



Trager® Certification Training Program

Starting August 10, 2023

Blueberry Gardens Healing Center, Ashton, MD



The Trager® Approach

Learning through Movement and Touch



For your Clients

Dissolves Poor Movement Habits
Reduces Pain and Restriction
Increases Ease and Openness
Teaches Natural Alignment
Frees Fuller Breathing
Opens Creativity and Expression



For You

Builds Efficient Work Habits
Trains You in Lighthearted Ease
Brings Power to Your Presence
Connects You to the Source
Balances Peacefulness/Aliveness
Lifetime Self-Development

The Trager® Approach to Somatic Movement Education and Therapy, was developed by Milton Trager, MD over a lifetime of practice. The work reminds us of what is possible – lightness, freedom, and ease for body and mind. The approach uses presence, touch and movement to converse with unconscious patterns and facilitate a relaxed and enlivened mental attitude, a freer body structure, and more fluid movement. You'll work with both playfulness and respect in reaching clients deeply. And you'll learn to improve use of your own body and mind to better support your bodywork practice.

View this video about the work. <https://vimeo.com/258283638>



The Trager® Certification Training Program is designed for students in the fields of massage therapy, physical therapy, body-centered psychotherapy, fitness training, yoga, and other somatic practices who want to offer Trager® as a primary modality in their practice.

Each weekend workshop will introduce a wide variety of manual movement facilitation skills, starting from the simple and easy, moving into the robust and the subtle. You will learn specific protocols to help make your practice time rich and rewarding whether your practice partners are supine, prone, side-lying, sitting, standing, or walking. You will develop effective approaches for common client issues. Ethical and effective professional relationships are of utmost importance, and will be discussed and taught in tandem with the techniques.

Being certified allows the practitioner to market themselves with a tangible credential. Upon certification, the US Trager Association lists practitioners on its website as part of its referral network, and supports entry into the field of Somatic Movement Education and Therapy.





This one-of-a-kind training program, developed by Roger Tolle, packs the entire *Trager*® training process, which usually takes 2-3 years, into three 6-month modules with lots of support and mentorship. Over the course of the modules, participants in the program will meet monthly, both in person and on Zoom to learn, practice, and ultimately apply for certification as *Trager*® Practitioners. The program provides a total of 280 hours of Continuing Education (CEUs) for massage therapists.



Program prerequisites:

Attend at least one *Trager* workshop and receive a professional *Trager* session, or receive at least two professional *Trager* sessions. Experience has shown that receiving a series of sessions before taking the training makes the learning process easier.

It is not necessary to be a massage therapist to enroll in this course, but in some states, including MD and DC, a license to touch is required to practice Trager professionally.

For maximum learning, it is recommended that students enroll in the entire training program, and there is a significant reduction in cost for those who do. But it is also possible to enroll in individual workshops, paying for each one separately, as long as prerequisites are met. See details below or contact workshops@PMTI.org.

Program begins August 10, 2023

Register with PMTI by June 30, 2023 for \$300 discount



Coursework includes:

Eight long weekends (Thursday-Sunday) and Sunday Supervised Practice Days alternating by the month...see schedule below.

Monthly Zoom meetings to get support and guidance with at home practice, as well as to discuss study material and online viewing including:

- Six Modules of **Tragerology**, the brilliant work of Physical Therapist and Trager Practitioner, Eileen Dickinson that connects new paradigms in Science with the subtle art of **Trager**
- Roger Tolle's light and elegant **Review Videos** for each level of training
- The Trager **International Handbook**
- **Study Guides** for each level of training
- **Books** about and by Milton Trager, MD

Fieldwork includes:

- 30 Logged practice sessions (in each of the 3 modules),
- 10 sessions received, 2 of which must be from Trager practitioners (in each of the 3 modules)
- 8 Individual Tutorials for support and review
- Short writing assignments and self-assessments
- 2 Recommending Tutorials at completion of all 3 modules. These recommendations plus completion of fieldwork are required to apply to the United States Trager® Association for Certification as Trager® Practitioner



Expectations of time and resources:

- Forty two classroom days over 18 months
- Approximately four additional hours per week to study, write assignments, view videos, schedule tutorials, and to give and receive practice sessions

Class Schedule

Each training weekend:

Thurs - 10:30-1:00, 2:30-5:30

Fri - 9:00-1:00, 2:30-5:30

Sat - 9:00-1:00, 2:30-5:30

Sun – 9:00-11:30, 12:30-2:30

Each supervised practice day:

10:00-12:30, 2-5:30

Aug 10-13, 2023

Level 1A – 24 hours...foundational principles, session practice protocol and supine tablework

Sept 10, 2023

Sunday Supervised Practice – 6 hours

Oct 12-15, 2023

Level 1B– 24 hours...additional principles and prone tablework

Nov 12, 2023

Sunday Supervised Practice – 6 hours

Dec 7-10, 2023

Level 1C – 24 hours...seated and side-lying practice guidelines

Jan 14, 2024

Sunday Supervised Practice – 6 hours

Feb 8-11, 2024

Level 2A – 24 hours...adaptations and variations

Mar 10, 2024

Sunday Supervised Practice – 6 hours

April 11-14, 2024

Level 2B – 24 hours...adaptations and variations

May 5, 2024

Sunday Supervised Practice – 6 hours

June 13-16, 2024

Level 2C: – 24 hours...Dancing Within: Deepening Personal Mentastics and Transforming Client Connections

July 14, 2024

Sunday Supervised Practice – 6 hours

Aug 8-11, 2024

Level 3A – 24 hours...building client-centered sessions

Sept 8, 2024

Sunday Supervised Clinical Practice – 6 hours

Oct 10-13, 2024

Level 3B – 24 hours...educating the public and leading groups

Nov 10, 2024

Sunday Supervised Clinical Practice – 6 hours

Dec 7-8, 2024

Supervised Clinical Practice and Program Wrap Up – 12 hours

Program Costs:

Registration Fee (non-refundable): \$150.00 *Paid separately with registration at the front desk, or contact Jennifer Brennan at workshops@PMTI.org.*

Tuition: \$6,900 - Includes class tuition, membership in the United States Trager Association, the Trager International Handbook, Study Guides, Tragerology learning segments, and Review Videos for each module.

\$300 discount for recent PMTI graduates (within 2 years)

\$300 discount for registration by June 30, 2023

Payment Options:

Option 1 - \$2300 per semester, payable on Aug 1, 2023; Feb 1, 2024; Aug 1, 2024

Option 2 - \$412 / month, by automatic debit on the first of the month, for 18 months. This includes 5% carrying cost.

Required Books:

Moving Medicine (**\$20**), Mentastics: Movement as a Way to Agelessness (**\$20**), Question of Ease (**\$15**)

Additional costs: During the year you will need at least 8 tutorials and 6 professional sessions (*some students may need more*) -- approximately **\$2,100** paid directly to Practitioners.

For further information about the program, contact: Roger Tolle
rogertolle@gmail.com 434-227-6934 www.RogerTolle.com



www.TragerApproach.us | www.Trager.com