

CranioSacral Therapy 1 (CS1)

Course Length: 4 Days
24 CEUs

Synopsis: This introductory workshop details the physiology and anatomy of the craniosacral system its function in health and its relationship to disease process. Participants will learn hands-on, fascial-release techniques to evaluate and affect pain and dysfunction.

Course Highlights:

- Describe the scientific foundation and principles of CranioSacral Therapy - and why it's the key to relieving pain and dysfunction at their source.
- Demonstrate finely tuned palpation skills you can rely on as highly sensitive and intuitive healthcare tools.
- Identify the subtle craniosacral rhythm and interpret its patterns to accurately evaluate dysfunction and improvements.
- Locate the source of physical problems by traveling through the fascial system, that complex web of tissue that impacts all body structures and systems.
- Release dural tube restrictions to enhance interactions between the central nervous system and the rest of the body.
- Use techniques that produce dramatic health and relaxation effects, including Direction of Energy and Still-Point Induction.
- Work with approaches to a number of common ailments such as TMJ dysfunction, head and neck pain, central nervous system disorders and many more.
- Put a simple, effective 10-Step Protocol into practice right away.

Prerequisite: Licensed healthcare practitioner, student in healthcare program or graduate of healthcare program awaiting licensure/accreditation experienced with sensitive, light-touch palpation

Required Advance Reading: *CranioSacral Therapy*, Chapters 1-6 by John E. Upledger, DO, OMM, and Jon D. Vredevoogd, MFA; *Your Inner Physician and You* by Dr. John E. Upledger.

CranioSacral Therapy 2 (CS2)

Course Length: 4 Days

24 CEUs

Synopsis: CranioSacral Therapy 2 (CS2) studies greatly expand the work learned in CS1 and complete the biomechanical CS training. CS2 studies cranial-base dysfunctions as diagnosed and treated by Dr. William Sutherland, the "father of cranial osteopathy. The course material and hands-on sessions will focus on cranial base dysfunctions, the masticatory system-hard palate, mandible and temporomandibular joint; whole body evaluation; and the energy cyst with regional unwinding. An introduction to SomatoEmotional Release will also be presented.

The course material and hands-on sessions will focus on:

- Cranial-base dysfunctions as assessed and treated by Dr. William Sutherland, the originator of Cranial Osteopathy. These strain patterns can produce profound full-body effects.
- Review of the 10-Step Protocol.
- Adverse strain patterns of the face, to include: nasal bones, zygomatic bones, maxillae, vomer, and palatines. Stressful patterns of the bony face can cause a myriad of issues related to the face, throat, intracranial membrane system, the entire body and physiological systems.
- Arcing is an assessment technique used to locate primary strain (lesion) patterns. Advanced CS practitioners use this assessment technique most often for its accuracy and speed.
- Regional Positional Tissue Release is used to locate body positions that are most helpful in releasing lesion patterns. It is an elegant and efficient treatment process.
- Facilitated Segments are spinal cord areas that can cause debilitating issues. Using a process to locate these segments and then treat them is essential to a CS protocol, especially when working with clients having chronic issues.
- Fascial Glide is an assessment technique used to precisely locate fascial lesions. If more than one lesion is found then a process of determining the primary lesion will be used.
- Discussion of adaptation of CS technique for children, infants and newborns.
- How to effectively integrate techniques from CSI and CSII into treatment sessions of any length, or in combination with other modalities.
- Discussion of SomatoEmotional Release.

Course Highlights:

- Discover how to integrate Sutherland's technique for identifying lesions into the CranioSacral Therapy 10-Step Protocol.
- Enhance your ability to conduct whole-body evaluations focusing on the physiological phenomena that occur.
- Practice evaluating and treating cranial-base dysfunctions.
- Explore the concepts of SomatoEmotional Release and Energy Cysts.
- Observe skilled demonstrations and participate in hands-on practice.

Prerequisite: CS1

Required Advance Reading: *CranioSacral Therapy*, chapters 7-15, by John E. Upledger, DO, OMM, and Jon D. Vredevoogd, MFA; *CranioSacral Therapy II: Beyond the Dura*, chapter 3, by Dr. John E. Upledger.

SomatoEmotional Release 1 (SER1)

Course Length: 4 Days

24 CEUs

Synopsis: SER is a therapeutic process that uses and expands on the principles of CranioSacral Therapy to help rid the mind and body of the residual effects of trauma. SER1 offers applications designed to enhance results using CST and other complementary therapies. You will learn about the physiological mechanism of disease and will participate in hands-on training to facilitate the SomatoEmotional Release process. By the end of the course, you should be able to dissipate residual effects of past trauma and negative emotional experiences from the body and mind of your patients/clients.

Course Highlights:

- Assess and mobilize the Avenue of Expression working through more than 10 different body components, including the thoracic inlet, hard palate and hyoglossal tissues.
- Locate and release Energy Cysts.
- Release suppressed emotions that may be inhibiting complete structural releases.
- Refine listening and comprehension skills.
- Improve palpation and whole-body evaluation skills.

Prerequisite: CS2

Required Advance Reading: *SomatoEmotional Release* by John E. Upledger, DO, OMM; *Getting to Yes* by Roger Fisher and William Ury.

SomatoEmotional Release 2 (SER2)

Course Length: 4 Days

24 CEUs

Synopsis: This workshop was designed to teach you how the SomatoEmotional Release technique may integrate with various creative imagery and dialoguing methods. By attending this class, you will become more proficient in the SER techniques and focus on the development of therapeutic imagery and dialoguing skills. You will also review and enlarge upon the release techniques for the venue of expression. The goal is a comfortable wholistic mind-body approach to the resolution of problems and obstacles related to patient/client progress and growth.

Course Highlights:

- Review the technique protocol to facilitate the opening of the Avenue of Expression.
- Explore the integration of psychosynthesis, Gestalt and Jungian psychologies within the SER process.
- Delve further into the use of Therapeutic Imagery and Dialogue as a method to facilitate the client through the emotional release process.
- Learn to trust your hands more as you experience the gentleness and safety of the SER approach and see the benefits that ensue.
- Study how to facilitate and experience the completion of the biological process.

Prerequisite: SER1

Required Advance Reading: *Getting to Yes* by Roger Fisher and William Ury; *SomatoEmotional Release* by John E. Upledger, DO, OMM.

Recommended Advance Reading: *The Selfish Gene* by Richard Dawkins; *The Art of Effortless Living* by Ingrid Bacci, PhD, CAT, CST.

Advanced CranioSacral Therapy 1 (ADV1)

Course Length: 5 Days
30 CEUs

Synopsis: ADV is especially designed to provide an in-depth experience for the serious CranioSacral Therapy practitioner. Class is limited to 10 participants.

Course Highlights:

- Participate in multiple-hands sessions.
- Benefit from one-on-one instructor-to-participant skill evaluation.
- Refine technique applications and further develop palpatory capabilities.
- Participate in an in-depth mind/body integration study using the craniosacral system as the core vehicle.

Prerequisite: SER2

Required Advance Reading: None

Advanced CranioSacral Therapy 2 (ADV2)

Course Length: 5 Days
30 CEUs

Synopsis: ADV2 is especially designed to provide an in-depth experience for the serious CranioSacral Therapy practitioner. Class is limited to 10 participants.

Course Highlights:

- Work in multiple-hands sessions.
- Refine techniques and palpation capabilities.
- Gain insights from and share experiences with fellow colleagues.

Prerequisite: ADV1

Required Advance Reading: None

Advanced CranioSacral Therapy 3 (ADV3)

Course Length: 5 Days
30 CEUs

Synopsis: ADV3 is especially designed to provide an in-depth experience for the serious CranioSacral Therapy practitioner. Class is limited to 10 participants.

Course Highlights:

- Work in multiple-hands sessions.
- Refine techniques and palpation capabilities.
- Gain insights from and share experiences with fellow colleagues.

Prerequisite: ADV2

Required Advance Reading: None

Clinical Symposium – CranioSacral Therapy (SYMCS)

Course Length: 2 Days

12 CEUs

Course Highlights:

- Observe the nuances of multi-therapist sessions in action.
- Gain fresh insights into how you can use CST and SER in your practice as you watch demonstrations on patients of varying ages and diagnoses.
- Get answers to your questions during Q & A sessions.
- Break into afternoon trade sessions to practice some of the material presented and observed in the morning sessions.
- Build connections with fellow CST practitioners. This includes a special social reception for CST teaching assistants on Saturday!

Prerequisite: CS2

Required Advance Reading: None

CranioSacral Therapy for Pediatrics 1 (CSP1)

Course Length: 4 Days

24 CEUs

Synopsis: CSP1 addresses the special application of CranioSacral Therapy, SomatoEmotional Release and Energy Cyst Release on newborns, infants and children.

Course Highlights:

- Learn how early therapy on newborns and infants can possibly reduce the percentage of central nervous system problems.
- Explore the developmental landmarks that occur month by month during and after gestation.
- Practice working with infants and children in a supervised environment.
- Discover a 10-Step Protocol you can perform to help evaluate a newborn.
- Discuss ways to apply CST to children with learning disabilities, cerebral palsy, seizures or other health challenges.
- Explore special topics such as understanding the birth process and treating the pregnant mother and fetus along with the new mother and newborn, and working in a conventional obstetrical setting.

Prerequisite: SER1

Required Advance Reading: *A Brain Is Born* by John E. Upledger, DO, OMM

CranioSacral Therapy for Pediatrics 2 (CSP2)

Course Length: 4 Days
24 CEUs

Synopsis: This workshop expands upon the special issues that surround the applications of CranioSacral Therapy and SomatoEmotional Release as they pertain to newborns, infants and children.

Course Highlights:

- Explore in more depth and detail the topics introduced in the first level CSP class.
- Learn how treating the entire family and its dynamics powerfully impacts the healing process and health of the child.
- Practice working with infants and children in a supervised environment. Understand and apply important knowledge of specific brain anatomy/physiology to fine-tune the CST treatments.
- Apply an understanding of the gestational process to facilitate cellular change within the infant/child who has experienced difficulty in their embryological, fetal development.
- Gain more insight into the etiology of some childhood ailments and disorders.
- Increase creative dialoguing and imagery skills in the application of SER to pediatrics by focusing on "cell talk".
- Learn the application of five new treatment techniques for infants and children.

Prerequisite: CSP1

Required Advance Reading: *A Brain Is Born* by John E. Upledger, DO, OMM.

CranioSacral Applications for Conception, Pregnancy and Birthing 1 (CCPB1)

Course Length: 4 Days

24 CEUs

Synopsis: Hospital trials have demonstrated that applying the principles of CranioSacral Therapy (CST) may help improve the process of procreation, from parents just starting to consider pregnancy to the successful birth of a child. By learning how to incorporate CST into the birth process in this powerful workshop, you'll not only help very deserving moms, you'll give babies the best possible opportunity to begin their lives free of restriction and prepare them to grow into well-adjusted children and adults.

Course Highlights:

- Explore new ways to apply CST through all three trimesters and beyond. Find out how to palpate two craniosacral rhythms: that of the mother and of the child.
- Practice specific techniques to create the best possible gestation, labor and delivery.
- Gain a thorough understanding of anatomy and palpation on many different levels.
- Learn two protocols, one for moms and another for newborns.

Prerequisite: SER1

Required Advance Reading: *A Brain Is Born* by John E. Upledger, DO, OMM

CranioSacral Applications for Conception, Pregnancy and Birthing 2 (CCPB2)

Course Length: 4 Days

24 CEUs

Synopsis: This advanced level workshop includes a mixture of techniques designed to give participants a thorough understanding of anatomy and palpation on many different levels. It includes lecture, demonstration, and practice for each technique presented.

Course Highlights:

- Describe development of the CranioSacral system, the Cranial bones, the Senses, the Chakras, and the Brain in utero and in the first nine months.
- Demonstrate using CranioSacral Therapy to balance after a cesarean birth.
- Explain of the changes in the heart with the first breath and future health.
- Explain resetting the system via the umbilicus.

Prerequisite: CCPB1

Required Advance Reading: None

CranioSacral Applications for Conception, Pregnancy and Birthing Introduction (CCPBINT)

Course Length: 1 Day
6 CEUs

Synopsis: This introductory workshop teaches the benefits of CranioSacral Therapy techniques along with basic techniques to use in practice and for personal health. Participants will learn hands-on, fascial-release techniques to evaluate and affect pain and dysfunction. It includes lecture, demonstration, and practice for each technique presented.

Course Highlights:

- Build the foundation to understand the craniosacral system and study techniques to effect change
- Develop and refine your light-touch palpation skills to access subtle restrictions in the body by focusing on the cranium, sacrum, craniosacral rhythm and related soft tissue including transverse diaphragms.

Prerequisite: None

Required Advance Reading: None

CranioSacral Therapy and the Immune Response (CSIR)

Course Length: 4 Days

24 CEUs

Synopsis: The goal for this class is to teach you how to better help the immune system perform its magic. To accomplish that, you'll learn how to communicate with different cell types to find out how you can help them improve their performance -- especially when invading microorganisms gain a foothold. You'll study and "communicate" with the many glands and organs involved in the immune system: the liver, spleen, thymus, lymph nodes and others. And you'll explore the production of the various molecules of communication, including cytokines and other molecules of protein, such as gamma globulins.

Course Highlights:

- Learn how to communicate with different cell types to help improve their performance.
- Study the various glands and organs involved in the immune system.
- Explore the production of various molecules of communication.

Prerequisite: SER2 or CASR Required

Advance Reading: None

CSIR: Palpating and Treating the Thorax (CSIRTH)

Course Length: 4 Days

24 CEUs

Synopsis: This course will build on the information and techniques covered in the CranioSacral Therapy and Immune Response training, and will cover the physiology and pathology of chronic inflammation and heart disease, and the related issues of diabetes, obesity, and stroke. The course will address craniosacral palpation of these pathologies, as well as strategies for treatment using our process-oriented CST approach. That is, rather than learning how to "fix" such conditions, you will gain insight into how to support the body's own self-corrective mechanisms so that the body itself can heal in those situations. In addition, participants will expand the boundaries of and greatly deepen the subtlety and specificity of their craniosacral palpation skills.

Course Highlights:

- Learn how to communicate with different cell types to help improve their performance.
- Study the various glands and organs involved in the immune system.
- Explore the production of various molecules of communication.

Prerequisite: CSIR

Advance Reading: None

CSIR: Palpating and Treating the Pelvis (CSIRPE)

Course Length: 4 Days

24 CEUs

Synopsis: This course will build on the information and techniques covered in the CranioSacral Therapy and Immune Response training. The pelvis provides the structural foundation for the entire torso and contains many of the organs of reproduction and elimination. It is one of the areas of the body in which we most commonly find chronic inflammation. In this class, students learn to palpate and treat all the organs and structures of the pelvis. The course will address craniosacral palpation of related pathologies, as well as strategies for treatment using our process-oriented CST approach. That is, rather than learning how to "fix" such conditions, you will gain insight into how to support the body's own self-corrective mechanisms so that the body itself can heal in those situations. In addition, participants will expand the boundaries of and greatly deepen the subtlety and specificity of their craniosacral palpation skills.

Course Highlights:

- Learn how to communicate with different cell types to help improve their performance.
- Study the various glands and organs involved in the immune system.
- Explore the production of various molecules of communication.

Prerequisite: CSIR

Advance Reading: None

CSIR: Palpating and Treating the Abdomen (CSIRAB)

Course Length: 4 Days

24 CEUs

Synopsis: This course will build on the information and techniques covered in the CranioSacral Therapy and Immune Response training, and will cover the physiology and pathology of chronic inflammation and the abdomen. The course will address craniosacral palpation of related pathologies, as well as strategies for treatment using our process-oriented CST approach. That is, rather than learning how to "fix" such conditions, you will gain insight into how to support the body's own self-corrective mechanisms so that the body itself can heal in those situations. In addition, participants will expand the boundaries of and greatly deepen the subtlety and specificity of their craniosacral palpation skills.

Course Highlights:

- Learn how to communicate with different cell types to help improve their performance.
- Study the various glands and organs involved in the immune system.
- Explore the production of various molecules of communication.

Prerequisite: CSIR

Advance Reading: None

The Brain Speaks 1 (TBS1)

Course Length: 4 Days
24 CEUs

Synopsis: TBS1 explores the potential for communicating with a person's brain – namely its subdivisions, structural components and individual neurons. It's a candid and in-depth exploration into the possibilities that may be achieved by tapping into the collective consciousness of an organ or tissue using imagery and dialogue. While the class includes lecture, demonstration and hands-on practice, an integral component is the sharing of experiences among participants as they practice and assimilate their encounters while communicating with another person's brain.

Course Highlights:

- Receive detailed instruction in neuroanatomy, physiology and biochemical processes of neurological function.
- Be guided into imagery and dialogue with specific brain and spinal cord parts and their dysfunctional units.
- Attempt, upon dialogue initiation, to obtain information from those central nervous system parts and functional units that relate to the individual's present health and vitality, stresses, past injuries or physiological conditions that may be suboptimal.

Prerequisite: SER2 or CASR

Required Advance Reading: *Netter's Atlas of Human Neuroscience* by Frank Netter, MD.

The Brain Speaks 2 (TBS2)

Course Length: 4 Days
24 CEUs

Synopsis: TBS2 builds upon the skills of TBS1. Whereas TBS1 is a brain overview course, TBS2 utilizes the skills introduced and developed in TBS1 and uses them to explore and work with specific dysfunctions and patterns encountered frequently in clinical practice.

Course Highlights:

- Explain the neural structures involved in both chronic stress and PTSD
- Explain the effect of deficits in early nurturance on the development of a healthy brain and nervous system, and how to address these deficiencies with CST/SER.
- Demonstrate how to treat traumatic brain injuries, post-concussive syndrome, and spinal injuries.
- Demonstrate how to recognize and treat the underlying neural imbalances that lead to chronic neurodegenerative disorders.
- Demonstrate how to facilitate autonomic balance in our most dysregulated and challenging clients.

Prerequisite: TBS1

Required Advance Reading: *Netter's Atlas of Human Neuroscience* by Frank Netter, MD.

SomatoEmotional Release Technique: Mastering the Inner Physician (SERTIP)

Course Length: 3 Days

18 CEUs

Synopsis: Developed by Stan Gerome, LMT, this workshop offers a dynamic adjunct to the work of CranioSacral Therapy (CST) is designed to help you access the client's Inner Physician by using the cranial rhythm, the soft touch of CST and interweaving concepts of Jung, Perls and Assagioli. With this method you are guided by imagery as it is presented by the client rather than serve as the guide to imagery.

Course Highlights:

- Explore techniques to bring your nonconscious into a more material existence.
- Practice drawing your nonconscious images and dialoguing with them face to face.
- Learn how to use sounding vowels and other internal vibrations, along with a 10-step protocol designed to enhance imagery and dialogue.
- Discuss in greater detail Dr. Upledger's ideas on imagery and dialogue and the psychosynthesis map.
- Practice using the significance detector.

Prerequisite: SER1

Required Advance Reading: None

Developing and Deepening CranioSacral Presence (DDCSP)

Course Length: 4 Days

24 CEUs

Synopsis: This workshop teaches hands-on protocols and presence practices that allow therapists to learn to assess and utilize the deep wisdom of the body to inform and guide effective treatments. Craniosacral and other healthcare practitioners will learn to use the inner navigational system of the body to guide treatments while creating healthy boundaries. This work provides vital information for successfully holding a therapeutic neutral presence with all clients and patients. It includes lecture, demonstration, and practice for each technique presented.

Course Highlights:

- Demonstrate a strong therapeutic presence that maximizes treatment outcomes with a wide spectrum of clients, prevents burnout, and helps you enjoy your work more.
- Accurately assess your energy reservoir throughout the day to improve concentration and combat exhaustion.
- Establish and maintain healthy boundaries with clients or patients to maximize treatment outcomes.
- Describe the Five Healing Principles and why they're vital for working with all populations of clients/patients.
- Demonstrate a simple pattern of breathing that can calm the nervous system and reduce the chronic "fight or flight" response in your clients & patients as well as yourself as the therapist.
- Describe how to reconnect to natural energy habits to rejuvenate and keep your energy reservoir full.
- Perform protocols for holding a strong therapeutic presence for those with serious chronic illness, pain or trauma histories.
- Demonstrate hands-on protocols that calm and down-regulate the fight-flight-freeze response.
- Demonstrate hands-on techniques that provide clients/patients with a sense of steadiness and clarity.

Prerequisite: CS1

Required Advance Reading: None

CST and Working with Chronic Depletion (CSWCD)

Course Length: 3 Days

18 CEUs

Synopsis: When body systems are operating within healthy limits, they have ample resiliency and capacity for self-regulation and health. Traumas, injuries, or stressors tax a body's resources as it attempts to heal and to regulate. When stressors or traumas are ongoing to a bodily system, however, new difficulties arise. Instead of local compensations and injury responses, the body's entire system begins losing its capacity and resiliency for health and healing because of the chronic demand on precious bodily resources. In a sense, the body begins demonstrating ongoing patterns of trauma and depletion which create unique challenges to the craniosacral practitioner. The focus of this course is to understand, assess, and design treatments to work with long-term patterned depletion of body resiliency and capacity for change.

Course Highlights:

- Explain the long term depleting effects of stressors upon the CST system.
- Demonstrate assessing a client's system for signs of chronic depletion.
- Demonstrate applying CranioSacral techniques to work with chronic depletion.
- Deepen core techniques of CS1 and CS2 – both in understanding and application.
- Demonstrate charting techniques to aid in the tracking and assessment of chronic depletion.
- Explain the role of basic neuroscience principles in the persistence and treatment of chronic depletion.

Prerequisite: CS2

Required Advance Reading: None

CranioSacral Therapy Touching The Brain 1: Stimulating Self-Correction Through The Glial Interface (CTTB1)

Course Length: 5 Days
30 CEUs

Synopsis: Glial cells are major regulators of nervous system development, structure and function. They are involved in all aspects of nervous system health and pathology. The craniosacral system connects directly to the glial cell matrix of the brain and spinal cord. This connection is a powerful route by which you can use CranioSacral Therapy glial technique to improve nervous system structure, function, healing and health.

Course Highlights:

- Investigate glial cell types and function.
- Encourage healing of nervous system disorders.
- Stimulate optimal nervous system health by using CST glial techniques.
- Enhance, enrich, and refine your CST palpation and treatment skills.

Prerequisite: CS2

Required Advance Reading: *Brain Stars* by Tad Wanveer

CranioSacral Therapy Dissection (CSD)

Course Length: 3 Days

15 CEUs

Synopsis: This workshop is designed to offer you the unique experience of evaluating restrictions prior to dissection. Once the dissection occurs you can then visually and tactilly explore the areas evaluated. Additionally, you will be able to apply craniosacral techniques to the cadaver and feel tissue changes externally and internally. You will have the opportunity to do actual dissection under the instructor's supervision. All cadavers have been untouched by "fixing" agents thereby allowing for an experience as close to working with live tissue as possible.

Course Highlights:

- Observe cranial dissections on an unembalmed cadaver.
- View and work with the entire dural tube and the cerebella.
- Observe dissection of the Avenue of Expression and thoracic inlet.
- Explore the thorax and abdomen (time permitting).

Prerequisite: CS2

Required Advance Reading: *CranioSacral Therapy*, *CranioSacral Therapy II: Beyond the Dura*, and *A Brain Is Born* by John E. Upledger, DO, OMM.

CranioSacral Therapy for Longevity: Reversal of Aging Process (CSLRAP)

Course Length: 4 Days

24 CEUs

Synopsis: CranioSacral Therapy and Longevity; Reversal of the Aging Process is designed to train advanced practitioners of CST in the evaluation, treatment and support of the entire range of the mid to late age adult population, from 60-100+ years of age. Using the basic techniques of CST and advanced dialogue and imaging, students will gain an appreciation of how the craniosacral rhythm and other system indicators inform us about chronological and biological age-and how to use this information to maintain and support a high quality of life over an extended period of time. At the same time, students will gain a deeper understanding of Dr. Upledger's pioneering work in inflammatory processes and mechanisms of immune system dysfunction, so that they may treat a greater range of clients who display the pathologies we describe as the diseases of aging.

Course Highlights:

- Explain dysfunctions of the Aging Process and the CranioSacral Rhythm-a proposed model
- Describe the cultural definitions of aging, elders and related issues of mid to late life
- Explain the difference between 'young' old and 'old' old
- Demonstrate evaluation and treatment techniques to promote longevity and well being
- Describe CranioSacral Therapy protocols for preventative support of aging populations
- Demonstrate examination of the pro inflammatory process and its contribution to the diseases of aging
- Demonstrate advanced dialogue and imaging in treating the pathologies of aging
- Demonstrate advanced techniques to support immune system function
- Explain CranioSacral Therapy protocols for individuals with Dementia and Alzheimer's
- Describe resources for social, legal and economic challenges for caregivers
- Describe the role of hospice in end of life processes
- Demonstrate hands on procedures with both class participants and elder population

Prerequisite: SER1

Required Advance Reading: None

Sensory Integration for CranioSacral Therapists (SICS)

Course Length: 2 Days

12 CEUs

Synopsis: Sensory Integration is the critical brain function responsible for producing a composite picture and organizing sensory information for our ongoing use. When the brain is unable to correctly process information coming in through the senses, the problem may be Sensory Integration Dysfunction, also known as Sensory Processing Disorder (SPD). In this exciting workshop, you'll discover how to work with SPD from the CranioSacral Therapy (CST) perspective, to help children reach their health and performance goals more effectively.

Course Highlights:

- Hone your understanding of sensory processing and how it integrates in the central nervous system and related neuroanatomy.
- Learn to identify Sensory Processing Disorders more effectively.
- Find out how to adapt a CST session to meet the specific needs of those with SPD.
- Discover tools that can help youngsters with SPD stay calm and relaxed during therapy.
- Practice specific methods of blending CST with Sensory Integration to meet functional goals.

Prerequisite: CS1

Required Advance Reading: None

Introduction to CranioSacral Therapy (CSTI)

Course Length: 2 Days

12 CEUs

Synopsis: This course teaches the benefits of CST along with basic techniques to use in practice and for personal health.

Course Highlights:

- Explore the anatomy and physiology of the craniosacral system and its relationship to illness, pain and dysfunction.
- Develop and refine light-touch palpation skills.
- Learn and practice palpating the "listening stations" key body locations where the craniosacral motion can best be evaluated.
- Learn and practice tissue release techniques for the pelvic and respiratory diaphragms and thoracic inlet.
- Learn about and practice mobilizing the sacrum; the dural tube rock and dural tube glide; V- spread; stillpoint.
- Excellent preparation for attendance at CranioSacral Therapy I.

Prerequisite: None

Required Advance Reading: None

Overview of CranioSacral Therapy (CSTO)

Course Length: 1 Day

6 CEUs

Synopsis: This 6-hour, hands-on workshop will guide participants on a journey to, through and around one of the body's most fascinating healing channels; the craniosacral system.

Course Highlights:

- Explore the anatomy and physiology of the craniosacral system and its relationship to illness, pain and dysfunction.
- Develop and refine light-touch palpation skills.
- Learn and practice palpating the "listening stations" key body locations where the craniosacral motion can best be evaluated.
- Learn and practice tissue release techniques for the pelvic and respiratory diaphragms and thoracic inlet.

Prerequisite: None

Required Advance Reading: None

ShareCare (SCIN)

Course Length: 1 Day

6 CEUs

Synopsis: ShareCare is a one day seminar that teaches techniques to relieve pain and promote relaxation. ShareCare is based upon the therapeutic teachings of Dr. John E. Upledger. ShareCare explains how proper nutrition and exercise serve as preventative formulas for good health, and combines that with the hands-on instruction in basic CranioSacral Therapy techniques of therapeutic touching.

Course Highlights:

- Discover how to recognize the rhythm of the craniosacral system.
- Learn basic CranioSacral Therapy techniques that you can perform yourself.
- Experience a sense of control over your innate ability to provide healing energy to others and yourself.
- Gain a greater understanding of your role in your own health and well being.

Prerequisite: CS2 and be in process of CST Certification

Required Advance Reading: None

CST Techniques Certification Applicant Preparation (CATP)

Course Length: 1 Day

6 CEUs

Synopsis: This an advanced level workshop is a unique opportunity to ask questions about the CST Techniques Certification exams, learn what subjects are particularly important for you to focus on when studying for certification, and gain insights into how to best utilize your time in preparing for testing.

Course Highlights:

- Ask questions about the CST Techniques Certification exams
- Learn what subjects are particularly important for you to focus on when studying for certification.
- Gain insights into how to best utilize your time in preparing for testing.

Prerequisite: None

Required Advance Reading: None

Clinical Application of CranioSacral Therapy (CACS)

Course Length: 5 Days

30 CEUs

Synopsis: CACS is a practicum developed by Lisa Upledger, DC, to help CranioSacral Therapy II-trained practitioners sharpen their CST skills. Classes are limited to just four participants, and are held in an informal clinical setting at The Upledger Institute Clinic Services in Palm Beach Gardens, FL. and other select locations.

Course Highlights:

- Hone your expertise in blending with clients by learning to better understand and read their body needs.
- Fine-tune your palpatory capabilities. Develop mouth-work skills.
- Review whole-body evaluation, energy cyst location and release, facilitated segments, fascial glide, dural tube techniques, the 10-Step Protocol, and arcing.
- Gain insights to using your time and energy most efficiently. Participate in in-depth group discussions.
- Build confidence and skills in preparation for CranioSacral Therapy Techniques Certification.

Prerequisite: CS2

Required Advance Reading: None

Clinical Application of CranioSacral Therapy and SomatoEmotional Release (CASR)

Course Length: 5 Days

30 CEUs

Synopsis: CACS is a practicum developed by Lisa Upledger, DC, to help CranioSacral Therapy II-trained practitioners sharpen their CST skills. Classes are limited to just four participants, and are held in an informal clinical setting.

Course Highlights:

- Hone your expertise in blending with clients by learning to better understand and read their body needs.
- Fine-tune your palpatory capabilities. Develop mouth-work skills.
- Review whole-body evaluation, energy cyst location and release, facilitated segments, fascial glide, dural tube techniques, the 10-Step Protocol, and arcing.
- Gain insights to using your time and energy most efficiently. Participate in in-depth group discussions.
- Build confidence and skills in preparation for CranioSacral Therapy Techniques Certification.

Prerequisite: CS1

Required Advance Reading: None

Clinical Application of CST and SER for Pediatrics (CACP)

Course Length: 5 Days
30 CEUs

Synopsis: Practice CranioSacral Therapy along with a certified instructor and receive immediate feedback. Limited to four participants, this supervised training program takes place in a clinical setting.

Course Highlights:

- Explore therapeutic issues in a dynamic, hands-on, small-group setting.
- Learn how to more effectively blend with the bodies of clients/patients.
- Hone your hands-on expertise and fine-tune your palpation skills.

Prerequisite: CSP

Required Advance Reading: *A Brain Is Born* and *SomatoEmotional Release* by John E. Upledger, DO, OMM; *Out-of-Sync Child* by Carol Stock Kranowitz.

Clinical Application of Advanced CranioSacral Therapy for Pediatrics (CAAP)

Course Length: 5 Days
30 CEUs

Synopsis: Practice CranioSacral Therapy along with a certified instructor and receive immediate feedback. Limited to four participants, this supervised training program takes place in a clinical setting.

Course Highlights:

- Explore therapeutic issues in a dynamic, hands-on, small-group setting.
- Practice each position in multi-therapist sessions.
- Learn how to more effectively blend with the bodies of clients/patients.
- Hone your hands-on expertise and fine-tune your palpation skills.

Prerequisite: ADV & CSP

Required Advance Reading: *A Brain Is Born* and *SomatoEmotional Release* by John E. Upledger, DO, OMM; *Out-of-Sync Child* by Carol Stock Kranowitz.

Clinical Application of Advanced CranioSacral Therapy (CAAD)

Course Length: 5 Days

30 CEUs

Synopsis: CAAD is a practicum developed by Lisa Upledger, DC, to help Advanced CranioSacral Therapy-trained practitioners sharpen their CST and SER skills. Classes are limited to four participants, and are held in an informal clinical setting.

Course Highlights:

- Hone your expertise in blending with clients by learning to better understand and read their body needs.
- Fine-tune and further develop your palpatory capabilities.
- Delve deeper into body/mind integration.
- Participate in in-depth group discussions.

Prerequisite: SER2

Required Advance Reading: None

BioAquatic Exploration – CS2 (BAEC)

Course Length: 4 Days
24 CEUs

Synopsis: Develop a holistic, cooperative relationship with the ocean and its healing resources while performing CranioSacral Therapy techniques. You'll even spend time in the water with dolphins learning Dolphin Assisted Therapy.

Course Highlights:

- Start your BioAquatic Experience on Grand Bahama Island with a dolphin swim at the Dolphin Experience, discovering the magic of these wise and sensitive creatures.
- Deepen your understanding of CranioSacral Therapy techniques in cooperation with bioaquatic dynamics, including a specific 10-step protocol for Bioaquatic Explorations.
- Work with whole-body evaluation, direction of energy, fascial glide/mobilization, dural tube techniques, the intracranial membrane system and whole-body tissue release.
- Explore multi-therapist application of CranioSacral Therapy techniques while working in small groups in the water.
- Return to the Dolphin Experience to experience and learn about dolphins incredible ability to assist in healing.

Prerequisite: CS2

Required Advance Reading: None

BioAquatic Exploration – Shared Connections (BAER)

Course Length: 4 Days

24 CEUs

Synopsis: This workshop blends CranioSacral Therapy (CST), SomatoEmotional Release (SER), and relationship enhancement skills. This combination offers the opportunity for participants to share these experiences with someone close to them who does not have a CST background.

Prerequisite: SER1

Required Advance Reading: None

BioAquatic Exploration – SER (BAES)

Course Length: 4 Days
24 CEUs

Synopsis: Develop a holistic, cooperative relationship with the ocean and its healing resources while performing CranioSacral Therapy techniques.

Course Highlights:

- Start your BioAquatic Experience on Grand Bahama Island with a dolphin swim at the Dolphin Experience, discovering the magic of these wise and sensitive creatures.
- Explore, integrate and apply CranioSacral Therapy and SomatoEmotional Release techniques in cooperation with bioaquatic dynamics.
- Explore multi-therapist application of CranioSacral Therapy techniques while working in small groups in the water.
- Return to the Dolphin Experience to experience and learn about dolphins incredible ability to assist in healing.

Prerequisite: SER2

Required Advance Reading: None

BioAquatic Exploration – Advanced (BAEA)

Course Length: 4 Days

24 CEUs

Synopsis: Develop a holistic, cooperative relationship with the ocean and its healing resources while learning and performing advanced CranioSacral Therapy techniques.

Course Highlights:

- Start your BioAquatic Experience on Grand Bahama Island with a dolphin swim at the Dolphin Experience, discovering the magic of these wise and sensitive creatures.
- Explore, integrate and apply advanced CranioSacral Therapy techniques in cooperation with bioaquatic dynamics.
- Experience multi-therapist application of advanced CranioSacral Therapy techniques while working in small groups in the water.
- Return to the Dolphin Experience to experience and learn about dolphins incredible ability to assist in healing.

Prerequisite: ADV1

Required Advance Reading: None

BioAquatic Exploration Advanced Dolphin Exploration (BADA)

Course Length: 4 Days
24 CEUs

Synopsis: Explore the value of Dolphin Assisted Therapy and our relationship with dolphins, while developing an appreciation for dolphin energy, love, and intelligence. This workshop is ideal for developing skills to participate in our Dolphin Assisted Therapy Intensive Programs as a Visiting Therapist.

Course Highlights:

- Spend time each day in the water with dolphins at the Dolphin Experience, discovering the magic of these wise and sensitive creatures.
- Explore, integrate and apply advanced CranioSacral Therapy techniques in cooperation with bioaquatic and dolphin-assisted dynamics.
- Experience multi-therapist application of advanced CranioSacral Therapy techniques while working in small groups in the water, and in a traditional land-based setting.

Prerequisite: Any BioAquatics Class and SER2 Required

Advance Reading: None

Unwinding Meridians: Applying Acupuncture Principles to CST 1 (UAMC1)

Course Length: 4 Days
24 CEUs

Synopsis: This hands-on workshop teaches you how to utilize the points and pathways of acupuncture along with the energy, intention and wisdom of your own hands to enhance the effectiveness of CranioSacral Therapy. From the rich knowledge of Oriental medicine you can draw connections between the craniosacral system and organs, emotions, sounds, colors, tastes and much more. This dynamic workshop also offers options in verbal dialoguing to enhance energy flow.

Course Highlights:

- Explain how the points and meridians of acupuncture relate to each other and to the cranial rhythm
- Identify the connections between the craniosacral system and organs, emotions, sounds, colors, tastes and more
- Demonstrate verbal dialoguing techniques to enhance energy flow, practice exercises to enhance and balance their energies
- Compare the cranial rhythm of the organs and chakras
- Identify the influential points of Qi, bones, marrow, tendons, organs and blood
- Identify alarm points on the body that can alert them to organic blocks
- Explain the five element and Yin/Yang theories
- Locate points for acupuncture meridian facial rejuvenations
- Demonstrate feeling the cranial rhythm of the individual points.
- Demonstrate using the cranial rhythm to unwind the points for greater energy , Qi ,flow.
- Demonstrate using the cranial rhythm the points to unwind the meridians.
- Locate the entry points of the 12 main meridians.
- Locate the exit points of the 12 main meridians.
- Describe which point builds protective Qi,energy.

Prerequisite: CS2

Advance Reading: None

Unwinding Meridians 2: Applying Acupuncture Principles to CST (UAMC2)

Course Length: 4 Days
24 CEUs

Synopsis: This advanced course will deepen participants' understanding and skills of Unwinding the Meridians of Acupuncture and delve into the eight extraordinary meridians to understand the energetic foundations of our physical, mental, spiritual, and emotional being. It includes lecture, demonstration, and practice for each technique presented.

Course Highlights:

- Explain how the points and meridians of acupuncture relate to each other, the cranial rhythm and the physical, mental and emotional aspects of the client.
- Demonstrate the points and pathways of the 8 Extra Meridians; the physical, mental and emotional effects of the 8 Extra Meridians; and the influences and symptoms of the 8 Extra Meridians.
- Demonstrate verbal dialoguing techniques to enhance energy flow and practice exercises to enhance and balance their energies.
- Identify correlations of meridians with organs, systems, pathologies, poisons, toxins and unconscious emotional restrictions.
- Explain Tendino-Muscular Points and Pathways as they relate to musculo-skeletal imbalances.
- Explain and demonstrate how to balance all the bones of the body in relation to each other and the overall tone of the body.
- Practice the integration of CranioSacral Therapy and the Extra Points and Meridians of Acupuncture.
- Integrate the emotions and facial expressions of clients into the treatment plan.

Prerequisite: UMAC1

Advance Reading: None

Unwinding Meridians 3: Applying Acupuncture Principles to CST (UAMC3)

Course Length: 4 Days
24 CEUs

Synopsis: This advanced course will deepen participants' understanding and skills of Unwinding the Meridians of Acupuncture and delve into the eight extraordinary meridians to understand the energetic foundations of our physical, mental, spiritual, and emotional being. It includes lecture, demonstration, and practice for each technique presented.

Course Highlights:

- Recognize the Cranial Sea
- Balance the Cranial Sea
- Experience the Po the spirit of the physical body
- Experience the Zhi the spirit of the will body
- Experience the Yi the spirit of the intellectual body
- Experience the Hun the spirit of the ethereal body
- Experience the Shen the spirit of the eternal body
- Perform Qi Bone Breathing
- Describe the 3 Tan Tiens
- Locate the 3 Tan Tiens
- Define and locate the 12 Divergent Channels
- Access the 5 Thrusting Channels
- Identify Tan Tien imbalances
- Demonstrate how to balance and fill the 3 Tan Tiens
- Evaluate bone imbalances
- Perform bone balancing
- Treat bone imbalances with : the Cranial Sea, Qi, or the Ether body
- Correlate the Cranial Bones with Neurotransmitters
- Access the meridians and their neurotransmitters
- Evaluate Cranial Bones and Emotions
- Identify personality and cranial bones
- Recognize the Eye Meridians
- Know how to Unwind the 20 Meridians in the Eyes
- Identify the 6 Eye Muscles
- Evaluate Allergies

Prerequisite: UMAC2

Advance Reading: None

CranioSacral Therapy: Ecosomatics Equine 1 (ESE1)

Course Length: 4 Days
24 CEUs

Synopsis: This intermediate level workshop provides an opportunity for CranioSacral Therapists to develop and expand their non-verbal dialoguing skills through the exploration of inter-species communication. Therapists learn to listen with their hands, their hearts, and their inner wisdom.

Course syllabus also includes: CranioSacral Rhythm, Listening Stations, Tissue Release, Safety, Diaphragms, Cranial Vault anatomy and techniques, Equine Behavior, Energy and Awareness, Musculoskeletal System, Dural Tube, TMJ, Scapula, Sacrosciatic Ligament, and more.

Prerequisite: None

Advance Reading: None

CranioSacral Therapy: Ecosomatics Equine 2 (ESE2)

Course Length: 4 Days
24 CEUs

Synopsis: This 4 day class provides an opportunity for CranioSacral Therapists to continue to explore and expand their equine CST skills and interspecies communications. Course material is more in depth, and techniques learned in Level 1 are reviewed, expanded upon, and augmented by techniques to include sutures, neural pathways, and kinetic chains.

Course syllabus includes: Cranial Sutures, Cranial Nerves and entry/exit points in the skull, Stomatognathic system, Equine Gait and Conformation, Autonomic Nervous System, more biomechanics, Facilitated Segments and Introduction to equine Energy Cysts, advanced Sacrosciatic Ligament, Sternum and Rib techniques, Stay Apparatus, Extremity anatomy and techniques, and more.

Prerequisite: SER1 and ESE1

Advance Reading: None

CranioSacral Therapy: Ecosomatics Small Animals 1 (ESSA1)

Course Length: 4 Days

24 CEUs

Synopsis: In this class, students will learn how to safely approach, handle, and offer CranioSacral Therapy to small animals, especially dogs, of all variety of shapes, sizes, and breeds. The emphasis is on the core principles and practice of Upledger CST, and includes listening stations, diaphragm releases, cranial vault anatomy and techniques, anatomical differences amongst breeds and species, clinical considerations, including pathological processes and diseases transmitted from animals to humans or humans to animals, gait analysis - normal and faults, as well as a multi-step protocol for offering CST for small animals. Class time consists of lectures with plenty of hands-on lab time (practice is on animals only).

Prerequisite: CS1

Advance Reading: None