



HEALING HANDS. Twin Lakes College of the Healing Arts' John Mills invites all Santa Cruzans to check out TLC's new curriculum, which begins next month.

Twin Lakes Gears Up for the Eighties

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Over the past decade Santa Cruzans have become increasingly literate in once-exotic concepts that are still considered obscure in many American communities. Fringing (and occasionally permeating) the traditional medical establishment, which treats bodily dysfunction in terms of specialized physical models, is the expanding field of wholistic health. For the past seven years Twin Lakes College (formerly Heartwood) has offered a diverse and "alternative" curriculum for students and practitioners of healing arts based on a view of the human being as an integrated, mind/body organism.

Under new Director John Mills, Twin Lakes is currently developing an emphasis upon advanced work for licensed practitioners in areas like bodywork, which are designed to enhance the prestige of this unique teaching facility within the wholistic health community.

With a current staff of almost 20 full-time and part-time instructors, plus input from visiting faculty from around the country, Twin Lakes College of the Healing Arts was founded as Heartwood College in 1977 by Bruce Burger. Reflecting Burger's perception of the need for alternative, preventative health care, Heartwood offered less of a coherent curriculum than "a forum for people to come and teach what they wanted," according to Mills. After Burger took Heartwood to Garberville in 1982 to establish a residential facility, the remaining faculty — led by Carol Teachout, Diane Byrd and Marilee Westen — formed Twin Lakes.

The new healing arts center had its

ups and downs, as Mills recalls. "The venture was often in trouble, enrollment was down and money was tight." Coming on board as Registrar, Mills pared down the "massive staff overhead — top heavy with management" to a personal administrative one-man-show. Mills' current vision for the school includes a crucial liaison between traditional and alternative health care, a liaison that's already begun with the structure of the Board of Directors itself.

Working for increased legitimacy in the eyes of the traditional health care community, Twin Lakes is currently "responding to public needs for longer-term training," Mills explained, "by working toward establishing an American Massage Therapists Association 1000 hour certificate program. Increased standardization of national programs is one of the main pieces of business on the large wholistic health agenda. Greater community participation is crucial to the growth of Twin Lakes, in the view of its administrators.

The new fall program at TLC premieres an Advanced Esalen Series in Deep Tissue Work and Massage, taught by guest practitioners from the prestigious Big Sur center. The massage programs that begin in August will emphasize upgrading massage skills, Reichian breath and body work, Gestalt, meditation and guided imagery. The Esalen Deep Tissue Work will involve a comprehensive look at relevant anatomy, as well as hands-on work in freeing body tissues. The Esalen series is designed to continue the study of licensed practitioners who desire advanced techniques.

"We'll be standardizing our move-

ment studies program," Mills said, "by offering an Awareness Through Movement class based on the work of Moshe Feldenkrais, as well as basic foundation classes in Swedish massage and polarity." With an eye toward community needs, Mills pointed out the expanded program of evening classes at Twin Lakes. "We'll be offering a History and Philosophy of Oriental Medicine class taught by Charles Belyea and a History and Philosophy of Herbology taught by Paul Lee [both in the evening]. And of course we'll still offer some of the more esoteric classes," Mills smiled.

In addition to such core studies as Astrology, Crystal Studies and *I Ching*, Twin Lakes has a "greatly expanded counseling and communications program," Mills said. "A Group Process class is becoming mandatory to help our practitioners work through their own responses to their work."

Mills explained that Twin Lakes students now have the choice of selecting individual one-shot courses or building a personal curriculum in any given area of specialization. The idea is to give the growing body of alternative health practitioners exactly what they need. Students can explore basic training in areas like massage, go for accreditation in their chosen field, or seek advanced work to fine-tune an already existing professional career. "We're going for more advanced professionally-focused career training."

In Mills' overview, Twin Lakes exists as "a compassionate center for communication, to teach people a certain attitude — to learn how to learn and how to develop curiosity. From there if dabbling leads to desire for more involvement, students can enroll in the basic introductory certificate program. Then they can go into the 1000 hour program, looking toward a career. Twin Lakes College can be a focus for professional training to which practitioners can return for upgrading of skills."

"Acting locally, thinking globally." A favorite expression of the new Twin Lakes director — but it will be more than just a catchy phrase if Mills' future plans for a Wholistic Health degree at Twin Lakes becomes a reality. "I'd like to see a Masters program in Marriage/Family/Children Counseling as well. But in the short term, we hope for a Twin Lakes-affiliated health clinic to be available to the community." Mills is also negotiating for a Twin Lakes staff health plan that will offer access to such "alternative" services as chiropractic, podiatry and homeopathy.

"The transition we're in now is an expansion," Mills explained. "The idea is to get out into the community, to become the center for alternative health care." And if the philosophical concepts being grown and nurtured at Twin Lakes College are planetary in proportion, their practice is right here in our own back yard. Registration for the summer program at TLC begins July 16th and catalogs for the Fall Quarter will be available at the college, 200 7th Avenue, SC (476-2152), on July 20.

Don't miss the chance to see and hear Windham Hill recording superstar George Winston, in concert to benefit Twin Lakes College this Saturday (8 pm) at the Civic. Tickets are available at all the major outlets. ■