

How Is CranioSacral Therapy Performed?

CranioSacral Therapy is performed on a fully clothed person. Using a light touch – generally no more than 5 gms (the weight of a nickel) – the practitioner monitors the rhythm of the craniosacral system to detect potential restrictions and imbalances. The therapist then uses manual techniques to release any problem areas and relieve undue pressure on the brain and spinal cord.

A CranioSacral Therapy session can last from about 15 minutes to more than an hour, and the initial evaluation alone is often enough to correct a problem. The result? A central nervous system that is free of restrictions...and a body that's able to return to its greatest level of performance.

Who Can Perform CranioSacral Therapy?

Because of its positive effect on so many body functions, CranioSacral Therapy is practiced today by a wide variety of healthcare professionals. They include osteopathic physicians, allopathic physicians, doctors of chiropractics, doctors of oriental medicine, naturopathic physicians, nurses, psychiatric specialists, psychologists, dentists, physical therapists, occupational therapists, speech and language pathologists, acupuncturists, massage therapists, reflexologists, reiki practitioners and other professional bodyworkers.

What Conditions Does CranioSacral

Therapy Address?

CranioSacral Therapy strengthens your body's ability to take better care of you. It helps alleviate a range of illness, pain and dysfunction, including:

Migraines and Headaches

Chronic Neck and Back Pain

Motor-Coordination Impairments

Stress and Tension Related Problems

Infantile Disorders

Traumatic Brain and Spinal Cord Injuries

Chronic Fatigue

Scoliosis

Central Nervous System Disorders

Emotional Difficulties

Temporomandibular Joint Syndrome (TMJ)

Learning Disabilities

Post-Traumatic Stress Disorder

Orthopedic Problems

And Many Other Conditions

What Is SomatoEmotional Release?

Have you ever had a physical injury that seemed to plague you long after the site had healed? That's not as unusual as you might think. Even when CranioSacral Therapy releases restrictions in body tissues, sometimes a release of emotional energy is necessary to fully discharge a trauma. In those cases, the CranioSacral Therapist may gently encourage a SomatoEmotional Release.

Research conducted in the late 70's by Dr. John Upledger and a biophysicist Zvi Karni led to the discovery that the body often retains the emotional imprint of physical trauma. These imprints, especially of intense feelings that may have occurred at the time of an injury – anger, fear, resentment, etc – leave residue in the body in areas called “energy cysts.”

Although you can adapt to energy cysts, over time your body needs extra energy to continue performing its day to day functions. Then as years pass and the body becomes more stressed, it can lose its ability to adapt. That's when symptoms and dysfunctions begin to appear and become difficult to suppress or ignore.

Through SomatoEmotional Release, the therapist engages in imaging and dialoguing techniques that can guide the patient through an otherwise challenging encounter with long held emotions. *The patient does not need to analyze the problem to release it.* Often the body will spontaneously return to the same position it was in when the injury was first sustained. As this occurs, the therapist can feel the tissues of the body relax as the energy cyst is expelled. The body can feel free to return to its optimal levels of functioning.

How Do I Locate Practitioners Skilled In CranioSacral Therapy?

The Upledger Institute (UI) maintains the UI HealthPlex Clinical Services at its headquarters in Palm Beach Gardens, Florida. Designed especially for those seeking CranioSacral Therapy and other complementary techniques, the clinic is staffed by physicians and therapists of many disciplines.

In addition to individual sessions, UI HealthPlex offers a number of one and two week intensive therapy programs, including those for brain and spinal cord dysfunctions, autism, learning disabilities and pain. UI HealthPlex also provides infancy-to-preschool evaluations, and helpful one-day ShareCare® seminars designed for the general public.

You can also locate healthcare professionals through Upledger's International Association of Healthcare Practitioners (IAHP) membership directory. For details, please call The Upledger Institute at 561-622-4334 or visit the website at www.iahp.com.

The Therapeutic Value Of CranioSacral Therapy

While the validity of the cardiovascular and respiratory rhythms is undisputed today, for eons the very existence of these systems sparked debates in medical communities around the globe.

Now for nearly 30 years, osteopathic physicians and researcher John E. Upledger, D.O., O.M.M., have been proponents of using the rhythm of another body system – the craniosacral system – to enhance body functioning, and help alleviate pain and discomfort.

The craniosacral system consists of membranes and cerebral spinal fluid that surround and protect the brain and spinal cord. It extends from the bones of the skull, face and mouth, which make up the *cranium*, down to the *sacrum*, or tail bone area.

Since this vital system influences the development and performance of the brain and spinal cord, an imbalance or restriction in it could potentially cause any number of sensory, motor or neurological disabilities. These problems could include chronic pain, eye difficulties, scoliosis, motor-coordination impairments, learning disabilities and other health challenges.

CranioSacral Therapy is a gentle method of detection and correction that encourages your own natural healing mechanisms to dissipate the negative effects of stress on your central nervous system. You also benefit from the better overall health and resistance to disease.

How Did CranioSacral Therapy Begin?

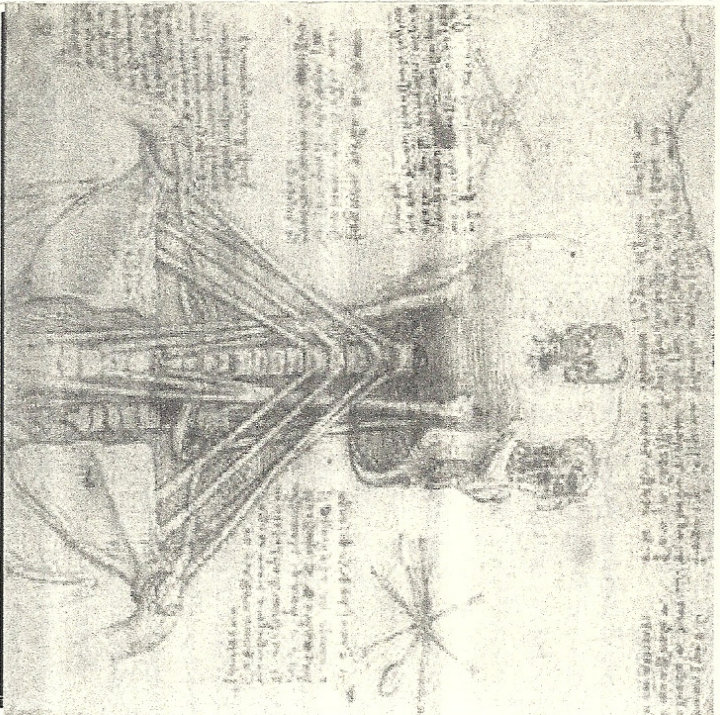
CranioSacral Therapy dates back to 1970 when osteopathic physician John E. Upledger first witnessed the rhythmic movement of the craniosacral system during a spinal surgery. Yet none of his colleagues nor medical texts could explain the phenomenon.

Two years later, Dr. Upledger attended a short course on cranial osteopathy developed by Dr. William Sutherland. The course focused on the bones of the skull and the fact - surprising at the time - that they weren't fused as doctors has been taught in medical school. Instead Sutherland's material demonstrated that skull bones continue to move throughout a person's life.

Putting this new information together with the odd pulsing rhythm he'd observed years before, Dr. Upledger theorized that a hydraulic system of sorts was functioning inside the craniosacral system. He then set out to confirm his theories.

In 1975 he joined the Osteopathic College at Michigan State University as a clinical researcher and Professor of Biomechanics. There he led a team of anatomists, physiologist, biophysicists and bioengineers to test and document the influence of therapy on the craniosacral system. For the first time they were able to explain the function of the craniosacral system, and demonstrate how light-touch therapy could be used to evaluate and treat malfunctions involving the brain and spinal cord.

In 1985, Dr Upledger went on to establish The Upledger Institute to teach the public and healthcare practitioners about the benefits of CranioSacral Therapy. To date, the Upledger Institute has trained more than 50,000 healthcare practitioners worldwide in the use of CranioSacral Therapy.



*Call today to schedule your next
appointment and get on the
natural path to wellness.*

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Susan Lurie is a Certified Holistic Therapist
offering:

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