "Practitioner sessions"? ***In order for Retired Practitioners to give sessions to members that "count" as Practitioner sessions (for Practitioner renewal and for Student sessions from Practitioners), the Retired Practitioner needs to keep up with bi-annual tutorials. The Trager Approach is partially defined as "life-long learning" – this is why tutorials are part of the required***

training. If someone wants to retire and not do sessions but wants the title Retired Practitioner, we can do that, but their sessions would not “count” as Practitioner sessions as described above.

5. On the Senior Practitioner application it says I need a Basic Reflex Response training and a Level IV. Can I just take one of these? ***No, a Basic Reflex Response is NOT the same as a Level IV.. For Senior Practitioner, you would need BOTH Basic Reflex Response AND a Level IV.***

MEMBERSHIP QUESTIONS for Students (STU):

1. A Student must apply to become a Practitioner within four years of entering the Certification Program unless a written leave of absence is requested and granted.
2. I am only able to attend part of a training – how can I arrange to complete the course? ***The USTA has been receiving feedback & questions about the Trager Training Process for students who cannot attend the full 6 day course, due to sudden illness, injury or family emergency that occurs during the actual days of the training. For clarity's sake, and so that everyone has the same information, here is the process. History: This process has been in place for many years, and has been, and is used, by Trager Instructors worldwide. It is not a new process, nor was it created for the needs of a particular student, but simply to support the situations that sometimes arise. Process: The decision primarily rests with the Instructor, but is achieved through the consensus of the Instructor, Tutor & Class Organizer. If a student is given permission to attend the Training, the requirements to complete Level 1 (2, 3), are as follows: The Instructor and Tutor design a process with a contract for completion of the Training Level. This contract is then discussed with and agreed to by the student. This requires the student to receive specific tutorials, after the training, with that Tutor (unless otherwise designated in the agreement i.e.: if a student is taking the training in a foreign country, the tutorials are arranged with a tutor in their home country, in their own language.) Once those tutorials are completed, and the Tutor is satisfied that the student has completed everything needed to move into the fieldwork and continue on the training track, the Tutor will contact the Instructor to confirm, and initial the student transcript to confirm that the designated Level has been completed. The process has a time limit. If tutorials are not completed within the limit of time offered and agreed to, then the student, in order to continue on the Trager Training Track, must re-take that Level Training.***
1. A returning Student after five years must first get a tutorial in order to re-attain the Student status and to take a training. Upon evaluation, that Student might be requested to repeat the last training or start the Certification Program all over again.
2. I am a Student and I am not sure how to meet the required 24 hours of *Mentastics*. ***You can attend a 3-day Mentastics Training taught by a Trager Instructor, and meet the entire requirement. Or you can combine hours from Mentastics Workshops taught by certified Mentastics Leaders, or several***

tutorials, as long as at least 8 hours total are specifically related to the leading of Mentastics with clients.

MEMBERSHIP QUESTIONS for Associate Members (ASC):

1. It is the administrative office position that we would like to retain every member and we work with every member to make their membership easy to maintain. Classes that are open to non-members are easy to find on the USTA website. Most regions also continue to include these inactive people in social events and sometimes workshops and/or introductory days in the region.

The drawbacks to a Practitioner renewing as an Associate are:

- they are agreeing not to practice *Trager* (which is reserved for Practitioners)
- they are agreeing not to advertise - so they have to drop any advertising they are currently posting if they change to Associate status
- they cannot take any *Trager* classes which require Student or Practitioner status
- they cannot give sessions to members and have them count as Practitioner sessions

We recommend changing to Associate status only for people who will not be practicing, don't fit the criteria for Retired Practitioner, and want to stay connected to the organization and receive the membership benefits. Someone who wants to continue to practice, advertise, etc. and just can't afford the Practitioner dues should go on a payment plan - we would not recommend that this person become an Associate member.

Because Associate members do not advertise they practice Trager and do not actively practice Trager, when they want to reinstate their Practitioner status, they need a reinstatement tutorial, and they will need to pay the pro-rated Practitioner dues for that year. Associate members are also not "Professional Members" of the USTA - so I am not sure about being a Board member or a voting member if you are an Associate member. The status of Associate is for those people who are interested in the Trager approach but do not hold a professional or student status in our organization. This status was not created as a place for Practitioners who could not afford the dues, but unfortunately it has been used as such --- and normally with at least one of the problems I have indicated. Although it appears attractive at first glance, the ins and outs of Associate status, training requirements, advertising and practicing, tutorials to reinstate, etc. --- sometimes it is most advisable to just go on a payment plan for the year. Practitioners, who are experiencing a year in which they are not really actively practicing, can also go on sabbatical for that year -- actually drop their membership. When they want to re-enter, they need a re-entry tutorial.

3. How do Associates (ASC) of *Trager* return to being students or Practitioners? What is the policy? ***In the Tutor Manual Rev. Jan. 2006 on page 4.5-1 and 4.5-2 it is written that "Former Students and Practitioners who wish to re-enter the Certification program need to join the training program at Student level, and have a Tutorial to determine what Certification program status is appropriate." As a practical matter, we interpret this to mean that a re-entry tutorial can be done either after the individual has paid the current Student dues to the USTA, or that a re-entry tutorial can be done as long as the individual brings the check for membership dues to the tutorial. Payment of current Student or Practitioner dues (depending on the level at which the tutorial places the***

individual) must accompany the copy of the re-entry tutorial and be received in the USTA administrative office before the individual is considered "re-entered". When an individual pays the current Student dues before the tutorial and then re-enters as a Practitioner, the difference between Student and Practitioner dues will be collected at that time.

REGION QUESTIONS:

1. How does our region provide documentation for educational components of our regional meetings? *Send a description of the educational component of the retreat (not counting the meeting) – how many hours, who taught it, etc. – and a typed list of participants to the Administrative Office and we will give them the credits in their record. You can give them the normal CE Documentation form and the name of the course would be whatever the educational component is AND add “Regional Meeting” to that name – list the number of hours – and whoever is teaching it should sign it.*

BOARD of DIRECTORS QUESTIONS:

1. What is the responsibility of the USTA Board Representative when voting for an action as a member of the Board? *In considering the views of individuals, the primary directive is caring for the good of the whole organization, its members and its mission. It is the Regional Representative's responsibility to present a Region's thoughts and positions in representation of their Region. Then the Regional Rep will consider all information gathered, and will vote as a USTA Board member in a manner that he or she believes to be the best interest for the organization of USTA and all of its members, even if that is not the Region's position. As a National Board member, we are bound to this by corporate law and its associated fiduciary responsibilities. This is the same as what our US COT Representative faces. (S)he is bound to represent the position of USTA fairly and fully in COT meetings. If (s)he does not agree, (s)he must vote in the best interest of the international association and all of its members. In our USTA organization, the individual members directly elect the Regional Representative. The Regional Representative represents the members of the region by bringing their concerns, views, proposals, etc. to the USTA Board as a whole; and taking the concerns, views, proposals, etc. of the Board back to the Regional members for input. When a decision of the USTA Board is made, the Regional representative has the responsibility of voting in a manor he or she believes to be in the best interest of the organization as a whole based on all of the information at his/her disposal --- additional information from other Regional Reps, staff, regional members, outside consultants, various reports, documents, and information that the individual Regional Member in his/her region may not have received. It is the responsibility of the Board member to consider all of the information shared when deciding how to vote on an action before the USTA Board.*

CONTINUING EDUCATION QUESTIONS:

1. Can the USTA give NCBTMB credits to a non-member if they take an approved *Trager* class that is open to the public. ***Yes, the USTA can grant NCBTMB credits to anyone taking any approved Trager class that is on the list of classes approved by NCBTMB. Check the NCBTMB website for the list of classes under the USTA as an approved provider.***

2. Continuing Education Credits for Immersion Intensives ***Once an Immersion Intensive was approved by the USTA Board (based on recommendation from the USTA Ed Comm.) then it is added to the list of sanctioned courses offered thru the USTA. As such, it can be added to the list of classes given to NCBTMB when we renew our (USTA) status as a CE provider every other year. These classes would be added when they are approved. AMTA generally gives credit to its members for Trager classes, as do many nursing boards and other organizations that require "Contact Hours" from some approved organization to meet their Continuing Education requirements. Individuals take Trager classes and submit the hours to their licensing organization for approval, etc. If the USTA wants to be an "official" recognized organization providing Continuing Education hours for other organizations, each organization has an application form and charges a fee every year or every other year.***

3. When is my next 24 hours of continuing education due? ***This information is printed on your renewal form each year. It can also be retrieved from the new website under the "Membership Services" portion.***

6. The compiled information below, referencing continuing education, is from three sources. The *Trager Handbook*, The Certification Booklet and the USTA annual renewal form.

Taken directly from the Trager Handbook: Pg. 8-3.1

CE REQUIREMENT FOR PRACTITIONERS Required to Maintain Practitioner Status: **Sessions:** Receive at least four Sessions every year. **Training:** Attend **Level IV** within 2 years of Practitioner Status. **Tutorial:** **Every two years** a minimum of one *Trager* tutorial is required to maintain practitioner status. **ONGOING CONTINUING EDUCATION** after completion of the initial CE requirement for practitioners: **Every three years, 24 hours of training** related to movement or somatic education, private practice, or public presentation / group leadership. Class hours may be taken from Trager International in the form of additional Level IV or Level V trainings or Electives or from recognized providers, official bodywork organizations like the Upledger Institute, Aston-Patterning, Body Mind Centering, Feldenkrais, Continuum Movement, and Authentic Movement. Questions regarding acceptable providers may be directed to your National Trager Association. Continuing Education requirements apply to Practitioners, to people pursuing other teaching statuses and any advanced practitioner status granted by your NA. (see Section NAs).

The Certification Booklet Pg. 5

Continuing Education Requirements: The certified *Trager* Practitioner is required to take a Level IV training within the first two years of certification. Starting with the third year of Practitionership, 24-hours of continuing education is required every three years; one recommending renewal tutorial is required every other year, along with receiving at least four *Trager* sessions from certified *Trager* Practitioners each year.

Practitioner Continuing Education trainings are geographically rotated for the convenience of members. The 24-hours of continuing education can be taken throughout the 3 years. (i.e. 12 hours one year, 12 hours another) so long as it equals 24 hours within 3 years. After completion of the Level IV, the 24 hours can be from *Trager* Elective classes or non-*Trager* classes closely related to your practice, movement education, or body/mind integration. A certificate of completion must include on it the name and date of the class, the hours completed, the organization approving the instructor, and the name and signature of the instructor.

Printed on Side 2 of the Renewal Form under Continuing Education Record

For NON-*Trager* Trainings - Attach a copy of an official signed certificate of completion showing the number of hours, name of teaching organization, and instructor. *(This sentence is an explanation of how to send in the trainings for approval)*

CEs for NON-*Trager* classes (additional info): **1) A *Trager* member can submit those hours as fulfilling the 24 hours of training every 3 years for *Trager* Practitioners 2) The USTA does NOT issue Continuing Education certificates and you CANNOT use the USTA provider number for NCBTMB or CE Broker in Florida 3) The USTA does NOT track these classes for participants in terms of being able to provide transcripts that would include these classes. 5) Advertising for non-*Trager* classes in the newsletter requires paid advertising (*Trager* classes are free)**

CLASS ORGANIZER QUESTIONS:

1. There is an approved *Trager* Elective that is called Releasing the Neck and Shoulders – this is the official name of the class for credit and for record-keeping. ***This class is offered through the USTA, which is an approved provider of CE for NCBTMB and for CE Broker in Florida, so the CE Documentation form which should be used is the same USTA form that is used for all *Trager* classes in the USTA and includes the USTA Provider number. EVERYONE who attends the class receives a signed CE Documentation form from Deane Juhan with the USTA Provider number – no one has to be a member of the USTA to take this class or to get credit for it – it is one of the Somatic Exploration classes that are approved for both members and non-members and can be taught to a mixed class. If someone wants to take this class and get credit through CE Broker in Florida because they hold a Florida massage license, there will need to be a sign in sheet they have to sign every day and include their Florida massage license number. When you send in the Service Fee form and the 12% (or on the service fee form, if there are non-members, you only pay 2% Service Fee for their tuition instead of 12% for members.), you will also need to send in those sign-in sheets so Administration can enter the class and give the credits for that person through CE Broker.***
2. We have an Anatomy class coming up with Deane. I have someone signing up who may want to go on and become a *Trager* Practitioner next year- Will she be able to use the Anatomy class to meet her Training Track Anatomy requirement even though she hasn't yet taken Level 1? ***If Deane is teaching Anatomy part 1 & 2 and not his Somatic Explorations, those courses would count to fulfill the***

Anatomy requirement for certification. Someone who wants to take those courses prior to Level I and wants them to fulfill their requirements, needs to complete a Level I application form and sign the Student agreement on the back and send that form along with the Student dues for that year at the time they take the Anatomy training. It would be good if they indicate on the form what Level I training they are intending to take as we do follow up with these people. As always, they should keep a copy for their records. Please indicate on the Roster who that person is so they get into the database and do not get counted as a non-member instead.

INSURANCE QUESTIONS:

1. I have a client who would like to submit my receipt to his insurance company. Is there an insurance code number that is applicable for *Trager* sessions? ***There is no universal insurance code for Trager sessions. We would advise your client to talk with their insurance company.***

LEGAL QUESTIONS:

1. I live in the state of New York, do I need a massage license to practice *Trager*. ***Yes, Trager Practitioners need a massage license to practice in the state of New York. (2015)***