

# FOR TOUCH HEALTH®

The newsletter of the Touch For Health Foundation

Annual meeting preview issue

## M.A.P.S. to debut at July 12-17 meeting in San Diego

In line with the theme, *Branching Out to Serve More People*, TFH will introduce a new set of courses at the annual meeting - the *Maximum Athletic Performance System*.

The MAPS workshops will be directed towards athletes, trainers and others seriously interested in personal fitness. Workshops will run six hours and will present valuable techniques that can be used during training, in a game or race as well as after an event. Margaret Sheehan, our national fitness team leader, has been using TFH techniques with triathlon competitors over the last two years, and several world class triathletes now use this system. Since we expect this to be one of our most popular classes, we are giving annual meeting participants a special opportunity to become certified to teach it. Please see the article, *MAPS*.

If you are a TFH I or introductory graduate and wish both to attend the Annual Meeting and become a TFH Instructor, you can take the *Facilitator Program* (prerequisite to the *Kinetic Education Instructor Training*) before the annual meeting, and the *Kinetic Education Instructor Training* after the an-

nual meeting. Tuition discounts are available for attending the annual meeting and taking one or both of these courses. If you are an ITW graduate you can take the *Facilitator Program* at a reduced price and learn valuable new approaches of TFH along with new techniques.

A new feature this year will be the use of multiple workshops. A number of special interest workshops are scheduled to include class development work in nursing, massage therapy, birthing, and office environment needs. Other workshops will be led by individuals who have submitted journal

papers and wish to present their papers in a hands-on workshop format. Please see the article, *Workshops*, for more information.

This year's speakers are a blend of new and old, and will include our top international faculty members, selected journal presenters and several guest speakers. See *Speakers* for more information.

The Harbor Cruise, which has been extended to three hours, is complimentary to all registered participants. We will ship on the *Diplomat* with a live band and hors d'oeuvres. The cruise is on Friday evening from 7:30 to 10:30 and will be the perfect way to celebrate with all the wonderful people you've met during the week.

The international faculty will gather before the meeting on Monday, July 11.

It is our goal to make this one of the most interesting, enjoyable and useful meetings yet. Take this opportunity to meet old and new friends, learn from our top international people, and participate in the new branching out of Touch For Health.

We invite each one of you to be with us.

Richard Byrne



Would you buy a used TFH book from this man?

## Message from the president

Change, taxes and death are three things that we can all count on occurring in our lives. In the TFH Foundation we are undergoing a change. Sometimes when change is occurring chaos, confusion and fear accompany the change. I feel this is what is happening with us.

We started out to share as widely as possible the synthesis of my learning about how people could safely help each other, as widely as possible. We acted a bit like the amoeba, which Carl Rogers describes in one of his tapes, gently pushing out in one direction and continuing that way until some opposition is reached, then pulling back and moving in another direction. My personal goal was to empower as many people as possible with an alternative to drugs and surgery, as I felt that these methods were being over utilized. I did not want to eliminate the medical model of health care of cutting and killing and repairing and replacing. I wanted to add to it the balancing of the natural energies, which can be maintaining the health and wholeness (perfection) that we are called to have by God.

The opportunities that were presented to us as the amoeba were wonderful and Touch For Health was accepted as a major alternative method of health promotion. In 1980 Peter Albright, M.D., who is a graduate of Cornell University Medical College, a practicing internist and a former president of Vermont State Medical Society devoted a chapter to Applied Kinesiology and Touch For Health in his book *Body, Mind, and Spirit in the Journey Toward Health and Wholeness*. In 1983 *The Alternative Health Guide* by Brian Inglis and Ruth West, printed by Alfred Knopf of New York devoted a chapter to Applied Kinesiology/Touch For Health. This year another book, the *Natural Family Doctor*, printed in four countries devotes a chapter to Touch For Health and a separate chapter for Applied Kinesiology.

Touch For Health is part of the curriculum of nursing and physical therapy schools. The Touch For Health charts are in M.D., D.C., N.D., and D.O. offices  
please see next page, last col.



## Workshops

The emphasis of this annual meeting is on working together, and we have set aside considerable time for workshops. Touch for Health has a lot of work to do, and we need to begin it, together, at our annual meeting.

We have planned a number of special purpose workshops, each serving a specific goal. They are scheduled at the beginning of the annual meeting in order to give the participants time to schedule additional meetings.

The workshop schedule is:

### Wednesday, July 13th

#### Massage therapist workshop 1:00 – 2:30 pm

Varun Maguire, our resident massage therapist and international faculty member, is developing a TFH class for massage therapists. This workshop should interest those in the field or planning to enter it. Reach him at the Foundation.

#### “Business Breaks” workshop 1:00 – 2:30 pm

Richard Harnack, international faculty member, is coordinating the development of a short TFH class for people working in an office environment. The class will focus on one to five minute exercises and TFH techniques to alleviate office related complaints. Many of you have worked with or developed effective techniques in this area. Attend this workshop to learn from and share with others.

#### Nurses’ workshop 3:00 – 4:30 pm

This workshop will (1) define research needed, (2) determine methods of carrying out such research, and (3) set up an ongoing network in order to develop a TFH class for nurses. The coordinator, Norma Harnack can be reached at (314) 968-0463.

#### Instructors’ workshop 3:00 – 4:30 pm

Receive an update on the 16-hour Introductory Course taught at the Foundation. Share and learn teaching and class room techniques with other instructors. Varun Maguire, Foundation program director and international faculty member, will facilitate the workshop.

#### Coaching/consulting workshop 6:30 – 10:00 pm

Phillip Crockford, international faculty member, will lead this dynamic evening of insights and tips for those who use TFH/Kinesiology in a private consultation setting.

#### Maternity workshop 6:30 – 10:00 pm

Members have encouraged us to develop a pre-natal, natal and post-natal class. Marge Murray, an instructor in our Leaders Program, will coordinate this workshop for mid-wives, child birth educators, and those interested in the field. Reach her at (414) 244-7813 or (715) 258-7733.

#### Simultaneous presenter workshops

Thursday, July 14th: 10:30 – 11:30 am

Friday, July 15th: 1:00 – 2:30 pm

Individuals who have submitted journal papers and wish to present them in a workshop format or expand upon their formal presentations will lead these workshops. Participants may review the journal papers and choose subjects of most interest to them.

## Classes

In line with our theme, "Branching out to serve more people", one of our major goals for this annual meeting is to qualify as many people as possible to teach the new classes we are developing. To accomplish this, we have arranged classes before, during and after the annual meeting to ensure that all instructors and international faculty members will leave the annual meeting qualified to teach the new classes, as well as certified and equipped to teach the first MAPS class. We also wish to bring on as many new instructors as possible, so they also can be quickly qualified to teach the new courses.

Classes being offered are:

### Facilitator program

**July 6th thru July 10th.**

Our advanced certification program gives you skills to share with others to make a dramatic difference in their health and vitality. If you work in a health or educational profession, want to use the skills with your family and friends, or are on your way to becoming an instructor, you will get practical hands on training that you can put to use. The prerequisites are being a TFH I or introductory graduate and being able to balance another person (fourteen muscles using the TFH book or chart) within fifteen minutes. As an annual meeting special, ITW graduates will receive a \$250 scholarship.

### MAPS class

**Tuesday, July 12th 8:30 am to 4:00 pm.**

This is the debut of the first course of our new *Maximum Athletic Performance System* series. We are offering it free to all registered participants. Taking the MAPS course is a prerequisite for becoming certified to teach it.

### Basic TFH

**Wednesday, July 13th 1:00 – 4:30 pm**

A basic workshop in muscle testing and balancing for registered participants new to TFH, or wishing to review the basics. By taking this class you will benefit much more from the rest of the annual meeting.

### MAPS certification class

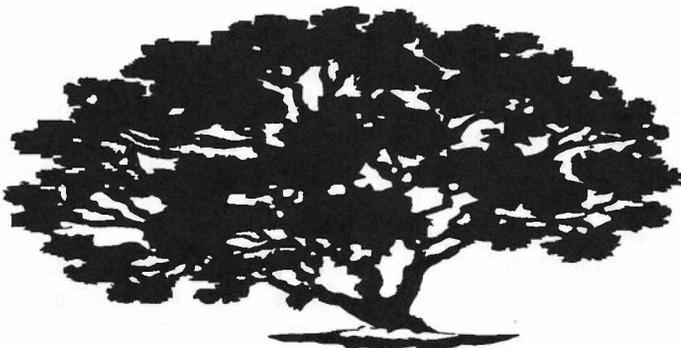
**Sunday, July 17th 1:30 – 4:45 pm**

A 3-hour class certifying participants to teach the MAPS 1 class. The tuition is \$65, which includes the cost of your teacher's manual and a set of teaching aids.

### Kinetic education instructor training

**Monday, July 18th to Sunday, July 24th**

This course uses video technology and extensive coaching to develop and improve your teaching and communication skills. Graduates of the course are certified to teach the TFH Introductory class and Educational Kinesiology 1 and 2 classes. The Facilitator Program is a prerequisite whether or not you are an ITW graduate.



and are the most widely distributed charts on Applied Kinesiology. I and others have appeared on programs where credits were given in post graduate training for all different kinds of health professionals. Touch For Health Instructors, including myself, have given in-service training for hospital staffs. I as well as many other Touch For Health Instructors have appeared on television in many countries around the world.

Lives and careers have been changed because of their association with the Touch For Health synthesis. Touch For Health classes have been taught in at least 50 countries. The Touch For Health books have been translated into at least 15 different languages. Olympic athletes, elite and "not so elite" athletes have improved their performances because of the help they have received through the Touch For Health balancing methods. People are learning easier, goals are being reached, fears and phobias are disappearing -- because people have been exposed to the Touch For Health synthesis. The health of the world is definitely better because of you supporting and teaching Touch For Health methods and ideas. Yet, we are still struggling to pay the bills at the Touch For Health home office. Our membership is not growing and we are having trouble filling the classes that we are sponsoring. Instructors are dropping away from teaching Touch For Health and starting their own "spin off" of what they learned through their connections with the Touch For Health Foundation.

We know that there are millions, really billions of people around the world who have not been reached and given the opportunity to be touched for health. All of these people would benefit from knowing that touching is healing. If they were touched in the Touch For Health way, they could make an informed decision if they wanted to add this information to their own ways of being more whole.

We are at a crossroads in the USA as far as the Touch For Health Foundation is concerned. We need to know if there are people who are willing to tell others the truth that they will benefit from taking a Touch For Health class. We need the help of those who have benefited from Touch For Health to tell others and enroll them in

please see page 12

## Speakers

Each of this year's annual meeting speakers is a leader in his or her field, and will bring you current with the leading edge of health, fitness and business.



**John F. Thie, D.C.**, founder and president of Touch for Health, will talk on how the new physics affects you and how TFH and the new physics are working to explain the truth of how we really function. Dr. Thie was the founding Chairman of the International College of Applied Kinesiology and has been a member of the examining board for diplomats since its inception. He has spoken on Touch for Health in the Peoples Republic of China, Japan, many Western European Countries, behind the Iron Curtain, and recently in South America. You won't want to miss this dynamic speaker who started the applied kinesiology movement through Touch for Health.



**Richard Byrne, Ph.D.**, former Dean of Arenberg School of Communication at the University of Southern California, television director, producer and host of his own television show, and member of the TFH Board of Trustees, is one of the most dynamic speakers you will ever hear. Previous annual meeting participants have said that to hear him alone was worth coming from around the world. He will be taking time from his busy schedule of consulting Fortune 500 companies and serving as a keynote speaker to such organizations as IBM, McDonnal Douglas and AT&T to give us his brilliant insights into how we can make an impact in the world through our work with TFH.



**Sheldon Deal, N.D. D.C.**, President of the International Board of Examiners for the International College of Applied Kinesiology and Vice President of the TFH Foundation, is noted for incorporating short-cut muscle testing



procedures to gain the maximum information in the shortest period of time. He will bring us the best of the latest developments in the field that you can put into practice immediately.



**Gordon Stokes**, president and founder of Three in One Concepts and former Touch for Health international faculty member, is a leader in the field of applied kinesiology. His unique overview of brain/body integration puts him in the vanguard of the self health maintenance movement. He has presented programs throughout the English speaking world as well as Norway, Holland, Germany and Brazil. He will be speaking of the latest developments in brain/body integration.

**Janet Levine**, voted by Los Angeles Mayor Tom Bradley as the Woman of the Year, is nationally recognized for her tremendously successful marketing performance. She is currently a Senior Director with Mary Kay Cosmetics, where she set national records for sales and recruitment. She will be presenting promotional strategies to increase your effectiveness in reaching more people with your work.



**Frank Mahony**, creator of the powerful system of Hyperton-X, conducts workshops world-wide. He will demonstrate reactive muscle correction via Hyperton-X to relieve pain, weakness and restricted range of motion.



**Wayne Topping, Ph. D.**, author of *Stress Release* and the founder and director of the Stress Release Center in Bellingham, Washington, presents an exciting new approach to stress management using muscle testing that simplifies our work and makes it readily acceptable to the masses.

**Jerry Greene, J.D.**, nationally recognized legal consultant for holistic health practitioners, will be presenting important information for those concerned with defining the legal parameters of their

practice and maximizing clear communication with their clients.

**Toni Lilley**, international faculty member from, and spokesperson for Australia during the last three years, will be presenting a paper on the 14-Muscle Scam; Getting Back to Basics.



**Janet Goodrich**, developer of major breakthroughs in the vision improvement/kinesiology field and author of the book, *Natural Vision Improvement*, will be joining us from Australia to present her latest research.



**Warren Jacobs, M.D.**, a board member of the TFH Foundation, will be demonstrating how he uses TFH in his medical practice to create a state of exuberant health with his patients.

**Grethe Fremming and Rolf Hausbøl**, our international faculty members from Denmark, will be presenting their innovative work on how to determine imbalances in the energy centers of the body which control major systems. They will demonstrate how to correct these imbalances with positive emotions.



**John Varun Maguire**, Program Director of the TFH Foundation, will be sharing with massage therapists ways to increase their effectiveness with muscle/energy balancing procedures that they can incorporate into their practice. He will also lead a coaching session for instructors, presenting a dynamic new format for teaching the TFH Introductory course.

**Jim Reid**, awarded as the most active TFH instructor in the country in 1987, will be leading us in a three minute balancing which he finds balances all of the body's muscles and eliminates 60% of all aches and pains.

**Margaret Sheehan**, director of the TFH fitness team and facilitator program leader candidate, will be demonstrating techniques she has been using with world-

class athletes to make significant improvements in their performance, recovery time and ability to avoid injuries. She will also be leading the Maximum Athletic Performance System workshop on Tuesday with John Maguire.



**Phillip Crockford**, who has authored several books and tapes and made numerous radio and TV appearances, will be sharing exciting breakthroughs that you can use for weight loss and immune system difficulties. He will also lead an evening session of practical tips and approaches for those who work with people one-on-one.



**Richard Harnack, M.Rel.**, international faculty member and adept of the martial art of Aikido, will be presenting his latest, breakthrough work in applying TFH to performance enhancement.

**Norma Easter Harnack, R.N.**, president of Performance Integration Education Resources, will be coordinating networking sessions for nurses and will speak on the need for research in TFH.

**Rosmarie Sonderegger**, our international faculty member from Switzerland, will bring us current on the latest developments in TFH practice and techniques in Switzerland.

**Coby Schasfoort**, our international faculty member from Holland, will enlighten us as to how we can explore our feelings with muscle testing to experience both our individuality and togetherness.

**Tom Margrave**, cofounder of the Institute for BodyMind Integration in Omaha Nebraska, and facilitator program leader candidate, presents a simple effective technique for diffusing blocks to learning and maximizing assimilation of information in TFH classes and other groups.

**Jimmy Scott, Ph.D.**, author of *Cure Your Own Allergies in Minutes*, will be presenting impressive, new developments in surrogate testing and correcting including

the use of multiple people doing corrections on one person and multiple people being corrected through one surrogate.

**Marge Murray**, facilitator program leader candidate from Wisconsin, has synthesized the work on goals and affirmations of several leaders in the kinesiology field. She will share how she effectively produces permanent changes with people using this approach in her teaching and counseling practice.

**Edna Harr**, vice president of the Rocky Mountain Edu-Kinesthetics Association and facilitator program leader candidate, will speak on the use of acupressure and movement to "clear the paths."



**Nancy Dougherty**, who is known for her innovative work in Electromagnetic Kinesiology and reactive muscles, will demonstrate how to determine if conscious control is interfering with accurate muscle testing and give us a simple method for eliminating it.

**Hap and Elizabeth Barhydt**, who have achieved exciting and effective results with many difficult physiological problems through expanded TFH procedures, will be presenting an update on electromagnetic balancing, food testing and reactive muscle procedures.

**Marjorie Ragon**, innovative instructor and developer, will be giving you valuable information on short cut balancing.

**Vicki Fletcher** is a dynamic facilitator program leader candidate from Denver, Colorado who has an extensive background in communication and interpersonal dynamics. She will give an inspiring talk on how you can have fun sharing TFH with people door to door and interest them in coming to your demonstrations and classes.



As you can see, this is going to be an experience that will leave you enlightened and inspired to move forward with your work in TFH and holistic health.

## Fun in the sun

San Diego is sunny, warm, friendly, beautiful, and full of fun. With a "perfect" climate, over seventy miles of warm Pacific ocean beach, and famous attractions like the San Diego Zoo, Sea World, and the Wild Animal Park, San Diego is the perfect place to "kick-back" with friends and have a great time.

We have set aside ample time for you to enjoy the weather and beaches during the annual meeting and classes. Also, if you are attending only the annual meeting, and wish to add an extra week of vacation, we can arrange for you to stay at the University of San Diego.

The social highlight of the annual meeting will be the Harbor Cruise on Friday, July 15th. The cruise has been extended to three hours this year, and will begin at 7:30 pm, in time to catch the San Diego sunset, enjoy the cool part of the evening, and be back at the University before midnight. The cruise will include a live band, wet bar and hors d'oeuvres. Best of all, the harbor cruise is free, a vacation gift to you from our annual meeting committee.

The tradition lives on in "Saturday Night Live" where you can be a star. The entertainment is followed by a dance on our final night of celebration.

Free times are set aside for you to explore San Diego's beaches and other attractions all day July 11th (during the international faculty meeting) and Thursday afternoon. The week of the instructor training, you will have Wednesday afternoon off to play.

So come to the annual meeting to have fun as well as to meet great people and learn. You will return home refreshed, renewed and invigorated.

### The challenge from Jim Reid

Jim challenges you to bring more people to the annual meeting than he does. If you do, he will buy you dinner for two.

# Touch for Health at University of San Diego

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<i>July</i>							
Facilitator Program							
	5	6	7	8	9	10	
International Faculty Meeting 11	M.A.P.S. Class & Registration 12	Annual Meeting				Closing Ceremonies & M.A.P.S. Instructor 17	
	13	14	15	16			
Kinetic Education Instructor Training							
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	



## Touch For Health John F. Thie, D.C.

\$13.95

Still one of the most popular self-care books of the decade. This is our 1988 revision. The original was done so well that there were only slight changes added. After close study, only TFH Instructors and AK Professionals could discover the change. So the book is very much the same. TFH is internationally known for its excellent techniques to reduce physical and mental pain. Recommended for everyone. Encourage this book to your friends or patients. New spiral binding for durability; 11 x 11, 132 pp.



### ATTENTION INSTRUCTORS!

We now have the Touch For Health Introductory Course Certificate available for you to grant to your students. If you became an instructor after 1986 or if you have taken the Facilitator Program we encourage you to order these certificates rather than the Touch For Health 1 certificates.

We are also carrying generic Educational Kinesiology Certificates with the Touch For Health Logo on it. It is designed to apply to your Basic 1 & 2 Educational Kinesiology classes whether you call them *Switching On* or not. **TFH Intro. & Educational Kinesiology are 15¢ each.**

#### BOARD OF TRUSTEES

PRESIDENT - John F. Thie, D.C. VICE PRESIDENT - Sheldon Deal, N.D., D.C.  
MEMBERS - Richard Byrne, Ph.D. Duane Leslie Faw, J.D. Warren Jacobs, M.D.

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THE NETHERLANDS - Coby Schasfoort SWITZERLAND - (German) Rosmarie Sonderegger  
(French-Speaking) Jean-François Jaccard  
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1988 ANNUAL MEETING CHAIRPERSON  
Tia Olsen

The purpose of the Touch For Health Publication is to disseminate information on research, methodology, results, and teaching of self-development programs in health enhancement, both mental and physical. Further, the newsletter is a forum to provide up-to-date information on programs, seminars, and activities of the Foundation and its members.

The Touch For Health Foundation is a tax-exempt, non-profit educational corporation. Publications of the Foundation include the Curriculum Catalogue and "In Touch For Health," (sent to all members). Members also receive the "Touch For Health Journal" of comprehensive research papers and training information and applications. The Journal is published in July of every year. Members also receive the Membership Directory.

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# Annual Meeting Schedule

	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16	Sunday 17
AM - 6:30		Exercise in the Garden each morning at 6:30				
7:00		Breakfast each morning: 7:00 - 8:15				
7:30		Son Rise Service each morning with Jim Reid: 7:45 - 8:15				
8:00	Registration	Music & Pictures each morning 8:15 - 8:30				
8:30	M.A.P.S. class FREE	• Harun Magnuson, exec. director	• Jim Reid - 3-Minute balancing	• Coby Schasfoort - Inner feelings	• Warren Jacobs, M.D. - TFH in medical practice	• Richard Byrne - TFH in the world
9:00		• Wayne Topping - Stress management using muscle testing	• Janet Goodrich - Natural vision improvement	• Frank Mahony - Reactive muscle correction	• Toni Lilley - T.F.H. Assn., Australia	
9:30						
10:00		Break, 10:00 - 10:30 each day				
10:30		• Grethe Fremming & Rolf Hausbøl - Imbalances in major energy centers	Speaker Workshops	• Janet Levine - Promotional strategies & personal effectiveness	• Jerry Greene, J.D. - Legal parameters in holistic health	Closing Ceremonies Dr. John F. Thie
11:00						
11:30	Lunch, 11:30 - 12:30   Break, 12:30 - 1:00 each day					
PM - 1:00	Continuation of free M.A.P.S. class Registration	<i>Workshops</i> Beginners   Business Breaks   Massage Therapists		Free Time	Speaker Workshops	M.A.P.S. Certification Workshop
1:30		Break, 2:30 - 3:00 each day			• Gordon Stokes - Brain/body integration	
2:00		<i>Workshops</i> Beginners   Instructor   Nurses			State of the World Reports International Faculty Panel	
2:30		Newcomers' Tea			• Rosmarie Sonderegger - TFH developments • Phillip Crockford - Weight loss & immune system difficulties	
3:00		Dinner, 4:45 - 5:30 each evening, break until 6:30				
3:30		<i>Workshops</i> One on One   Maternity		• Sheldon Deal, N.D. D.C. - New developments in A.K.	Bus to Harbor, 6:30 <i>Cruise</i>	Plenary Speaker Awards
4:00		Sheldon Deal - continued				
4:30		<i>Workshops</i> One on One continued   Maternity continued				Saturday Night Live
5:00						Dancing
5:30						

Subject to change

# Branching out to s

—Harun Magnuson, Director

**T**OUCH FOR HEALTH started out as one man's vision of people touching and teaching one another to bring about a healthier life for themselves. As Dr. Thie began to share his vision, others became enthused and their enthusiasm led to the creation of the Touch For Health Foundation, the basic TFH classes and Instructor Training Workshop. Through these two classes Touch For Health became a world-wide phenomenon in less than a decade.

The growth and longevity of TFH has exceeded the expectations of many. People who have been served by TFH speak every major tongue of the world. In addition to the classes, TFH has become a therapeutic model of physical therapists, chiropractors, massage therapists, sports trainers, nurses and many holistic practitioners.

Despite its success, however, TFH has not yet fulfilled its promise and initial vision. Most of the people in the Western World have not heard of TFH, much less benefited from it. Major programs to reach our senior citizens are non-existent. The physically disabled are not automatically taught TFH. Third World countries, which do not have the means to treat their rural poor or urban destitute do not have public TFH programs.

The fact is, we are just beginning.

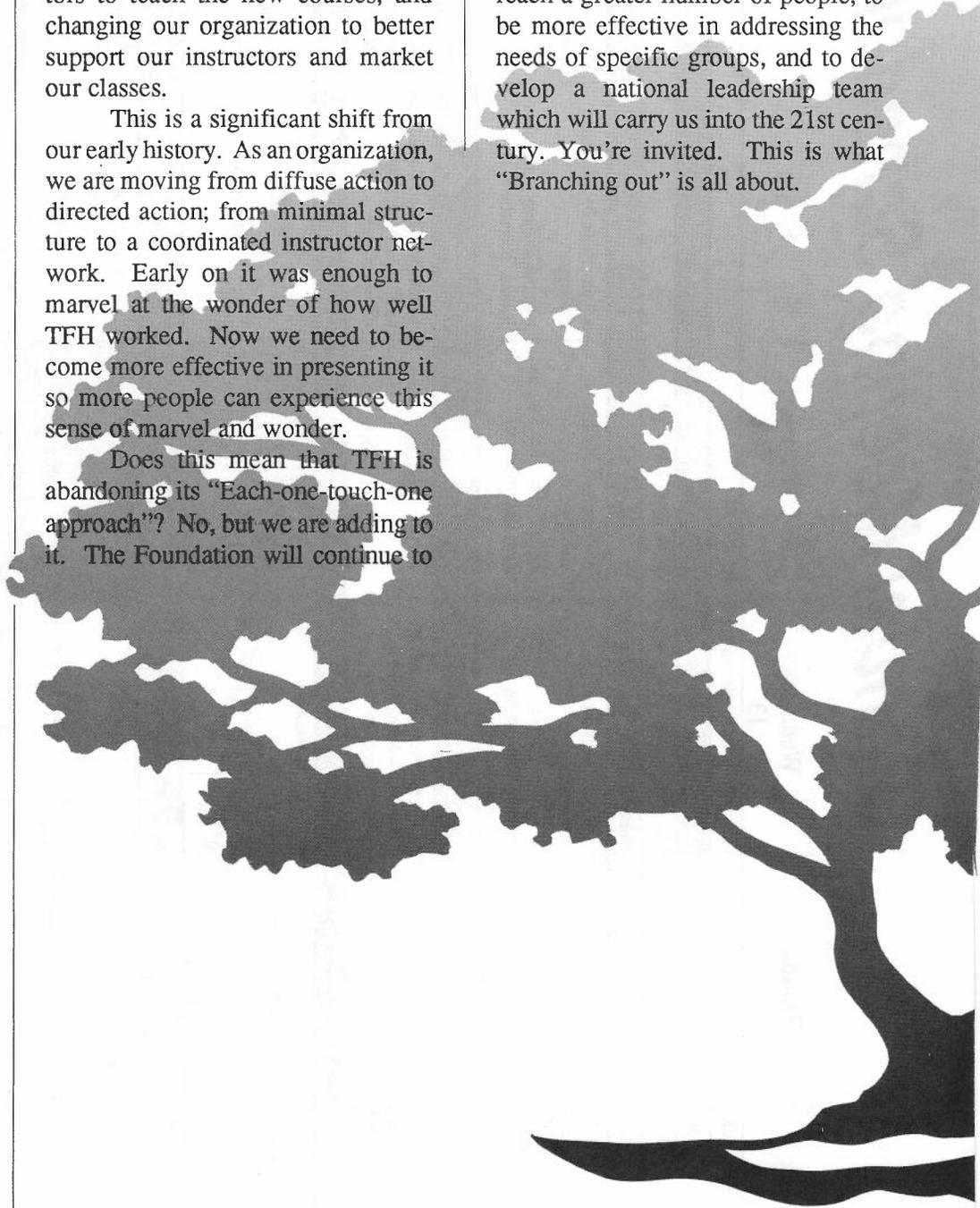
The theme for this year's annual meeting and the next two years' activity is "Branching out to serve more people." In the widest sense, this theme represents the next step towards our long term goal of making TFH available to everyone. In the

narrowest sense, it means we are now making a new and concerted effort to market TFH to new segments of the population. This effort includes developing new courses to serve targeted audiences, certifying instructors to teach the new courses, and changing our organization to better support our instructors and market our classes.

This is a significant shift from our early history. As an organization, we are moving from diffuse action to directed action; from minimal structure to a coordinated instructor network. Early on it was enough to marvel at the wonder of how well TFH worked. Now we need to become more effective in presenting it so more people can experience this sense of marvel and wonder.

Does this mean that TFH is abandoning its "Each-one-touch-one approach"? No, but we are adding to it. The Foundation will continue to

support our existing instructors and certify new instructors to teach the basic classes just as before. However, we are asking, and inviting, all of our old and new instructors to help us in this new direction. Our goals are to reach a greater number of people, to be more effective in addressing the needs of specific groups, and to develop a national leadership team which will carry us into the 21st century. You're invited. This is what "Branching out" is all about.



# serve more people

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**—Tia Olsen, Annual Meeting Chairperson**

With the new year comes the excitement of new opportunities and outlooks. Plan now to join us and make a difference by participating in the 1988 Annual Meeting in San Diego July 12 - 17. Your interest and energy are key ingredients to the personal fulfillment and rewards you will

gain by making this investment of your time and money. We want to see you at the University of San Diego, as we return to DeSalles Hall for a dynamic and worthwhile conference!

We are certain you will be re-inspired, and will benefit personally and professionally from your attendance. Our theme, "Branching out to serve more people," incorporates the symbol of the tree, also signifying life and learning. Come meet with us and rekindle the enthusiasm that you originally felt with learning Touch For Health. In this beautiful setting it

will be easy to renew acquaintances and friendships, to network for support and sharing with your associates. Re-learn the basics and be challenged to reach new levels of competence and communication.

Our program schedule promises to provide something for everyone! In addition to popular key speakers, time is planned for "Specialty Group Sessions" and you may choose to attend one of three sessions offered for those interested. There will be specific "Workshop Sessions" as well as planned networking time within the specialty groups. Of course we have allotted time for you to relax with Thursday afternoon free-time activities, and look forward to celebrating with you on the Friday Night Cruise and Saturday Night Dancing and Socializing.

You are invited to join us for a week of special events and learning, designed to refresh and revitalize. See you in San Diego!



## Fitness team report

### Guatemala—

*From the beaches of Hawaii to the tropical jungles of Guatemala, our intrepid Fitness team leader, Margaret Sheehan trudges on seeking the perfect balance. Come with us now in this latest adventure.*

While working my booth at the Iron Man Pre-Race Expo I met a woman triathlete named MaryAnn Buxton. She was very excited to find us there as she works with a chiropractor who uses A.K. and has had TFH classes. She came to see me for a pre-race tune-up the day before the race and was so impressed with the way I used the techniques that she began talking to me about coming to a race that she helped to organize in Guatemala. The Triathlon Tikal consists of a two kilometer swim in Lake Patan, a ninety kilometer bike trip on a road carved through the jungle, and finishes with a twenty-one kilometer run on the same road ending at the Plaza in Myor in the ancient Mayan city of Tikal. This was definitely an opportunity I couldn't miss.

I went to Guatemala City two weeks prior to the race to work with and teach the local triathletes. The race directors Enrique and Luci Godoy and their daughter Carolina were wonderful hosts and ar-

ranged for me to teach at their fitness center Del Finis in Guatemala City. Carolina was a wonderful student and interpreter (I don't speak Spanish) and generously gave up her time to help me. As busy as they were with preparing for the race, the whole Godoy family went out of their way to reach as many people as they could to develop classes and to keep me entertained by showing me their wonderful country. The classes were small, but great. The students were bright, sensitive, and eager to learn.

A few days before the race we flew to the jungle. Race headquarters was the Jungle Lodge where triathletes from the U.S.A., Guatemala, Colombia, Costa Rica, and El Salvador gathered for the race. We were treated to unending courses of great food, tours of the incredible Mayan ruins, and swimming in warm, clear Lake Patan. The night before the race I was busy with pre-race balances and started at 3:30 a.m. the next morning. The buses left at 5:00 a.m. to take us to the race start. I was very thankful that I had learned the standing muscle tests, or I would never have been able to test on the bus and at the start site.

The race started at 7:00 a.m. It was an exciting, beautiful race to watch. The

leaders began finishing four and a half hours later. Ken Glah, who uses TFH extensively (see "TFH Helps Athletes Win at Ironman, November, 1987 issue) was the first place man. Jan Ripple was the first place woman.

After the race I really had my hands full. Many of the athletes who had been skeptical or hesitant before the race were only too willing to experiment after the race. All the athletes I worked with were amazed at how effective TFH was for alleviating pain and cramping. One athlete who broke out in hives from head to toe got immediate relief from a Fourteen Muscle Balance and Emotional Stress Release techniques.

After the race we were treated to a six-day tour of Guatemala. We had exciting adventures, great food, sun, and shopping. I was impressed beyond words at the beauty of this country and the gracious hospitality of the Guatemalan people. Thanks to MaryAnn Buxton, Touch For Health has made many new friends in Guatemala.

Anyone interested in attending this race next year should contact me. I would like to organize a workshop in Guatemala before the race and have more people there to assist the athletes after.



### M.A.P.S. --Margaret Sheehan

**T**he Maximum Athletic Performance System (MAPS) provides people with the information they need to help them maintain their individual fitness program and performance goals. The program design is so flexible it can serve the basic needs of anyone, whether just starting a walking-for-wellness program or competing in endurance events. The techniques presented are quick and simple so that they can be integrated into the most hectic of schedules. The program's six hour format gives a bite size chunk of information that people can easily master and use. MAPS is designed to overcome all the objections I have encountered as a TFH Instructor - it's too complicated, it's too long, or it's too expensive.

I encourage all of you to take advantage of the opportunity to take the MAPS class at the annual meeting. Even if you have absolutely no interest in athletics or working with athletes, you will personally benefit by seeing how this application of techniques can support you in taking good care of yourself. Often, we are so busy taking care of others that we ignore our own needs. This class will give you a moment to stop and pay attention to yourself. One of the easiest ways for TFH to become a part of mainstream life is for us to utilize the networks that already exist in the athletic and fitness world. By experiencing the class first hand, you can recommend it to your clients, friends and family who will benefit from it. Even if you choose not to become certified to teach the MAPS class, you will benefit by support-

ing it. I have seen many people coaxed into learning TFH by the enticement that it could help them excel at their chosen sport when nothing else would motivate them. These same individuals later go on to integrate TFH into many areas of their lives and to continue on in further training or private sessions.

We are committed to developing a high quality class with functional and powerful materials. Those of you who do go on to teach MAPS will be part of a team effort and support system that will give you the ideas, materials and training necessary to be successful in making TFH an integral part of your local athletic scene. We invite you all to look at the possibility and promise of MAPS by attending its debut at the annual meeting. Besides, it's free!

## TFH instructor fights and wins

Part two of a two-part article by Jeanne Beyer

*Though Touch For Health is gaining acceptance in wider circles throughout the world, there are still parts of the world where people regard it (along with most sciences) as some sort of threat. The following story (continuing from last issue) may sound like a tale from pre-Renaissance Europe, but it concerns a Touch For Health Instructor in 20th Century America.*

During the 1985-86 school year, Jan continued to teach at Malley Elementary School. That year the district was involved in about twenty challenges from parents about curriculum materials and teaching techniques used by teachers in other schools. CEA-NEA's affiliate, the District Twelve Educators Association, fought each challenge through the contractual provisions set up to handle such occurrences.

According to Jay Rust, DTEA president, the district was extremely cooperative and supportive during the challenges. The Association and the district mutually agreed to negotiate a number of changes to the teachers' master contract as a result of the challenges. The article containing the procedures to be followed when a citizen challenges a teacher's use of materials or teaching methods was improved to include protections for teaching techniques.

Throughout the winter months of 1985-86 there was a great deal of media coverage of Jan's case and the other academic freedom challenges in District 12. Though Jan's case and the others were not actually related, many newspaper accounts linked the two.

Jan's lawsuit was not heard that year, nor the next, until mid-March 1987. The Adams County District Court jury found that Jan had been slandered by parents in the Malley Elementary community. She was awarded monetary damages.

For Jan, that she won the suit is important. But it's not just the win in court that she remembers — or feels. "It was a horrible experience," Jan told me, "and each teacher you talk to who has been at-

tacked will tell you the same things. It was a horrible experience. You feel all alone. You have a lot of self-doubt and self-censorship. You feel people back away from you because they're afraid.

"I tried to take my students' remarks humorously because humor is a front I could put up to hide my pain. But it went on day after day and I didn't always hide the pain even though I knew the kids were mostly teasing. I knew that my students didn't necessarily intend to be mean, but to be funny. And they thought the whole situation was pretty ridiculous too, especially some of the things they heard on TV and saw in the newspaper. Some were torn between believing what they heard and being loyal to me."

I asked Jan what it's like this year to continue to teach at Malley. "There have still been stories, last year and this year," she said. "Kids bring stories to school, especially at the first of the year; one of them will say, 'Hey, Miss Cole! I hear you're a witch!' I try to take a few minutes, helping them understand, and then I drop it. I believe it's been better to deal with the stories that come from home than to ignore them."

After I listened to her story, Jan and I talked about what teaching was like in the early to mid-70's — how we tried creative techniques to teach our students basic skills, how we forged new paths through the curriculum, sometimes discarding the traditional in favor of the innovative. We recalled that we seldom thought about something we said or did as being controversial. We believed in exploring with our students — teaching them to make choices, encouraging them to think, empowering them to grow and develop their abilities. We agreed that we believed in that then, and we still do.

"So, for me, one of the hardest things," Jan said, "was understanding how I could be challenged for what I was doing in my classroom, especially by



parents who had never set foot in my classroom to observe me. When I finally accepted that I couldn't understand it, I decided to stand up for myself and all of us. That's when I filed the suit."

Has she ever wanted to quit her job? Jan said very simply, "If I thought I was harming children, I would quit. But I'm not. And there's a part of me that is very stubborn and can outlast this difficult time."

Jan characterized her actions and the decision of the jury in her suit as "standing up for the rights of teachers, students, and parents — for all of us." But she quickly added that "because of what I have been through, I will support any teacher who has to endure what I have suffered."

Jan Cole has done more than just stand up for teachers, children, and parents. She has displayed the courage and determination to fight the ignorance and cruelty that exist in the minds and hearts of a very small number of parents in the community in which she teaches.

### Video Review

*Massage for Everyone* — Sara Aeikens  
—Review by Richard Harnack

TFH Instructor Sara Aeikens of Minnesota has put together a basic massage tape for use by families. It is a simple and easy-to-follow program, taking the novice through the basic steps of a relaxing massage. The perspective Sara presents on the tape, and, in the accompanying booklet, is that of a "nurturing, non-sexual touch." Drawing upon her background in counseling with families, Sara works to make a gentle caring touch part of the family.

This is a good tape to follow and pace yourself with, and to share with those near and dear to you.

Available through T.H. Enterprises, 1200 N. Lake Ave., Pasadena, CA 91104-3794.

(818) 798-7893

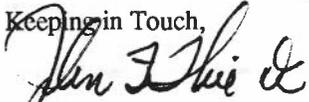
(800) 826-0364 (Out-of-state)

**\$19.95** plus **\$2.25** shipping

California residents add 6.5%

**from the President**  
*continued from page 3*

classes. We need people who believe as I do that sharing this information with others is an important contribution. We need you to tell us if you agree with us keeping on keeping on. We need you to attend the annual meeting in July at the University of San Diego. We need to know if you will be attending now. Will you send in your reservation and renew your membership? It's time for us to keep together and grow! Love is the one thing that will not leave you alone, and it is also the one thing that allows new beginnings. We are at a new beginning in 1988, 18 years after I started the idea of a layman's program of Applied Kinesiology. I hope that you want to continue to share the information, the Foundation needs your support. We need your prayers, your membership, your commitment to tell others, your attendance at the annual meeting in San Diego, your continuing to share Touch For Health in all its forms as widely as possible. I am counting on you and your love.

Keeping in Touch,  


John F. Thie, D.C.  
 President and Founder of Touch For Health

**KEIT rescheduled**

The Instructor Training scheduled for July 23-29 at the TFH Foundation has been rescheduled to take place after the annual meeting July 18-24.

**KECW postponed**

The Kinetic Education Consultant Workshop has been postponed because class development has not proceeded as fast as planned.

The finalized courses will not be offered until September of this year.

The Consultant course scheduled for St. Louis, April 21-24, and Dallas, May 2-5 will be given as a course in-development by Richard Harnack. Individuals taking these courses will not receive TFH certificates, but will be eligible to take the finalized course at a reduced cost. Please write the Foundation for details.

# National Course Schedule

**Instructor Training**

*Hours are 9a-7p.*

- California, San Diego ..... July 18-24  
 (818) 794-1181
- Missouri, St. Louis ..... May 7-13  
 (314) 968-3071
- Virginia, Norfolk ..... April 10-16  
 (804) 421-3393

**Facilitator Program**

*Hours are 9a-6:30p.*

<b>Location</b>	<b>Date</b>
California, San Diego (U.S.D.) (818) 794-1181	July 6-10, '88 (preceding Annual Meeting)
California, San Francisco (415) 929-7222	April 27-May 1, '88
Colorado, Denver ..... (303) 278-7747	April 20-24, '88
Iowa, Ft. Dodge ..... (712) 288-5385	October 12-16, '88
North Dakota, Bismarck ..... (701) 255-4159	May 18-22, '88
Ontario, Toronto ..... (519) 759-3524	Sept. 14-18, '88
Pennsylvania, Pittsburgh ..... (412) 373-8638	June 13-17, '88
Texas, Dallas ..... (214) 243-2382	April 27-May 1, '88
Washington, Bellingham ..... (206) 647-2703	May 2-6, '88
Wisconsin, Milwaukee ..... (715) 258-7733	June 21-25, '88

**Writers Wanted**

"In Touch" and "Touch For Health Times" are looking for articles that will help people be more effective in using TFH techniques for themselves, their families, and in their professions. In addition, we are looking for articles that can be used by instructors in their classes, talks and demonstrations to better articulate the information found in the TFH synthesis and to help enroll their students in further TFH classes.

Send your submissions to  
 Touch For Health Foundation  
 1174 N. Lake Ave.  
 Pasadena, CA 91104-3797

**Reminders from last issue**

Effective April 2nd, 1988, Certified Instructors must have turned in five student names during the previous three months to be included on our monthly instructor referral list.

Referred Instructor membership is now \$50 per year.

Instructors receive Thank You Points for enrolling their students as members and/or in advanced classes. (See "Thank You Points", last issue.)

# The Kinetic Education Instructor Training

A 60 hour Certificaton Program

*The Kinetic Education Instructor Training was one of the most dynamic classes I've ever taken.*

—Dr. Jim Reid, Nevada

- **Teach TFH & Educational Kinesiology classes**
- **Master presentation and enrollment skills**
- **Learn how to run a seminar business**
- **Build support in your community**

If you are already proficient with the Touch For Health and Educational Kinesiology skills, this professional-level workshop will empower you to teach classes and make a big difference to many individuals and your community. You will receive a California State Vocational Educational Certificate to teach Introductory TFH and Educational Kinesiology 1 & 2.

If you have already completed the Instructor Training Workshop, this course has many exciting elements that were not in the ITW. Take your presentation and enrollments skills to a new, dynamic level of expertise with the valuable coaching and individualized instruction to build your confidence.

Expand your ability to communicate effectively and open people to new possibilities for themselves to enhance their health, vitality and performance.

The course covers these areas:

## Teaching

- listening skills
- blending TFH & Ed K
- doing great graphics
- timelines
- formating classes
- TFH & Ed K course outlines
- using support groups
- using audiovisual aids
- structuring hands-on practice
- team teaching
- teaching parents
- how to use TFH and Ed K texts
- answering questions
- handling skeptics
- teaching classroom teachers
- testing programs for schools

## Promotions

- school contracts
- introductory talk formats
- answering questions in introductory talks
- advertising/flyers
- making the most of publicity
- how to enroll
- getting invited again- follow up
- presentation skills

## Logistics

- site selection
- supplies
- structuring breaks
- site preparation
- room set-up
- record keeping
- materials
- equipment
- management

## What other ITW graduates are saying:

*The new instructor training is a powerful experience. I have taken an enormous leap in my self-confidence and ease of presentation, which has been mirrored by my students in recent TFH and S.O. I classes. I recommend the course to everyone who teaches TFH.*

—Lorraine Osborne, California

*Effective communication is the main thrust of the new K.E.I. Training. Shortly after taking the course I appeared in a television interview on TFH. I am very pleased with how I was able to speak clearly and concisely while feeling relaxed and in command. The extensive coaching in presentation and enrollment skills made the difference.*

—Tom Margrave, Nebraska

Fee: \$785 \* \$400 Scholarship available to ITW graduates

Dates and Times: 9am - 7:00pm daily

# THE 13th WORLD-WIDE

July 12 – 17, 1988

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## REGISTRATION INSTRUCTIONS

### Name and Address

Complete the name and address section. If you are coming as a couple, please make sure to include both membership numbers.

### Registration Fee

There is a one-time registration fee for the annual meeting regardless of the number of days you attend. (The fee includes the cost of the Harbor Cruise.) The minimum registration deposit is US\$50. The registration fee is:

US\$235 if you send in your registration form with a minimum of \$235 postmarked on or before May 15th.

US\$285 if you send in the minimum registration fee or register after May 15th.

Enter your correct registration fee in the box in the right hand column.

### Room and Board

The room & board rate is US\$58 per person per night for a single room, and US\$48 per person per night for a double room & meals. If you stay off campus and commute to the meeting, your use and insurance rate is \$15 per day. Commuters may purchase their meals at the door for cash. Meal rates are: breakfast, \$3.00 lunch \$5.00, dinner \$8.00

Refer to the calendar on page 6 to determine what dates you will be in San Diego. If you are staying on campus, mark an "S" in the boxes on the registration form for the nights you will be staying on campus. If you are commuting, mark a "C" in the boxes for the days you will be on campus.

Calculate your total room and board or commuter fee, and enter the amount in the box to the right.

### Tuition

If you are not attending the Facilitator Program (FP), Kinetic Education Instructor Training (KEIT) or MAPS certification class, place a "0" in the box opposite the line, "Total Tuition Due" near the bottom, and go to the "Payment" section of these instructions. If you plan to take any of these courses please read on, you can receive substantial tuition discounts!

There are three tuition levels for the FP and KEIT workshops:

Regular price

Refresher price if you are repeating the class, and

Scholarship rate for ITW graduates. (The scholarship rate for the FP is an annual meeting special.)

Check the appropriate tuition box for each of the courses and place the tuition figure for each class on lines *a* and *b*. Total lines *a* and *b* on line *c*.

If you attend the annual meeting and take advanced classes, you will receive the following tuition discounts:

10% on one class if you attend the annual meeting and take one class

20% on both classes if you attend the annual meeting and take both classes.

Calculate your total tuition discount and place that amount on line *d*.

If you are taking the MAPS Certification class, place \$65 on line *e*.

Your total class tuition on line *f* is equal to line *c* minus line *d* plus line *e*.

If you are paying regular or refresher rates, you are entitled to additional prepayment discounts. (Individuals receiving an ITW scholarship for the FP and KEIT workshops are not eligible to receive prepayment discounts.) If you send in 100% of your tuition due by June 5th, you will receive a 10% prepayment discount. If you send in 100% of tuition due by May 5th, you will receive a 20% prepayment discount. Place your proper discount dollar figure on line *g*.

Your total tuition due equals line *f* less line *g*. Place this figure on line *h*, and on the box in the right hand column.

### Payment

Add up the three boxes to arrive at your total money due. Indicate the amount of money included with your registration form, and show the remaining balance due.

*Send in your registration fee and class tuition as soon as possible. This helps us in our planning, and saves you money. We ask that you pay the total amount due before June 15th, as we are required to prepay the University of San Diego. All money must be paid upon your arrival.*

# ANNUAL MEETING

University of San Diego

## Registration Form

Name \_\_\_\_\_ Name (if couple) \_\_\_\_\_  
 Address \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ State/Prov. \_\_\_\_\_ City \_\_\_\_\_ State/Prov. \_\_\_\_\_  
 Country \_\_\_\_\_ Zip/Post code \_\_\_\_\_ Country \_\_\_\_\_ Zip/Post code \_\_\_\_\_  
 Membership # \_\_\_\_\_ Telephone \_\_\_\_\_ Membership # \_\_\_\_\_ Telephone \_\_\_\_\_

### REGISTRATION FEE

Full registration fee sent *before* May 15  Member:  Non-Members  
 Full registration fee sent *after* May 15  \$235 (U.S.) per person  \$285 (U.S.) per person  
 Harbor Cruise included in registration fee  \$285 (U.S.) per person  \$335 (U.S.) per person

\$ \_\_\_\_\_

### ROOM & BOARD OR COMMUTE

Room rates include 3 meals per day. Commuter fees do not include meals. You may purchase them individually.

- I would like a single room for \$58 a night per person
- We would like a double room for \$96 per night
- I would like to share a room for \$48 per night.

Please try to place me with \_\_\_\_\_ whose telephone # is \_\_\_\_\_

- I will be staying off campus and paying the commuter fee of \$15 per day.
- We will be staying off campus and paying commuter fee of \$30 per day.

I (we) will be staying these **nights** (enter *S* in dates below), or commuting these **days** (enter *C* in dates below).

TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN	MON	TUES	WED	THUR	FRI	SAT	SUN
5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24

Room & Board is (Room Rate) \_\_\_\_\_ x \_\_\_\_\_ (nights indicated) = \$ \_\_\_\_\_

or Commuter fee is (\$12/person) \_\_\_\_\_ x \_\_\_\_\_ (days indicated) = \$ \_\_\_\_\_

\$ \_\_\_\_\_

### TUITION

- I (we) will attend the Facilitator Program
  - I (we) will attend the Kinetic Education Instructor Training
- My (our) tuition is (check one for each class)

#### Kinetic Education Instructor Training

	Single	Couple
Regular	<input type="checkbox"/> \$ 785	<input type="checkbox"/> \$1,300
Refresher	<input type="checkbox"/> \$ 220	<input type="checkbox"/> \$ 380
Scholarship	<input type="checkbox"/> \$ 385	<input type="checkbox"/> \$ 700

#### Facilitator Program

	Single	Couple
Regular	<input type="checkbox"/> \$ 465	<input type="checkbox"/> \$ 750
Refresher	<input type="checkbox"/> \$ 120	<input type="checkbox"/> \$ 200
Scholarship	<input type="checkbox"/> \$ 215	<input type="checkbox"/> \$ 400

### TOTAL TUITION FEES:

Facilitator Program *a* \$ \_\_\_\_\_  
 Kinetic Education Instructor Training *b* \$ \_\_\_\_\_  
 Total for Facilitator & Instructor *c* \$ \_\_\_\_\_  
 Less Discount (10% for one class; 20% for both classes) *d* - \_\_\_\_\_  
 M.A.P.S. Certification Class (\$65 per person) *e* \$ \_\_\_\_\_  
 Total Class Tuition *f* \$ \_\_\_\_\_  
 Prepayment Discount (for non-scholarship students only)  
 10% If all 100% received prior to 6/5/88  
 20% If 100% total tuition received prior to 5/5/88 *g* - \_\_\_\_\_  
 Total Tuition Due *h* \$ \_\_\_\_\_

\$ \_\_\_\_\_

Signature \_\_\_\_\_  Check  Money order  
 Visa  M/C

Amount Enclosed or Authorized

\_\_\_\_\_

Amount Remaining

