

CranioSacral techniques I

Major Course Competencies

The minimum requirements to Achieve Competency are as follows:

- To understand, assess and work with the body's energy system.
- To understand, assess and work with the body's fascial system.
- To understand, assess and work with the body's craniosacral system.
- To be able to explain to a new patient what craniosacral therapy is and how it might benefit them.
- To be able to describe the craniosacral rhythm (CSR), how it expresses itself in different areas of the body, current theories on its origination and be able to palpate the CSR at various "listening stations".
- To be able to appropriately apply the various CST techniques presented during the course to treat the issues you detect during your patient assessment.

Required manual: An Integrative Approach to Craniosacral Therapy (Fascial Connection)

Day 1

Time	Topics	Workbook
9:00am-9:30	Introduction, history of CST, energy, intention, grounding, boundaries, assessment- energy	11-26
9:30am-10:00	Assessment- fascia (sitting, standing, lying), directed energy Restrictions Tissue release Overtreatment	28, 32- 33 36 40 41
10:00am-10:30	Joint unwinding, Introduction of diaphragm: OA	44, 62
10:30am-11:30	Diaphragms continue: Thoracic inlet, Pelvic, respiratory Diaphragms continue: Hyoid	46-49 50
11:30-12:00	Chakras: Dr Bill Mitchell's herbs selection	26-27
1:00pm-3:00	Sacral base position 1, position 2, position 3 Dural tube rock and glide Introduction of Falx and tentorium-vault holds Sphenoid decompression	60 67 69
3:00-4:30	Palpation of CSR throughout body, CSR assessment, listening stations, Techniques to modify the CSR: Still point, CV-4	50-56
4:30pm-5:00	Self- help Charting Review, questions	86 88

Day 2

9:00am- 11:00	Review Practice	75
11:00- 12:00	Vertical intra-cranial membrane: Frontal lift, Parietal lift	79, 83
1:00- 2:00	Horizontal intra-cranial membrane: Temporal balancing, ear pull, mandible	72
2:00- 3:00	Review	
3:00pm- 5:00	Full body assessment and application of techniques, integration of all techniques, practical sessions/exams	

Instructional Materials and Resources

Required materials

- **Christensen and Takakura, An Integrative Approach to Craniosacral Therapy (Fascial Connection)**

(Recommended Texts or Study Aids)

- Milne, Hugh, Heart of Listening 2
- Upledger, John, Vredevoogd, Jon, Craniosacral Therapy
- Upledger, John, Your Inner Physician and You
- Kern, Michael, Wisdom in the Body
- Sill, Franklin, Craniosacral Biodynamics
- Sutherland, William, Teachings in the Science of Osteopathy
- Netter, Frank, Atlas of Human Anatomy

Instructor: certified Integrative Medicine Group (non-profit) instructor