



INTERFACE

August 2017



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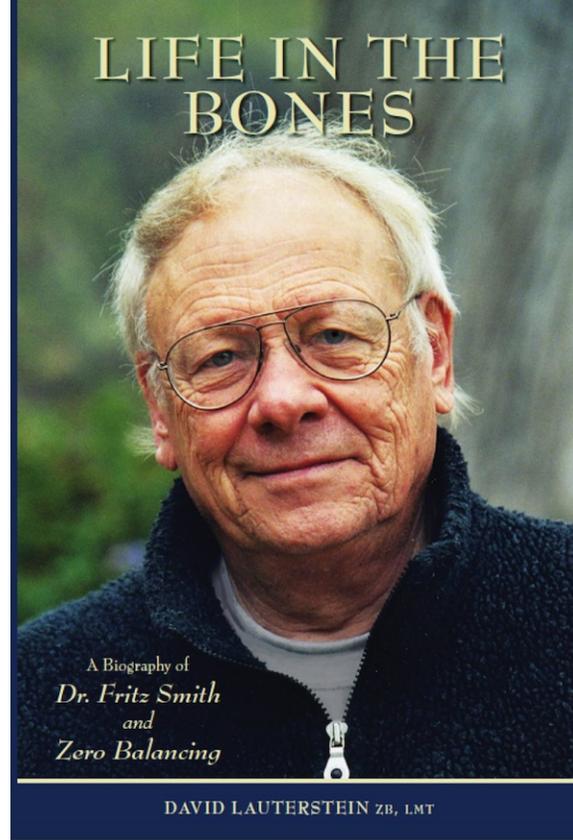
Pre-order New Book - Life in the Bones
Texas ZBers Supporting Families
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Pre-order Now!
Life in the Bones
A Biography of Dr. Fritz Smith
by David Lauterstein

Advance praise from Leon Chaitow, ND, DO:

"An understanding of the unique attributes of both Fritz Smith, and the evolution of Zero Balancing, emerge illuminatingly from the multiple short segments of David Lauterstein's sensitively crafted, part-biography, part assemblage of diverse historically relevant mini-chapters. A thought-provoking read."

~ Leon Chaitow, ND, DO, Honorary Fellow, University of Westminster, London; Editor-in-Chief, Journal of Bodywork & Movement Therapies



[Click here to purchase book](#)

Coming Soon! **Life In The Bones**, a biography of Dr. Fritz Frederick Smith
*The book will be available through the Zero Balancing Health Association
in late August. Purchase now and the book will be shipped as soon as the office
receives it. Purchasing from ZBHA helps support the office as
we support ZB around the world.*

Learn the life story of Dr. Fritz Smith and the revolutionary body-mind therapy he founded-Zero Balancing (ZB). Life in the Bones, by ZB instructor and author David Lauterstein offers new insights into Dr. Smith's early influences, intellectual and spiritual pursuits, heart and passions that led to the development and teaching of Zero Balancing. Life in the Bones takes the reader on this exhilarating journey through the author's insightful weaving of biographical and historical events, along with personal recollections and full color photos and drawings offered by Dr. Smith's colleagues, students, and family.

A beautiful hard-bound book, Life in the Bones is a treasure for anyone interested in bodywork, the convergence of Eastern and Western medicine, the evolution of alternative healthcare, and body-mind healing. It is the first biography of any major figure in modern bodywork in 25 years. A thoughtful gift, the book is an unparalleled resource for all clients, students and practitioners of Zero Balancing, yoga, meditation, and other touch therapy systems.

\$42.95, hardcover, plus shipping

**Texas ZBers Support Families
with Special Needs Children
by Cameron Babberny**



Blissful ZB recipient at the Texas Parent to Parent Conference

Approximately 50 ZBs!

Yes that's how amazing the day was for Steve Derkacz, Linda Spencer, MaryAnn Reynolds, courageous newcomer Loraine Foxhoven and me. Big happy donkey gold stars to you guys for giving so generously to the parents of disabled kids. Personally, I was totally jazzed up about ZB when I left: the experience emphasized for me how accessible, portable, efficient and very effective ZB can be. Bravo Texas Zero Balancers!

Cameron Babberry, a certified Zero Balancer and massage therapist in Austin, has been offering complimentary ZBs at the Texas Parent to Parent Conference for the past ten years. The conference helps Texas parents learn how to deal with the unique issues and challenges they face on a daily basis in caring for their children with disabilities or special health care needs. Over the year other ZBers have stepped up to join Cameron. Bravo indeed!

Expanding the Box After ZB Certification by Chris Allen with Leslie Connell

Submitted by Chris Allen, CZB, in collaboration with Leslie Connell, CZB

Becoming a certified ZB practitioner and participating in the ZB graduation ceremony is a highlight for many (maybe even most) ZBers. It certainly was an uplifting, meaningful, life-changing experience for me. What next? Of course the advanced classes beckon us to expanded learning. There seems to be an abundance of ZB faculty, so the likelihood of available teacher training in the foreseeable future is unlikely. Study groups, exchanging ZB sessions, advancing skills days, assisting at Core ZB classes and training "retreats" are available to build community and expand ZB practitioners' knowledge and skills. Yes, but... Are there other ways to develop ZB support and friendships? What if you live over an hour away from the closest ZBer? What if you

want to share your ZB questions and excitement on a regular basis with someone you know? Here are two ideas that are working for me and may inspire you to come up with a plan to tailor your own "post graduate" education.

(1) [Postgraduate Mentorship](#): Mentorship offers many possibilities for professional support and growth. It seemed to me that working closely with a trusted ZB faculty member would offer an excellent arrangement for "independent study"-an opportunity to address my particular ZB needs, bounce around ideas, thoroughly explore concepts, as well as to deepen feedback on my touch. An experienced person with whom to have an ongoing conversation and with whom to work over time offers a supportive container to openly share strengths and vulnerabilities. I reached out and asked to contract with Michele Doucette, ZB faculty member extraordinaire, who graciously agreed to be my mentor. Our particular arrangement puts the onus on me to ask for what I need-including the responsibility to initiate emails, arrange calls and schedule touch feedback sessions. We have agreed to use email, snail mail, phone calls and in-person appointments as appropriate. I appreciate having a structure to explore aspects of ZB that previously were more or less floating-or flying-around my mind. (Another opportunity to appreciate the interplay of structure and energy.) One of the most enriching aspects of this mentorship is the experience of an ongoing, growing professional relationship infused with ZB principles offering the opportunity for questions, discussions and touch feedback that build on previous interactions. It is truly significant to be seen, acknowledged and supported in just the right ways on this ZB adventure.

(2) [Virtual "Study Group"](#)

: A fellow certified ZB practitioner, Leslie Connell, and I had dinner together as out-of-towners attending a ZB class in Vermont. We shared our yearning for more opportunities to explore ZB with other ZB lovers, as well as for a study group close enough to participate in regularly. Discovering our joint need, we agreed to form our own "virtual study group" through regular Skype calls of about 90 minutes each. More than two and half years later, we both look forward to our monthly communication. Our conversations include sharing highlights from ZB classes, books we've read, ZB sessions that have been awesome and those that presented challenges, favorite fulcrums, and ZB-related insights of all kinds. We've talked about the ZBHA, the ZB community and our own contributions, infusing ZB principles into various aspects of our lives, how ZB informs our other practices-including other energy- bodywork and meditation, and business development issues. Our conversations are supportive, open and free flowing-based on mutual respect, trust and love of ZB. Of course we miss the opportunity for practicing our manual ZB skills and receiving touch feedback in a more conventional study group. And yet, we each treasure the support, friendship, enthusiasm and enrichment provided by our virtual ZB collaboration. We are both better ZB practitioners because of it.

Zero Balancing I approved for Physical Therapy Continuing Education Credit

As previously reported (see July 2017 Interface) ZBHA has been approved to offer continuing education credits for Zero Balancing I to physical therapists and physical therapy assistants in 29 states!

The approval is for 19 Continuing Competency Units through ProCert under the auspices of FSBPT (Federation of State Boards of Physical Therapy) for a 25 hour ZBI class. We are now able to offer CCUs for ZBI to PT's and PTA's licensed in these

locations where ProCert is accepted:

Alaska, Arizona, Arkansas, California, Colorado, Delaware, DC, Georgia, Hawaii, Idaho, Illinois, Indiana, Kansas, Kentucky, Michigan, Mississippi, Missouri, Montana, Nebraska, North Carolina, North Dakota, Oregon, South Carolina, Tennessee, Utah, Vermont, Virginia, Wisconsin, Wyoming, and Puerto Rico.

Please help us spread the word about Zero Balancing and this approval - if you know any physical therapists or physical therapy assistants please let them know that they can receive professional credit for taking a ZBI class. Details below.

Congratulations Recently Certified ZBers!



Congratulations to the following recently certified Zero Balancers!

Lisa Harvey	Montague, MA
Cara Liguori	Brooklyn, NY
Heidi Lorenz	South Beach , Oregon

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Office Hours: M, T 9AM - 5PM
W, Th 9AM - 4PM

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