

Directory of Schools for Alternative and Complementary Health Care

December 1, 1998

Program Administrator
Center for Traditional Medicine
1770 Mass Ave, Ste 624
Cambridge, MA 02140

Dear Director:

Enclosed please find a questionnaire that shows the information about your school or program as it is listed in the Oryx Press *Directory of Schools for Alternative and Complementary Health Care*, a comprehensive guide to schools providing professional training programs in alternative and complementary health care. Listings in this directory are free of charge, and by answering this questionnaire, you are not obligating yourself to purchase this book.

We are currently updating the information in this book for a forthcoming 2nd edition. Please review your previous listing, mark any necessary corrections directly on the pages, and sign and return it to me in the postage-paid envelope within 14 days. By returning the requested information, you will ensure that accurate and current data describing your school will be included in the *Directory of Schools for Alternative and Complementary Health Care*. If you have any questions, please call me at (941) 378-0690. Thank you for your assistance.

Sincerely,

Karen Rappaport

Please check here if your facility is no longer in operation or if it does not provide professional training programs. Return questionnaire in enclosed envelope.

- NO LONGER IN OPERATION
- DOES NOT PROVIDE PROFESSIONAL TRAINING PROGRAMS

10370 Pittman Rd.
Sarasota, FL
34240

ORYX PRESS

Directory of Schools for Alternative and Complementary Health Care

The information from this questionnaire will be used to prepare the *Directory of Schools for Alternative and Complementary Health Care, 2nd Edition*. Please review the existing information and make any necessary corrections directly on the pages. Please check all that apply and supply missing information where applicable. In addition, please cross out checked items that no longer apply. Use a **brightly colored pen**, preferably red. By completing, signing, and returning this questionnaire, you are in no way obligating yourself to purchase the *Directory* or any other product the information in this questionnaire may be used to prepare.

1. Name of School (as you want it to appear)

Center for Traditional Medicine

2. Name of Program/Department _____

3. Street Address 1770 Mass Ave, Ste 624, Cambridge, MA 02140

Country (if USA leave blank) _____

4. Mailing Address (if different from above) _____

City _____

Zip _____

State _____

5. Phone (617) 643-1918

781 643 1918

Fax _____

Internet e-mail lekorn@wco.com

WWW Home Page (URL) <http://www.halcyon.com/fwdp/medicine/tmp.html>

6. Head of Program/Administrator (and title)

Leslie Korn, PhD, MPH, RPP, Dir

7. Contact Person for Admissions (and title)

Dr. Rudolph Ryser

8. Year Established 1976

10. Average Class Size 20

9. Enrollment (average per year) 30

11. Number of Graduates (average per year) _____

12. Number of Teaching Staff

a. Full-time: 3

b. Part-time: 25

13. Wheelchair accessible?

Y. Yes

N. No

14. Accreditations

a. State board: _____

b. Accrediting Council for Continuing Education and Training

c. American Massage Therapy Association/
Commission on Massage Therapy Accreditation

d. Accrediting Commission of Career Schools and Colleges of Technology

e. Associated Bodywork & Massage Professionals/
International Massage and Somatic Therapies
Certification Council

f. Biofeedback Certification Institute of America

g. Council on Chiropractic Education

h. Council on Homeopathic Education

i. Council on Naturopathic Medicine Education

j. Middle States Association of Colleges and Schools

k. Accreditation Commission for Acupuncture and Oriental Medicine

l. New England Association of Schools and Colleges

m. North Central Association of Colleges and Schools

n. Northwest Association of Schools and Colleges

o. Southern Association of Colleges and Schools

- p. Western Association of Schools and Colleges
- q. American College of Nurse-Midwives, Division of Accreditation
- r. American Polarity Therapy Association
- s. Feldenkrais Guild

- t. National Certification Board for Therapeutic Massage and Bodywork (CEUs)
- u. North American Society of Teachers of the Alexander Technique
- z. Other (specify): _____

15. Program of Study (Please put a star by those areas that are the school's major programs. Unstarred items will be listed as additional offerings, introductory courses, or continuing education.)

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> a. Acupressure <input type="checkbox"/> b. Acupuncture <input type="checkbox"/> c. Alexander Technique <input type="checkbox"/> d. Aromatherapy <input type="checkbox"/> e. Ayurvedic Medicine <input type="checkbox"/> f. Biofeedback <input type="checkbox"/> g. Chiropractic <input checked="" type="checkbox"/> h. CranioSacral Therapy <input type="checkbox"/> i. Feldenkrais <input checked="" type="checkbox"/> j. Herbal Medicine <input type="checkbox"/> k. Homeopathy <input type="checkbox"/> l. Hypnotherapy <input type="checkbox"/> m. Midwifery <input checked="" type="checkbox"/> n. Naturopathic Medicine | <ul style="list-style-type: none"> <input type="checkbox"/> o. Neuromuscular Therapy <input checked="" type="checkbox"/> p. Polarity Therapy <input type="checkbox"/> q. Qigong <input type="checkbox"/> r. Reflexology <input type="checkbox"/> s. Reiki <input type="checkbox"/> t. Shiatsu <input type="checkbox"/> u. Traditional Chinese Medicine <input checked="" type="checkbox"/> v. Massage Therapy <input type="checkbox"/> w. Sports Massage <input checked="" type="checkbox"/> x. Energy Work <input type="checkbox"/> y. Oriental Medicine <input type="checkbox"/> z. Other (specify): _____ <input type="checkbox"/> aa. Veterinary Studies <input type="checkbox"/> bb. Yoga Teacher Training |
|---|---|

16. Length of Program (note time to complete program, or indicate if program consists of seminars or home study)

1 wk seminars-1 yr clinical internships

2 yr certificate + accredited BA, MA programs

17. Degrees Granted (check all that apply)

- | | |
|---|---|
| <ul style="list-style-type: none"> <input checked="" type="checkbox"/> a. BS <input type="checkbox"/> b. DC <input type="checkbox"/> c. CEUs <input type="checkbox"/> d. MH <input type="checkbox"/> e. MS <input type="checkbox"/> f. ND | <ul style="list-style-type: none"> <input type="checkbox"/> g. OMD <input type="checkbox"/> h. Diploma <input checked="" type="checkbox"/> i. Certificate <input type="checkbox"/> z. Other (specify): <u>MA, MED, BA</u> |
|---|---|

18. Preparation for licensing or certificate examinations

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> a. State: _____ <input type="checkbox"/> b. National Certification Commission for Acupuncture and Oriental Medicine <input type="checkbox"/> c. American Board of Clinical Hypnosis <input type="checkbox"/> d. American Council of Hypnotist Examiners <input type="checkbox"/> e. American Oriental Bodywork Therapy Association <input type="checkbox"/> f. American Reflexology Certification Board <input type="checkbox"/> g. Council for Homeopathic Certification <input type="checkbox"/> h. Homeopathic Academy of Naturopathic Physicians <input type="checkbox"/> i. North American Society of Homeopaths <input type="checkbox"/> j. National Certification Board for Therapeutic Massage and Bodywork | <ul style="list-style-type: none"> <input type="checkbox"/> k. Certified Nurse-Midwife, American College of Nurse-Midwives <input type="checkbox"/> l. American Polarity Therapy Association <input type="checkbox"/> m. Biofeedback Certification Institute of America <input type="checkbox"/> n. Certified Feldenkrais Practitioner, Feldenkrais Guild <input type="checkbox"/> o. National Board of Homeopathic Examiners <input type="checkbox"/> p. Certified Professional Midwife, North American Registry of Midwives <input type="checkbox"/> q. North American Society of Teachers of the Alexander Technique <input type="checkbox"/> z. Other (specify): _____ |
|---|--|

19. Admission Requirements (check all that apply)

- | | |
|--|--|
| <ul style="list-style-type: none"> <input checked="" type="checkbox"/> a. Min age: 18 <input type="checkbox"/> b. High School Diploma/GED (min GPA): _____ <input type="checkbox"/> c. Some college (number of years/min GPA): _____ <input type="checkbox"/> d. Bachelor's Degree (min GPA): _____ <input type="checkbox"/> e. Master's Degree | <ul style="list-style-type: none"> <input type="checkbox"/> f. Medical Degree <input type="checkbox"/> g. RN <input type="checkbox"/> h. Specific course prerequisites: _____ <input type="checkbox"/> z. Other (specify): _____ |
|--|--|

20. Application Deadlines

- | | |
|--|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> a. Fall: _____ <input type="checkbox"/> b. Winter: _____ | <ul style="list-style-type: none"> <input type="checkbox"/> c. Spring: _____ <input type="checkbox"/> d. Summer: _____ |
|--|--|

21. Tuition and Fees

\$1500 per wk-\$9000 per yr

22. Financial Aid Offered

- a. Fellowships
- b. Federal government aid
- c. Grants
- d. Loans
- e. Scholarships
- f. State government aid
- g. Work study
- h. VA approved
- i. Vocational rehabilitation
- z. Other (specify): _____

23. Career Placement Services

- a. Career counseling
- b. Career information
- c. Internships
- d. Interview set up
- e. Resume service
- z. Other (specify): _____

To ensure your school's inclusion in the *Directory of Schools for Alternative and Complementary Health Care* please return the completed questionnaire within two weeks in the enclosed postage-paid envelope. *There is no charge for inclusion in the Directory.* Your cooperation is very much appreciated.

LESLIE KORN Director

 Name of Respondent (please print or type) Title

 Signature Date



Center for World Indigenous Studies

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Chair for Fourth World Politics
(In his memory 1921 - 1989)

(‡ Affiliations for identification
only)

Dear _____

Your are confirmed to attend the seminar/internship _____

beginning date _____ and ending

date _____. We have received payment of

_____ and final payment in the amount

of _____ is due by _____.

Below please find information regarding travel logistics and information you need to know regarding your stay in Yelapa. Should you have further questions please do not hesitate to call or email Leslie Zumwalt, registrar/administrator at 617 643 1918 or cwiskla@wco.com, or secondarily to email us in Mexico at lekorn@wco.com.

We have a wonderful group of people attending this year, representing many peoples and nations, as well as diverse disciplines. Our faculty and staff are enthusiastic and eager to work with you to ensure an exciting learning adventure that balances professional development and personal renewal.

We have arranged the orientation to begin at dinner after you have arrived by boat. Many participants choose to arrive early in Puerto Vallarta to spend a few days before coming directly to Yelapa. We regret that we cannot be of help to you in obtaining either reservations or more personal information regarding any part of your travel other than your arrival in Yelapa. In addition to travel agents in your country of origin, you may want to surf the web under Puerto Vallarta for local information. Air travel is very restricted during the high season (December through April.) You are encouraged to obtain seats early.

AIRPORT ARRIVAL:

When you arrive at the airport you will have to go through immigration and customs

It is very important that you define your destination on your tourist card as Puerto Vallarta, NOT Yelapa. State the reason for your travel is pleasure, not business. You may then take a "combi" or a taxi into "PV" as Puerto Vallarta is called.

Puerto Vallarta (PV):

Hotels are usually easy to arrange in PV. (Except just before and after the holidays).

For peace of mind you may want to make a reservation ahead of time if you plan to arrive early. Otherwise you can often find a place once you arrive.

We regret we cannot make arrangements for you however consult either a travel agent or the internet. Prices range from \$25 (about 195 pesos) a night to \$150 (about 1165 pesos) a night. If you wish to rent/share short-term low cost apartment in and around PV you may contact Cherie Sibley (speaks English and some Spanish)

at: 011 52 322 2 13 25. The prefixes "011 52 322" are long distance calling numbers from the states to PV. Hotels are often full or close to full during weekends and the holidays so plan ahead. We have used several hotels in the budget and medium price range for over 20 years. These include: Hotel Roger (Budget-Hostel) The Hotel Marlyn (Budget), The Hotel Rosita (3 star: approx: \$35-\$45); and the Molino De Agua (\$50 for garden and oceanfront at approximately \$75). PV is very crowded mid December through January and at Easter so we encourage a phone call to book a room at these locations. If you choose a more upscale hotel with international connections(e.g. Holiday Inn etc.) you can probably book through an 800 number or a travel agent. (We do not have formal arrangements with any of these hotels) If you stay overnight in PV on the way in you may also want the option on your return as well to spend a day or some hours there prior to departure. PV offers beautiful arts and crafts, gorgeous ocean, great food and lovely people.

HOTELS IN PUERTO VALLARTA:

Hotel Marlyn: 011 52 322 2-09-65 or

011 52 322 2 57 66

Approximately \$25 or roughly 175 pesos a night.

Hotel Rosita: Ask for Elba and tell her you are an "amiga de Alejandra de Yelapa" (I, Leslie am Alejandra!) 011 52 322 32151 or 321 42 Ask for an ocean front if you can get it approximately \$40 or 280 pesos a night

Hotel: Molino de Agua: 011 52 322 2 19 57 and 2 19 07

Fax 011 52 322 2 60 56

approximately \$50-\$70 or 350 pesos to 490 pesos a night.

Posada de Roger: economy hotel/hostel: 2-08-36 or 2 06 39 Fax 3-04-82

All these hotels are in town and are presented in order of number of stars and price from low to higher. No matter where you stay, the Molino is worth a visit in the morning for tea/coffee to sit with the parrots and birds nesting in the trees.

MONEY:

Your fees for the seminar/internship include breakfast and lunch and housing in Yelapa tuition and a midweek boat trip (weather permitting). The peso is currently about 7.50- 8.0 to the US dollar. Your additional expenses include the Taxi from the airport to PV (approx: 10. or about 75 pesos each way), boat trip from PV to Yelapa (approx: \$10 each way), horseback riding (optional) \$10-\$20. Evening meals at restaurants (fish, meat, Mexican, fish, vegetarian) with appetizer, drinks and dessert cost approximately \$5- \$10. Bring some cash and some travelers checks. It is easier to exchange a little at the airport and then in PV. Using a credit card is feasible at more upscale shops in PV but not in Yelapa.

BODYWORK AND HEALTH TREATMENTS

You may pay by cash or personal check for private bodywork treatments at Xipe Totec. If you want to pay for bodywork on your credit card ahead of time you may do so by calling our administrator, Leslie Zumwalt, 1 617 643 1918 in the U.S.A.. You will need to have your credit card number, expiration date and name as it appears on card. NO credit cards are accepted at Xipe Totec but we do accept cash (dollars or pesos) and personal check. We are offering a special rate of \$60 (US) per 75 minute session (one hour on table) for our seminar participants pants. (Bodywork treatments are included in the Stress and Pain reduction Clinics)

HEALTH:

It is important to follow simple rules of health to avoid becoming ill. Becoming ill is generally a function of ingesting bacteria that your gut is not used to

For at least 2 weeks prior to departure, ingest good quality lactobacilli (obtained at a health food store), 1-2 times per day. While yogurt is a good food, it rarely offers enough live bacilli to be protective. Bring a bottle of freeze-dried bacilli with you and keep taking it through your stay. You may also want to bring homeopathic remedies, echinacea and other favorite herbs.

DO NOT EAT FOOD SOLD ON THE STREET!

DO NOT DRINK WATER THAT IS NOT BOTTLED OR BOILED!

DO NOT EAT RAW VEGETABLES UNLESS YOU HAVE WASHED THEM YOURSELF IN PURE WATER!

While in Mexico we recommend a daily dose of raw garlic. This makes a nice addition to fresh avocado and lime. At Xipe Totec all food is thoroughly soaked, cleaned, and cooked insuring maximum health and nutritional benefits.

MEDICINE KIT

Bring a simple medicine kit: (ingredients available at health food store) aloe vera gel for burns or bites, "Green Ban" (natural insect repellent), natural painkiller, bandaids, vitamin C crystals, papain/ bromelain tablets for protein digestion aid and a small bottle. Bring some powdered papain or Adolph's Meat Tenderizer if you are allergic to bee stings etc. Bring enough sunscreen at a factor of 30 or so. We are closer to the equator and the sun burns. There are scorpions in Yelapa and some people like to bring a small snake venom extraction kit. It is unlikely that you will see a scorpion during your visit but possible. Scorpions can give a wallop of a sting but are not life threatening except in some cases with infants. When you arrive we review prevention procedures. Mosquitos don't become plentiful until summer but there will be some. Most bedding has mosquito netting. (There is no Malaria, Dengue has made sporadic appearances). There have also been incidents of Hepatitis A and non A. Best prevention is clean food and water. Some people obtain Gamma Globulin shots prior to coming to Mexico—there is controversy about efficacy though. You may want to make your own decision here. Bring **Green Ban** or another natural repellent. There are little ticks called "guinas" that can get on you if you brush against bushes during walks up river. They itch but that is all. You should wear long pants on your walks in the jungle.

There is no medical doctor in Yelapa. Occasionally there is a doctor doing social service work for the national health service. For emergency allopathic medical attention, a 45 -60 minutes private boat ride to Puerto Vallarta will be available.

CLOTHING and things to bring: (1 week stay)

Generally the days are a dry 75-85 (F) degrees and the winter nights can dip to 60 (F) degrees. Dress is very casual. Bring 2 bathing suits, shorts, (at least) 2 pair of jeans/pants, tee shirts or halter tops, sun dress, a sweatshirt or sweater, one-2 pair of socks. There is no need to "dress up". PV is all cobblestones. Bring sneakers/running shoes and tevas or thongs (you can also purchase thongs or sandals in Yelapa). "Water shoes" are also very useful. Make sure all your shoes are broken in. You will be walking either on the beach or mountainous dirt paths in Yelapa. Bring a large beach towel and at least one large bath towel. Bring a hat or visor and sunglasses. Pack in plastic bags to protect your clothing. You will be traveling by boat. While rain is rare during the winter, it could rain. Bring a **light poncho**. Pack as lightly as you can so you

can carry your own bags, but there will be help carrying your bags if you need it at a similar cost to porters in cities.

ESSENTIAL: There is no conventional electricity in Yelapa. There is some solar energy and some generator power. But do not bring any electrical appliances—hairdryers, irons etc. **Bring a good flashlight and Duracell batteries.** There are no lights at night. You will be walking along mountain paths in the jungle and will need light to see. You may want to bring a “walkperson” or CD player. There will be some leisure time so bring books or simple art supplies. Depending on your venue, there will be varied amounts of reading light at night. You might want to bring the itty bitty book lights available that run by battery. Bring a notebook and pen/pencil.

SAFETY

Yelapa is a very safe place though as in many places there can be petty theft. If you wear jewelry—keep it simple. In general do not bring anything you would not want to lose to theft. Keep cameras simple and do not bring a computer unless absolutely necessary. It will not be easy to lock up your things. Some people like to bring “fanny packs”. Women and men are generally safe from assault though late at night it is advisable to walk in pairs. People visit Yelapa from neighboring villages and from around the world.

INSURANCE

There are various kinds of travel insurance—For health and emergency evacuation while traveling, for your personal belongings and in the event you need to cancel your trip and do not want to forfeit your monies paid. A good travel agent can advise you on your options.

DIVING

If you like to snorkel bring a mask and snorkel and fins. If you don't have them or don't want to bring them, you can rent them for a nominal fee. Weather permitting you may be able to scuba dive with Jim Evans, a long time staff member who is a diver and fisherman.

EMERGENCY:

There is one phone in Yelapa available for outgoing calls. We will keep you updated if more phones arrive.

FOOD:

Food is provided at local restaurants, at homestays, by our Mexican staff and by Casa Xipe Totec. We work with the hotel and the best local restaurants to provide you with breakfast and lunch that may include eggs, cereals, fruits, tortillas, fish, vegetarian plates and traditional Mexican foods within a medium price range. If specialty items like beef, lobster or shrimp are available and you desire it, we arrange for you to pay the cost differential. At Xipe Totec we prepare healthful foods that reflect local cuisine as well as the foods of other nations. If there is anything you must have, (like miso soup, black tea, rice cakes or fine-grind french roast coffee etc—bring it. There are also grocery stores and health food stores (tiendas naturistas) in P.V. where you can buy some speciality like dried fruit, nuts, soy products and yogurt. The village tiendas are also stocked with sumptuous cheeses, fruits, vegetables, fish, rice, potatoes, cabbage tortillas and beans. Mexican dishes as main fare. Lunch may consist of guacamole, salad or beans and rice, sandwiches or box lunches to take to the beach or on a horseback trip. In general food is simple and nutritious. We often take the opportunity to ask some of our friends in the village to prepare traditional cuisine.

ALCOHOL AND ILLEGAL DRUGS

We discourage drinking too much alcohol on your trip. It is dehydrating. However a little red wine is acidic and may help prevent bacterial infection. Illegal drug use is also discouraged. There are VERY severe penalties if you are caught by the officials.

CHILDREN AND CHILDCARE: Children of all ages have attended the center with their parents. Children of all ages have had both productive and unproductive experiences. Some have thrived, some have had to leave early. In general we do not encourage bringing children. The stress of adaptation may be strong for children, as it often is for adults. Again some children thrive and others remain stressed out. This allows for full attention by the parent(s) to the program. However if you must bring your child/ren, please contact us as soon as you can. You will need to bring a child care helper with you or a non-participating partner who will have responsibility.

SPOUSE/PARTNER/FRIENDS

Spouse, partner or friend who want to accompany you but not take the seminar may do so for a fee of 600.00. This includes participation at exercise classes, meals(breakfast/lunch) and extracurricular activities.

COURSE MATERIALS: Some materials may be sent out prior to your arrival—others will be given to you upon arrival. If you have books, resources or research papers that you would like to share with others, please bring them.

SPANISH LANGUAGE

All classes are conducted in English though occasionally we will have Spanish translation. Study some basic words and sentences before you arrive. You will have a chance to practice while here and classes can be usually be arranged for a separate fee. People in the village are eager to help you learn!

INFORMATION:

Leslie Zumwalt, Registrar and Administrative assistant can answer many of your registration and logistical questions via email or phone. Other questions can be asked to us at Xipe Totec in Mexico via email. Because our staff and faculty spend periods in the jungle, out of phone contact, it may take up to a week for an email response. Please ask for updates however on cell phone availability. It may be arriving this year!

If you have questions please feel free to call us at: 1- 617-643-1918

Or email: cwislka@wco.com or lekorn@wco.com

Que le vaya bien! Hasta luego

Leslie Kom, Ph.D., M.P.H. and Rudolph Ryser, Ph.D.

Sample Itinerary

Yelapa, Mexico

Average temperature: 80-85 (day) 65-75 (night)

NOTE ON ITINERARY: *The unexpected and the unplanned are part of every adventure. This itinerary is a guideline, and is subject to change.*

SPIRIT OF ADVENTURE

The seminars are an opportunity to learn, relax and share in the beauty of the village and the sea and jungle. You are encouraged to attend the class modules in the morning as each will build on the next

Activities scheduled in the afternoon will provide a balance of learning, relaxation and private, quiet time. Give yourself a few days to unwind and open to a slower pace of life.

DAY 1: SATURDAY Plan to arrive in Yelapa no later than **Saturday by 6 p.m.** There are boats leaving from different docks in and around Puerto Vallarta in the morning, mid-day, mid afternoon and from the Boca de Tomatlan in the morning at 10 am noon 1 p.m. and 4 nd 5:30 p.m. (Boat schedules are subject to change so check when you arrive in PV.) Take a cab to **Los Muertos Beach**, to catch a **ponga** (boat taxi) that leaves at **9 a.m., noon and 3:30** and takes you directly to Yelapa. If you arrive later, take a taxi to **La Boca de Tomatlan** where boats leave for Yelapa at **4 and 5:30 pm**. If you arrive in P.V. later than **3-4 p.m.** plan to stay overnight and catch the ferry **El Sarape** the next morning at the **Marina Vallarta**, or to take the "**people's ponga (cargo boat)** from the **Hotel Rosita**. Cab drivers or hotel personnel will know all of these locations. **Yelapa is about 1 hour-90 minutes by boat south of. About 25 minutes by boat from the Boca**

Once aboard your boat to Yelapa, you will be guided by dolphins, seabirds and maybe manta rays to your destination. As you travel down the coast, you will pass Mismaloya, where John Huston filmed the movie the Night of the Iguana. Upon arrival in Yelapa, (if you are staying at the hotel you can check in and we will meet you at the hotel late afternoon). Interns come directly to Casa Xipe Totec, located across the lagoon. If you have heavy luggage you may ask at the hotel if they will guard your bags while you find us. Upon arrival all participants may want to don your bathing suits, and swim in the ocean, before our welcome dinner.

DAY 2: SUNDAY- Each day follows a **Basic daily schedule, with flexibility for changes due to new opportunities and the weather. Breakfast begins at 7:30.am.,** as the sun comes over the mountain tops. **Therapeutic exercise, polarity yoga and.or stretching class is held from 8:30-9:30.** During these classes, both the group and individuals receive attention. **From 9:30-12:30, the seminar lectures and practicum modules are held. At 12:30, the group gathers for freshly prepared lunch.**

After lunch it's off to the beach for sun and swimming and cooling off beneath the palms with a coconut in hand. Mid-late afternoon might offer **exploration of the village, Spanish practice, boat trips or hikes to neighboring villages, herb walks or group discussions with faculty members. Interns working on service projects may present their research and work. Meetings, and optional or specially scheduled activities may run from 5-7**
Dinner is available from 6 p.m until about 9 pm. Evenings are often spent star-gazing, dancing, reading, sharing interests and dreaming to the sounds of the ocean waves.

DAY 3 MONDAY- **Basic daily schedule.** After lunch, journey to the waterfalls (*cascadas*), where you may swim, stimulate your circulation, and relax tense muscles underneath the gentle but penetrating force of fresh water.

DAY 4 TUESDAY- **Basic schedule.** After lunch, schedule a private polarity treatment or massage, or take a private lesson in scuba diving or wind-surfing.

DAY 5 WEDNESDAY- **Basic schedule.** After lunch, ride a gentle horse or walk up river, guided by our friend *Matilde* who is well versed in the medicinal use of local flora. Set between high mountain ranges and luxuriant growth, the river, called *Rio Tuito* leads to another waterfall where you may swim.

DAY 6 THURSDAY- Basic Schedule. After lunch join a group to explore local medicinal plants with women in the village, practice speaking Spanish, visit local artisans or schedule a private consultation.

DAY 7 FRIDAY- After breakfast, pack your gear for a 9 a.m. departure on the spectacular all-day boat trip to a private beach. Your guide, Jim Evans, is a professional diver, fisherman and naturalist, who has worked with us for 20 years. He will introduce you to the coast by way of swimming, snorkeling and diving. Leaving you to explore the caves and bask on the beach, Jim dives for Red Snapper and Tuna which are then grilled on an open-fire on the beach. Around 5:00 begin your journey homeward from this magical day. Showers, cool drinks and an evening fiesta joined by all the new friends you've made during your visit.

DAY 8 SATURDAY- Choose either a morning or afternoon departure from Yelapa, as a day of shopping and sight-seeing in Puerto Vallarta awaits you before departure home.

BUEN VIAJE.

Risk and Release Statement

PLEASE READ CAREFULLY, SIGN AND RETURN THE ORIGINAL TO THE **Center for World Indigenous Studies** FOR ASSUMPTION OF RISK AND RELEASE OF RESPONSIBILITY.

RISK AND RELEASE: As a registrant, I (enter your name) _____ (hereinafter referred to as "Registrant") acknowledge that as a participant in **Center for World Indigenous Studies** (hereinafter referred to as "CWIS") sponsored programs and activities I have been informed and I am aware that certain dangers and risks may occur during my travel to, attendance at and travel from any of the seminars, adventure programs and internships offered by the **CWIS**. These dangers and risks include, but are not limited, to the hazards of traveling in tropical terrain, accident or illness in remote places without medical facilities, the forces of nature, and travel by air, train, boat, automobile or other conveyance.

In consideration of the right to participate in these seminars, programs, and/or internships and the food and services arranged for the **Registrant** by the **CWIS**, I do hereby assume all of the risks and responsibility including but not limited to those risks and responsibilities expressly noted in the previous paragraph, and will hold harmless **CWIS**, its owners, operators, employees and agents from any and all liability, actions, causes of actions, debts, claims, and demands of every kind and nature whatsoever which the Applicant now has or which may arise out of or in connection with travel, or participation in any activities arranged for me by **CWIS**. The terms hereof shall serve as a release and assumption of all risk and conditions for me and my heirs, executors and administrators and for all members of my family, including any minors accompanying me. In addition, I give the **CWIS** the right to use any photos in which I may appear in connection with any of the programs.

CANCELLATIONS AND REFUNDS: Since substantial non-refundable advance payments must be made by the **CWIS** to agencies and operators in the field and in connection with the organization and conduct of seminars and programs, the **Registrant** understands that refunds can only be made upon receipt of written cancellation, as follows:

- 61days-90 days prior to start of program: 75% of fee returned
- 31days-60 days prior to start of program: 50% of fee returned
- 9 days-30 days prior to start of program: 25% of fee returned
- 8 days or less: no refund.

I have read and agree in full to the conditions set forth in the Risk and Release Statement above including the policy on refunds and cancellations.

Registrant:

Name: (Please Print) _____

Signature _____ Dated _____

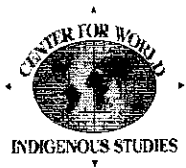
Parental Authorization:

Signature _____ Dated _____

(parent or guardian if under 21 if applicable)

The **Center for World Indigenous Studies** (CWIS) does not discriminate in its admissions, employment or policy and procedures on the basis of race, sex, sexual orientation, age, religion, national origin or physical disability.

Return Original with your application to: **Center for World Indigenous Studies**
P.O. Box 1064
Occidental, CA 95465



Center for World Indigenous Studies

1001 Cooper Point RD SW 140-214 • Olympia, WA • 98502 • U.S.A.

Tel: 617-643-1918 □ Fax: 617-661-5353 □ E-mail: lekorn@wco.com

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SPOUSE/PARTNER ATTENDANCE POLICY

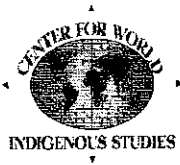
Successful Seminar Applicants may invite a spouse or partner to join them at the seminar site and during the period of the seminar, however, an additional cost will be required, payment of which is due in addition to the standard Seminar fee for a single participant. An additional \$600.00 is required for a spouse or partner joining a successful seminar applicant provided that the spouse or partner does not directly participate in the seminar (at scheduled sessions) or receive additional seminar materials.

Partners may wish to receive bodywork or other private health consultations at Xipe Totec and may do so for an additional fee.

The \$600.00 spouse or partner fee covers the following expenses:

Orientation to the village and Xipe Totec
Housing In Yelapa with seminar participant partner/spouse
Breakfast and lunches scheduled as part of seminar trip
Morning exercise class scheduled as part of seminar
Extra curricular activities such as a boat trip.

The Spouse and Partner Fee is due for payment when payment of the individual participant Seminar fee is made.



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5 November 1997

Dear LZ

Enclosed are:

hard copies of documents and a disk containing also zip files of some these documents. Also included are some text files that you can use for email upload.

Also included on the disk are files that include instructional memos to you WORD documents and LKA documents you have requested

Please take some time to open and review all the files contained here. In addition please take some time to read the documents that are new to you, namely the documents in the zip file called welcome letter. This contains NEW information for you

In this memo I will outline procedures for use of certain documents enclosed. Please keep on hand so you can refer. Increasingly I am trying to provide documents that will answer ANY questions you need to know answers to in order to respond to questions for inquiries, applicants or students.

CWIS/MEXICO

In ZIP file called "participant welcome file" I have zipped several documents in Word6 Format.

1. Participant welcome letter:
2. Risk release statement
3. Itinerary
4. Spouse/partner fee policy

Read and reread all these documents so you know where to find the information. I have usually kept copies on the wall at the phone so I can respond to questions if they come by phone.. All these documents are meant to provide you with info you need to impart to requests.

Below I list the use of the documents

1. **Itinerary:** The itinerary can be used to answer questions. It generally goes out once a person has sent in initial deposit. On occasion, if someone has asked prior to registering I have sent it out to them IF THEY FEEL it is important to their decision.

2. **Risk release statement.** This should be sent out with the welcome letter and sent back to you for file. It is ESSENTIAL that we have these on file for everyone before they arrive. If they haven't sent it to you by their departure date we need to know this and have them sign one down here.

(NOTE: Occasionally you will field a phone call or inquiry from someone who you feel is overly concerned or fearful or not prepared for what yelapa offers in terms of challenges to living.. Please

make a note of it and let us know. Neither encourage or discourage and you may refer them to us. They may not be appropriate for Yelapa's rigors and rather than risk unhappiness or worse a lawsuit—lets be prudent.

3 Welcome letter outlining most everything people need to know. This letter as you can tell is to be filled out by you with correct information about registration and payments and sent to applicant ONCE THEY HAVE PAID DEPOSIT. The welcome letter also has an itinerary attached. If it duplicates what people might already have its not a problem.

4. SPOUSE POLICY: In response to spouses or partners (or close friends) this will detail any information they need to know

To recapitulate

UPON initial deposit of \$150.00 or more from either interns or seminar participants please fill out and send:

Welcome letter

Risk release letter

Upon participant request send

Itinerary

Risk release

spouse/partner policy

Center For World Indigenous Studies
P.O. Box 1064, Occidental, CA 95465

11/29/97

Dear Intern,

In preparation for your journey here, I wanted to let you know that we have been requested by members of the village to begin a diabetes education project. I am requesting that you spend some time doing some research, collecting some papers and simple books about diabetes, especially ones that offer holistic, and lay education information--You might also want to do some bibliographic research and see what is out in the international journals and cross cultural, health education and public health arena about diabetes (prevention, education and treatment). Please bring these materials with you. Enjoy and see you soon!

Sincerley,

A handwritten signature in cursive script, appearing to read "Leslie Korn", with a long horizontal flourish extending to the right.

Leslie Korn, PH.D., MPH

News from

CAMBRIDGE UNIVERSITY PRESS

Now in paperback...

Individual and Community Responses to Trauma and Disaster *The Structure of Human Chaos*

Robert J. Ursano, Brian G. McCaughey, and Carol S. Fullerton

Uniformed Services University of the Health Sciences, Bethesda, Maryland

"This book provides a state of the art review of current knowledge about the immediate and intermediate psychological effects of man-made and natural disasters. It presents a thoughtful overview of the range of psychological reactions to a variety of disaster experiences, mediating variables, such as social support, and a critical evaluation of intervention techniques. It is both a handbook and a practical guide for clinicians, researchers, and forensic experts dealing with disaster and its aftermath."—Bessel A. van der Kolk, M.D., Harvard University and Massachusetts General Hospital

Coping with disaster is an overwhelming and often baffling task for survivors, rescue workers, and clinicians. This volume looks in depth at how people experience trauma and suggests practical strategies for treatment. The authors examine issues ranging from the biological basis of posttraumatic stress reaction to the psychosocial and fictional construction of terror, and disasters ranging from random acts of violence to war.

From Chernobyl to Desert Storm, from Kentucky floods to Norwegian avalanches, the authors explore the effects of trauma on adults and children. They find certain commonalities in human response to disasters of all kinds, and hold that by understanding these partially predictable patterns of reaction, mastery of chaos, and finally recovery can occur. Based on their comprehensive analysis, they suggest disaster intervention strategies that emphasize recognition of the psychological effects of trauma, as well as preparedness and prevention.

As a thorough examination of psychological response to disaster, this book will be essential reading for all clinicians, managers, and individuals who work with victims of trauma, as well as for psychologists, psychiatrists, social workers, nurses, emergency medicine personnel, and military workers.

1994 / c. 400 pp. / 17 line diagrams / 48 tables
41633-7 / Hb / List: \$89.95 / Disc.: \$71.96
55643-0 / Pb / List: \$37.95 / Disc.: \$30.36

***See reverse for a table of contents and a special discount order form....**

PRINCIPAL INSTRUCTORS:

Leslie Korn received her Ph.D. in Behavioral Medicine and Medical Humanities, with specializations in Traditional Medicine and Feminist Theory from the Union Institute. She has a Masters in cross-cultural health psychology from Lesley College Graduate School, where she is a senior lecturer. She received a Masters in Public Health from Harvard University and was a Clinical Fellow in Psychology and Religion and Clinical Instructor in Psychology at Harvard Medical School. She is a licensed psychotherapist, a Registered Polarity Therapy Practitioner, Board Certified in Therapeutic Massage and Bodywork and served as past Secretary of the National Certification Board in Therapeutic Massage and Bodywork. Between 1973 and 1983 she lived in Yelapa, Mexico, where she founded the Center for Traditional Medicine integrating primary health education and traditional healing. She conducted research on the ethnobotanical treatment of intestinal parasites. She maintains a bi-coastal consulting firm and private practice and is research director at the Center for World Indigenous Studies in Olympia, WA. Her book, *Rhythms of Recovery: Trauma Nature and the Body*, will be published in early 1997 by Brunner/Mazel.

Karen Frangos is a licensed physical therapist and a fourth-year Naturopathic doctoral candidate. She has a private consulting practice working with people undergoing rehabilitation and with elite athletes.

Rudolph Rýser is an internationally recognized scholar in the field of Indian Affairs and international relations. He holds a Ph.D. in International Relations from the Union Institute. The principal

theorist in Fourth World Geopolitics he was the special rapporteur for the International Covenant on the Rights of Indigenous Nations and has served as negotiations advisor on sovereignty conflicts between indigenous nations and states' governments in the United States, Canada, the Russian Federation, and Nicaragua. He is a prolific writer and researcher focusing on the environment, terrorism and war/peace issues between nations and states. He brings a unique perspective to healing by understanding ones own heritage within the ancient roots of culture, ritual and food.

HOUSING and FOOD: Double occupancy accommodations are provided in beach-front hotel cabins and in private palapas (thatched-roof houses) framed by lush bougainvillea, visited by emerald-headed hummingbirds, and sun-looped iquanas. Beds, (hot) running water, showers, toilets, pure drinking water are provided. Three meals a day offering fresh vegetarian, seafood and Mexican dishes are provided by the Center and local restaurants.

TRAVEL: Puerto Vallarta may be reached by jet from all major cities. Airfare ranges from \$350 to \$700 round-trip.

FEES: \$1375.00 A non refundable deposit of \$150.00 is due 120 days prior to the start of the program. Full payment is due 90 days in advance. Upon receipt of your deposit you will receive a comprehensive packet containing a detailed itinerary and schedule.

FEES INCLUDE: Tuition, course materials, housing and meals in Yelapa, (single supplement \$200.00 additional).



Leslie Korn Ph.D., MPH and the
Center for Traditional Medicine
in cooperation with the Center for World Indigenous Studies

Presents

The Thirteenth Annual

**ADVANCED SOMATIC THERAPIES AND
ALTERED STATES OF CONSCIOUSNESS**

Seminar

HEALING THE BLEEDING HEART (*CURANDO EL CORAZON SANGRANTE*)

Special topic: Cross-cultural approaches to pain, traumatic stress and dissociation

(Continuing Education Units)

YELAPA-PUERTO VALLARTA, MEXICO

January 4-11, 1997
7 nights, 8 days

For more information contact:

Center for Traditional Medicine
1770 Massachusetts Ave. #624
Cambridge, MA 02140
617/643-1918
707/869-3130

Or access our WEB Page at:

<http://www.halcyon.com/FWDP/medicine/tmp.html>

What

The Bleeding Heart, is a traditional Meso-American image of invasion and suffering, and the potential for restoration of compassion. *El Corazon Sangrante* provides an image for a cross-cultural exploration for treating and understanding pain, (traumatic) stress and dissociative disorders.

This seminar presents innovations in somatic therapies that arise out three interrelated movements of the past thirty years: Feminism, Traumatology and the convergence of traditional systems of healing with conventional psychotherapy and medicine. The emphasis will be on working with people who experience chronic and acute pain, stress disorders (including occupational and traumatic), and survivors of interpersonal and social violence.

Who

Health professionals and students including bodywork and massage therapists, psychotherapists, acupuncturists, body-centered psychologists, health educators, chiropractors, naturopaths, nurses, physical therapists, substance abuse counselors, clergy, physicians and students.

Continuing Education Units: CEUs have been applied for from: The American Polarity Therapy Association, The National Certification Board for Therapeutic Massage and Bodywork, and for nurses and mental health counselors.

Sponsoring Institutions

The **Center For Traditional Medicine** is a cross-cultural health and education center founded in Mexico by Leslie Korn in 1975. We offer interdisciplinary study programs that integrate traditional healing systems from around the world with fitness, health psychology and adventure travel. We emphasize personal well-being,

About the Seminar

This seminar is limited to 16 people and is designed as an intensive didactic and experiential practicum which is both structured and flexibly responsive to the professional interests of the participants.

The seminar meets for four hours, Sunday - Thursday, with afternoons spent in dyadic practice, exploration and leisure activities such as swimming, trips to waterfalls, horseback riding, snorkeling and scuba diving. Private treatments/consultations may be scheduled. A day-long boat trip and cook-out to islands inhabited only by Booby birds offers a stunning culmination to the week. Special evening activities may include nightwalking and dancing at the local *baile*.

For an Application and more information contact:
Center for Traditional Medicine
1770 Massachusetts Ave. #624
Cambridge, MA 02140
email: lekorn@wco.com

between villagers and seminar participants has continued since 1983 by providing periodic opportunities for professionals and students to volunteer their skills and learn from people whose traditional way of life that is rich and transforming.
The Center for World Indigenous Studies (CWIS) is an Indian controlled research and education organization dedicated to the advancement

Philosophy, Psychophysiology and Clinical technique

Indications and Contraindications

◆ The Spectrum of Stress: ◆ Eustress, Stress, Traumatic Stress ◆ Stress rituals in traditional medicine, Polarity Therapy and Energy medicine
Somatic Psychology, dissociation and state-dependent memory ◆ Meditation, Imagery ◆ Yoga, Aqua therapy and nightwalking ◆ Adventures in the Wild

◆ Assessment/stage-appropriate treatment: Advanced somatic therapies integrating polarity therapy, bodywork, counseling and exercises for chronic/acute pain, including cumulative stress: thoracic outlet and carpal tunnel; back and neck, gastro-intestinal, reproductive, sleep, substance abuse, and self-harm.

◆ Nutrition: foods, medicinal plants and ethnogens; supplementation: vitamins, minerals; nutritional physicals.

◆ The Wounded Healer: Understanding the healing relationship; Ethics, boundaries and professional practice
◆ Collaborating with other health professionals and career development.

of indigenous peoples' ideas and knowledge. Founded in 1984 by Rudolph Ryser (Cowlitz) and Chief George Manuel (Shuswap) in response to calls by by Indian governments and the World Council of Indigenous Peoples, CWIS elaborates national and international policy and conducts trainings in law, health and politics.