



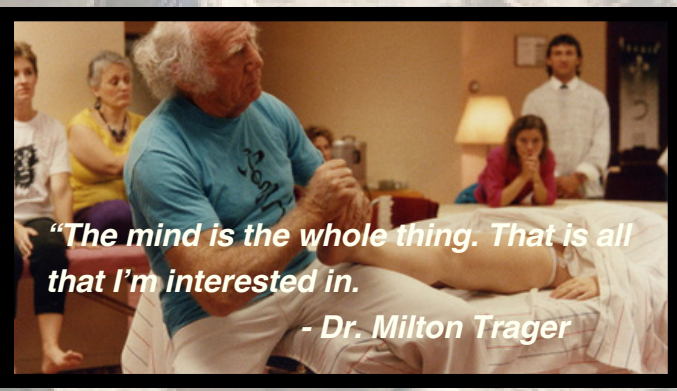
# TRAGER® ESSENTIALS

THROUGH THE LENS OF THE POLYVAGAL SYSTEM  
W/ TRAGER INSTRUCTOR, MICHAEL LEAR

DECEMBER 7-8, 2024

AT MT. CARMEL VETERANS SERVICE CENTER

A TRAINING FOR SPECIAL FORCES COMBAT MEDICS  
SPONSORED BY SPECIAL FORCES FOUNDATION



*"The mind is the whole thing. That is all that I'm interested in."*

*- Dr. Milton Trager*

- Explore non-invasive touch as a language to down-regulate the nervous system and address related musculoskeletal pain and holding patterns.
- Impact HRV and establish greater resilience in the NS
- Facilitate Lasting Neuro-muscular Change
- Somatic Movement, Fascial Unwinding and more
- Discover Self-Care Body Mechanics
- Enhance Current Treatment Efficacy

Developed over 90 years ago by Dr. Milton Trager, a WWII veteran himself, for the treatment of polio and sciatica, The Trager® Approach remains an innovative approach to movement education and self-care, which facilitates lasting neuro-muscular change.

Trager utilizes gentle touch and rhythmic movements to cultivate a state of deep relaxation to release muscle holding patterns residing in the unconscious mind that often manifest as functional limitation, or pain. Self-Care movement exercises are provided so clients may develop their own session "recall" capacity to elicit similar relaxation responses experienced during their session.

### What You'll Learn:

- The efficacious underpinnings of Trager's non-invasive touch and somatic movement approach to body mechanics and client self care.
- Learn to safely down-regulate the nervous system, enhance client interoception, and empower clients through somatic self-care.
- Cultivate hand quality to create a neuro-physiological sense of safety to work with the most hypervigilant nervous systems
- A non-invasive approach to fascial gathering and working with structural biotensegrity to facilitate release of unconscious muscle holding patterns.
- A broad supine and prone protocol, a succinct 25-30 minute protocol specifically directed towards the vagal pathway and core skeletal muscle associated with the stress response that can be applied in the field.
- How to find and keep the body's rhythm to create a deep state of relaxation and safe context for the body to release compensatory and habituated, sub-optimal muscle holding patterns.
- How to teach the Mentastics somatic movement system to clients

*Trager Instructor, Michael Lear*



*with Trager Practitioner, Angela Darling  
and Veteran, Roberto Rangel of  
Solvum Health assisting*

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