

## Trager Essentials and Advanced Applications Trager Practitioners

Self Test:

1) True or false. The feeling state of the practitioner is the central component to the efficacy of this work. What Dr. Trager termed hook-up could be validated by research in what fields of research:

Part 1: T F

Part 2:

- a) heart-brain coherence
- b) mindfulness or dynamic mindful movement
- c) poly vagal theory

2) Trager works through which system(s) of the body primarily?

- 1) Skeletal System
- 2) Endocrine System
- 3) Gamma Motor System

3) List the Components of the Gamma Motor System

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

4) Trager's dialogue of touch follows a model of Non-Violent Communication in what way?

- a) acknowledge resistance and is neutral
- b) utilizes tissue response feedback to modify touch and mobilizations
- c) invites rather than forces neuromuscular change
- d) all of the above

5) List Three Key Elements of a Trauma-Informed Approach.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

6) Trager uses structure to work with the muscles and muscles to work with structure. How does this contribute to its efficacy?

- a) create effect at a distance
- b) distracts client's mind away from point of practitioner focus to minimize resistance and maintain safe context
- c) works on multiple muscle groups at one time to facilitate muscular integration
- d) elicits a muscular response at the level of the mind which is reflected back into the tissue
- e) all of the above

7) What condition could this approach yield success?

8) Describe three ways movement of the practitioner contributes to the efficacy of this work.

- a) find play with their weight
- b) helps you keep their rhythm to create hypnagogic state
- 3) is energetically efficient
- 4) helps your hands stay soft
- 5) all of the above

9) Which is more important?

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- a ) the rhythm you impart to the client
  - b) their rhythm even if they present with dysfunctional muscle holding patterns?
  - c) Following the rhythm of the music?
- 10) When using reflex response for persons with MS, it's important to help them excite specific muscle groups while
- a) distracting them from what they're doing.
  - b) providing them with feedback as soon as you feel it.
  - c) help them to disengage any muscular contractions not essential to the desired movement
  - d) a and c
  - e) b and c
- 11) With the knowledge you obtained, can you demonstrate how to utilize reflex response to assist in developing a strengthening a walking gesture? Please describe this process and list one other gesture where this process could apply.
- 12) With the knowledge you obtained can you demonstrate how to perform a non-invasive release the psoas? Please describe this process.
- 13) With the knowledge you obtained, can you demonstrate how to mobilize the spine to release spinae in areas with herniations? Please describe this process.
- 14) With the knowledge you obtained, can you effectively bolster a client side-lying perform three spinal mobilizations? Please describe this process.
- 15) With the knowledge you obtained, can you more effectively maintain your hand and body mechanics dexterity during COVID-19 shutdowns? Please describe this process.