

Judy Fasone

I have been a nurse for 30 years and a Trager practitioner for 23 years. As past president of the USTA (2001) and Representative to the Trager International Council of Trustees from 2001-2003. I was the Ethics Committee Chair (2002) and I continue to be on the Educational committee continually revising curriculum and most recently embarked on an Instructor Trainee path and have taught this approach both in the US and Europe.

My nursing career and training paralleled the training and use of the Trager approach, and defines my Health and Wellness Coaching practice. I was able to bring the basic principles of the Trager Approach, gentle awareness, centering practices, ease and relaxation to the bedside. I created a holistic nursing clinical experience that included alternative approaches, including Trager, that enhanced the care each patient was given. Increasing the presence of the novice nurse enhances healing, longevity of career and decreases burnout. The Trager Approach was easily applied at the bedside as we practiced skills of repositioning and re-alignment for bed bound patients, often lengthening and gently rocking the body into a less tense posture. Increased circulation and improved mood were just two of the benefits. This approach can be done lying, sitting or standing.

I am committed to this gentle, movement approach because of the beneficial impact I have seen on thousands of my clients and students in the past 23 years. Personal growth and self-development was the result of my training, and self-care is the hallmark of this approach. We teach people to heal through movement and gentle touch. This touch is used to create greater self awareness and is non-invasive. My clients are fully clothed. The sessions/lessons are split between movement explorations and tablework. Homework is given to extend the benefit of the session. The sessions are empowering and life changing for many. I have never been trained as an LMT, nor would I consider it, because massage techniques in themselves do not create the changes we see in a person who has received Trager overtime.

I have published an article entitled:

Using the Trager® approach to reduce the impact of foot drop: Case report

Judy Fasone, RN, MSN-ED, Senior Trager Practitioner, Instructor Trainee

Abstract: This case report illustrates how a person with a complex series of injuries and surgeries can regain a capacity of hope and healing utilizing the Trager® Approach. The client presents with a Foot Drop on the right side, severe chronic pain and hopelessness, and a desire and willingness to feel better. He survived a forty-foot fall from a tree, twenty years ago, and has lived with extensive repair to his spine. He has been living with pain from the limited mobility of spinal rods, vertebral fusions, and more recent hip replacements. Now, in an aging body, he seeks alternative care

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after being told he “will just have to live with his pain”. After a series of sessions by a Senior Trager Practitioner, his mobility, functional status and sleep have improved; and his pain has decreased significantly.

Explore: The Journal of Science and Healing, Vol.17(2021),pg.252-254
<https://www.tragerapproach.us/talking-about-trager/using-the-trager-approach-to-reduce-the-impact-of-foot-drop-case-report>

Please note: professional state licensing for *Trager* Practitioners is not needed. There is no record of harm from the practice of the *Trager* Approach and there has never been a case of our Practitioners being involved in illegal activities in Ohio or any other state. Certified *Trager* Practitioners doing The *Trager* Approach are simply not a part of the problems this bill addresses, and imposing this on us would be regulatory overreaching.

I request the inclusion of suitable exemptions for non-massage practices based on those in place in most states that regulate massage therapy and supported by national AMTA policy and the Federation of Therapeutic Massage, Bodywork and Somatic Practices.

I would be happy to give anyone in the legislative arena a free demonstration/full session to increase your knowledge of the difference between what we do and what massage offers.

Thanks you for your dedication to public service and for your time.

Judy Fasone, RN, Sr. Trager Practitioner