

Craniosacral Outline Part 1

In this class we will discuss the philosophies of various Craniosacral modalities, provide instruction and practice in basic Craniosacral techniques, and help the student develop perceptual skills. This class will also cover mid-range skill techniques such as unwinding and will include discussions of basic terminology used by practitioners of Craniosacral Therapy.

Objectives:

- Introduction to and history of Craniosacral Therapy
- Anatomy of the Craniosacral System
- Terminology associated with Craniosacral work
- Development of the ability to feel and interpret cerebrospinal fluid rhythm and body rhythms
- Still points and how to induce one
- Upledger's 10-step protocol
- Fascial, Dural, and Diaphragm releases
- Specific hand placements for basic Craniosacral techniques
- A basic understanding of the Chakras and how they are affected by different diaphragm releases
- Causes of Craniosacral restrictions and disturbances
- Health problems associated with various Craniosacral system restrictions
- Basic protocols for Craniosacral Therapy
- Unwinding and unwinding techniques

Craniosacral Outline Part 2

In the second part of the Craniosacral course you will learn more advanced techniques, how to work with infants and the autonomic nervous system.

Objectives:

- More advanced Craniosacral techniques
- Work with full limb and body unwinding
- Understanding the Nervous System and techniques to work on the nervous system
- Craniosacral therapy for women's health and pregnancy
- Labor and birth anatomy and mechanics
- Pediatrics - working with children