

# CranioSacral Courses & Certificate Program 2013 - 2014



## CranioSacral Therapy - an Ever Evolving Field

Craniosacral therapy is an ever-evolving field that is used worldwide. The craniosacral non-credit courses include three levels of training, as well as a certificate program for those who wish to take the next step to polish their skill set.

Craniosacral therapy addresses the body, the head and the nervous system from the point of view developed by early osteopaths. Their treatment philosophy states that the body's structure and function are tightly connected - that health is a function of a body which is free from restrictions. Craniosacral therapy is a very gentle therapy which can benefit people from infancy through the end of life. It is an excellent treatment for musculoskeletal issues to gently release restrictions in movement to restore normal motion to the bones, joints and soft tissue. It is also an effective modality for treating chronic pain, such as migraine headaches and fibromyalgia, as well as addressing the emotional response to trauma which is held in the body.

Instruction uses a biomechanical approach that is deeply rooted in the anatomy and physiology of the body. Techniques focus on developing sensory awareness in the hands, dialoguing with the body as a part of assessment, and developing specificity and efficiency in treatment skills. This approach encourages very precise, light, non-invasive touch to facilitate assessment, treatment and release of restrictions. It focuses on tools of assessment and ways to find what the client's body needs in the moment - following the client's lead to that day's treatment. We train participants to individualize treatment for each client, avoiding the need for prescriptive protocols which are often used in other craniosacral training programs.

### PROGRAM INFO SESSIONS - Free

Learn more about this and our other non-credit weekend programs at one of our free Info Sessions: 7/24, 9/10, 1/8 or 4/9. Meet the instructors. Attend two free mini-workshops. Pre-registration required: [www.Bastyr.edu/Continuing-Education](http://www.Bastyr.edu/Continuing-Education)

### Program Courses & Hours

#### Individual Courses (23 CEUs & PDAs per course)

(see a brief description of each course on reverse side)

**Audience:** Licensed health care practitioners who are licensed to touch, and students in those fields.

Each of the three courses includes a combination of lecture, demonstration and ample hands-on practice. Health care practitioners who complete Level 1 may immediately incorporate these techniques in their practice, as well as go on to take Levels 2 and 3.

Each course is held on a weekend: Fri, 1-8:30p.m. - Sat & Sun, 8a.m.-5p.m.

#### Level 1: (four date options)

Sept 27-29  
Nov 8-10  
Feb 21-23  
March 21-23

#### Level 2: (two date options)

Dec 6-8  
May 9-11

#### Level 3: (two date options)

Jan 31 & Feb 1-2  
June 13-15

### Certificate Program Requirements

Health care professionals may take one, two or all three craniosacral classes. Those who wish to further develop their skills under the guidance and supervision of certified craniosacral practitioners can complete the certificate program. You are encouraged to complete the entire certification process over a one to three year period. The program requirements include:

#### Courses:

##### Certificate-Preparation:

Successfully complete all three courses.

Register to begin the certificate process. Services include instructor mentoring (feedback on practical technique, SOAP notes & progress on skill development) and written exam.

##### Supervised Practice Sessions: Two-way Trades:

Attend a minimum of 10 practice sessions (total of 20 hours). Complete at least 10 trades (total of 20 hours) with another participant.

##### Client Treatment Sessions:

Complete a minimum of 100 hours.

##### Personal Treatment Sessions:

Receive at minimum 10 hours of craniosacral treatment from a Certified Practitioner.

##### Practical Test & Written Exam

Pass with 80% or higher.

### Fees - per 23-hr class

There are a total of three courses in the program, and you "pay as you go" by registering for each separately. Discounts for "early bird" registration - deadline is typically two weeks prior to class start (check our website for specific dates). Each class fee includes a detailed workbook. It is recommended that you register at least two weeks prior to class start in order to complete the reading assignments. Required books can be purchased in the Bastyr Bookstore: CST-1: *An Integrative Approach to CranioSacral Therapy - Fascial Connections*, by Christensen & Takakura (\$22) & *Rhythm and Touch*, by Arnold (\$32); CST-2: *An Integrative Approach to CranioSacral Therapy - Cranial Connections*, by Christensen & Takakura (\$22); CST-3: None

	Early Bird	Regular
Professional:	\$475	\$570
Bastyr Alumni:	\$425	\$510
Full-time Student:		\$345
Retake:		\$150

### Certificate Program Fees

To complete the entire Certificate Program, including all classes and other requirements, the cost is approximately \$3,500 (estimate includes class fees based on the professional "early bird" rate).

- Courses: take all three courses (see class & book fees above)
- Certificate-Prep Registration: \$675
- Additional Required Texts: \$85 - \$100
- Supervised Practice Sessions: 10 at \$25 each
- Personal Treatment Sessions from a Certified Practitioner: 10 at \$75/hour or higher
- Practical Test: \$200

### CANCELLATION, TRANSFER & REFUND POLICY

Please submit your request in writing (email or fax). Unless otherwise specified in the individual course descriptions, cancellations or transfers made up to 14 calendar days before the first day of the course will result in a full refund, less a \$35 processing fee or 20% of tuition, whichever is less. No refunds are granted for cancellations made with less than the 14-day notice. Returned checks will be assessed a \$28 fee. Students registered for the full course will not be refunded for any missed sessions and may not receive certificates of completion for partial completion of a seminar. Bastyr University reserves the right to cancel courses with insufficient enrollment, in which case a full refund will be granted to those registered.

Edited 7/9/2013

**BASTYR**  
UNIVERSITY

**REGISTRATION:** Visit our web page: [www.Bastyr.edu/Continuing-Education](http://www.Bastyr.edu/Continuing-Education), call (425) 602-3152, or visit our campus office Room 441.

## Instructor Bios

EINAT ARIAN, ND, PHD, CST-D



Einat earned her first doctorate from the Hebrew University in Jerusalem in 1997. She conducted research and lectured in the field of neurophysiology, and has written several publications in peer-reviewed journals. In 2006 she graduated from Bastyr University with a Doctor of Naturopathic Medicine. Since then Einat has been

practicing naturopathic medicine in Seattle, with an emphasis on craniosacral therapy and homeopathy.

She studied and taught craniosacral therapy under the guidance of Dr. Nancy Soliven and Dr. Faith Christensen. She deepened her craniosacral practice studying advanced osteopathic and pediatric techniques, as well as using craniosacral to refine supplement and remedy selections for patients.

Einat has a private practice in North Seattle where she sees people of all ages, including many pediatric patients. She blends craniosacral therapy with homeopathic prescribing as well as other classical naturopathic therapies. To learn more about this instructor go to [www.21centurynaturalmedicine.com](http://www.21centurynaturalmedicine.com).

NANCY WITT, PT, MSW, CST-D



Nancy graduated from the Medical College of Virginia in 1971 with a Bachelors Degree in Physical Therapy, and in 1981 earned a Masters in Social Work from the University of Washington.

Over the past four decades she has worked in a variety of settings and with people of all ages as a physical therapist, clinical educator and medical social worker. As a social worker she specialized in end of life care, women's issues and critical care. She also trained as a childbirth educator and lactation counselor under Penny Simkin, and as a birth doula with Seattle Midwifery.

Nancy has been studying and practicing craniosacral therapy for over 20 years, including various teachers of the Upledger method (primarily Soliven, Christensen, and Piersman), as well as new work by Korpiun. She was certified by IBI at the Diplomate level, and began teaching through IBI in 2010. She maintains a private practice outside of Seattle, WA.

## Course Descriptions

You must take the classes in sequential order. Those who do not wish to pursue the certificate program may opt to take the courses individually, and immediately incorporate their skills into their current practice.

Each course includes 23 hours of in-class instruction (lecture, demonstration and plenty of hands-on practice). In addition you should expect to spend five to ten hours of "self-study" reading prior to taking Levels 1 and 2.

### CranioSacral Therapy – Level 1: Fascial System of the Body & Head

This course provides an introduction to the art and science of craniosacral therapy, a hands-on technique that has its roots in osteopathy which began in the 19th Century. In a learning environment layered with lecture and hands-on practice, you will explore gentle bodywork techniques with light hands that sense the body's subtle rhythms to assess for patterns of restriction. Mindfully using one's own energy in this client-centered approach, you will be able to release patterns of restriction with a variety of craniosacral techniques.

In Level 1 the focus is on the fascia of the body, paying attention to muscles, bones and joints. Specific holds and limb unwinding are taught and practiced. Since the fascia of the body extends into the head, basic techniques are introduced for releasing the cranial membranes. More specific techniques for the skull are covered in Level 2. Health care practitioners who complete Level 1 may immediately incorporate these techniques in their practice, as well as go on to take Levels 2 and 3.

Upon completion of this seminar you will be able to:

- Describe the function of the fascia.
- Assess and treat fascial restrictions.
- Assess and treat restrictions in the muscles, joints and extremities.
- Assess and treat restrictions for the body diaphragms.
- Describe the basic elements of the craniosacral system, including the meninges and cranial membranes.
- Assess the craniosacral rhythm.
- Induce a still point in the craniosacral rhythm.

# CranioSacral Courses & Certificate Program

## Course Descriptions

### **CranioSacral Therapy – Level 2: Bones of the Skull, Face & Mouth**

#### **Prerequisite: CranioSacral Therapy – Level 1**

This seminar presents a set of techniques for working with the cranium. Other than osteopathy, most manual treatment programs do not address the mobility of the skull bones, which is so critical to the health and functioning of the central nervous system. Cranial work also is very useful in addressing intra-oral, TMJ, ear and sinus problems.

The focus of Level 2 is on assessment and treatment of lesions in the cranium and facial bones. A full set of skills to address 16 bones in the cranium will be presented. The techniques build upon and integrate with Level 1 techniques for working with the cranial membranes, as well as the connections within the entire body.

Healthcare professionals who complete Levels 1 and 2 will have a comprehensive set of craniosacral skills in the biomechanical - structural approach to address restrictions in the body and head. In addition, this seminar provides the necessary skills for massage therapists to apply for Intraoral Endorsement in the State of Washington. Further integration of these skills with a holistic approach to the mind, body, and spirit is presented in Level 3.

Upon completion of this seminar you will be able to:

- Conduct a basic cranial bone assessment of the head, using movements of the cranial and facial bones to determine restriction patterns in the head.
- Explain the differences between open, fixed, and compressed sphenoid lesion patterns.
- Assess and develop a plan for releasing restrictions associated with the sphenoid bone lesion pattern.
- Conduct a basic assessment and treatment of the ethmoid bone, with relation to the bones around it.
- Conduct a basic assessment and treatment of the vomer bone, with relation to the bones around it.
- Conduct a basic assessment and treatment of the maxilla bone, with relation to the bones around it.

### **CranioSacral Therapy – Level 3: Somato-Emotional Release**

#### **Prerequisite: CranioSacral Therapy - Levels 1 & 2**

Most of the restrictions in the body develop as a response to some form of trauma in the life of the client (including prenatal experiences). In CranioSacral Levels 1 and 2, the focus is on a biomechanical/structural approach to releasing restrictions found in the body, the cranium and the face. In Level 3 the focus shifts to another aspect of "restriction" in the body, the emotional response, which can also develop as a response to some form of trauma.

This seminar explores current theory on trauma and its resolution. It provides practitioners with tools that allow their craniosacral practice to address their clients more holistically. Skills taught include creating a safe environment for a client to allow for an emotional release, assessment techniques, listening skills, appropriate dialogue, and use of unwinding of the body. Breathing techniques will also be used as adjuncts to releasing trauma. Additionally, we will address how the practitioner can triage an emotionally loaded situation and determine if outside referral is necessary.

Level 3 serves as a wrap-up of the three-class series, pulling together all the elements that a practitioner has learned to create a comprehensive set of skills to add to their practice.

Upon completion of this seminar you will be able to:

- Describe the "normal" reaction to trauma and how this process is often thwarted.
- Describe how a thwarted response to trauma causes the emotional aspects of the trauma to become archived in the tissues of the body, held in such a way as to create restrictions.
- Assess for and recognize held-emotional-trauma in the course of the regular assessment and treatment of the client with craniosacral.
- Assess for the appropriateness of engaging the client emotionally in a particular setting.
- Assess for the appropriateness of using craniosacral as the modality for the release of held-emotional-trauma.
- Use one of the following techniques taught in this course to help the client release the emotional aspect of the held trauma (the three tides, still-point-breathing, vagal holds, amygdala clearing, cell- and organ-talk, and/or mental challenges).