

United States *Trager*[®] Association Position Statement on Government Regulation

Trager[®] Psychophysical Integration and *Mentastics*[®] movement education, often referred to as the *Trager Approach*, is based on the teaching and work of Milton Trager, M.D. **Practitioners of the *Trager Approach* are primarily educators.** They teach hook-up, quality of movement and a way of being to their clients through attitude, touch and subtle directed movements. The fundamental objective is to increase the client's self-awareness and generate physiological changes that enable the client to move with more freedom, pleasure and ease in all aspects of their lives.

The *Trager Approach* is a distinct professional practice as supported by the registration of '*Trager*[®]', '*Mentastics*[®]' and the Dancing Cloud logo as service marks of *Trager International*, which licenses their use by the United States *Trager Association*. A service mark is a name and/or design that identifies a service, and distinguishes it from other similar services. It represents the company or organization that provides the service, and to which the public can look to be assured of quality and performance standards.

The United States *Trager Association*, as a National Association member of *Trager International*, is the professional association responsible for the regulation of the practice of the *Trager Approach* in this country. In order to promote the quality of the work, which includes the concern for public safety, a *Trager Professional Certification Program*, and Continuing Education and Certification Renewal Requirements have been established. Furthermore, Standards of Practice, a Code of Ethics and Conduct, and Grievance Procedures are promulgated among members through Training Programs and written documents.

The United States *Trager Association* supports the desire of Massage Therapists and/or other professional groups to be regulated under government Title Registration or Licensure Acts. Furthermore, where there is legislative activity, members will participate in the development of working coalitions, respecting the positions of each distinct professional practice, including but not limited to **the following positions held by the United States *Trager Association*:**

- Inclusion of the *Trager Approach* in Massage Therapy legislation is not appropriate since the *Trager Approach* is a distinct professional practice from Massage Therapy.
- The regulation of a variety of distinct professional practices, including the *Trager Approach*, under a single 'Bodywork' or 'Somatic Practices' law is opposed, since it is unlikely that such regulation would address each distinct professional practice with sufficient specificity.
- The necessity of external regulation of the *Trager Approach* has not been established, since no pattern of harm to the public by *Trager Practitioners* has been identified.
- Training in Massage Therapy is neither necessary nor relevant to the proficient, competent and safe practice of the *Trager Approach*.
- Certification as a *Trager Practitioner* does not qualify a person for the practice of Massage Therapy. *Trager Practitioners* who present themselves to the public as being Massage Therapists must independently qualify for that claim by other training and certifications or as defined in licensure acts where applicable.

For these reasons, the United States *Trager Association* seeks the inclusion of a specific exemption of the *Trager Approach* in Massage Therapy, Bodywork, Somatic Practices or similar licensing laws, to avoid any improper implication of inclusion by Regulatory Boards.