

CranioSacral Therapy: The Healing Power of a Gentle Touch

As many of my clients over the years have asked, “What are you doing?” That is because when you have never received this kind of work, you can’t help but wonder if anything at all is going on during a session. CranioSacral Therapy is a light-touch approach that releases tensions deep in your body to relieve pain and dysfunction and improve whole-body health and performance. When I say “light-touch”, I really do mean light. There is usually never more than a nickel’s worth of pressure exerted at any time. A wave of comforting relaxation sweeps over you and you find yourself floating in a twilight sleep sort of place. After you get used to it, you began to feel things unwinding deep inside of yourself ~ you began to feel much more at home in your own body. Unwinding and releases can feel like a tingling or warmth or buzzing or gentle pulsing or simply a deep sense of comfort ~ a coming home to yourself.

A session usually takes place in my quiet and private session room on my soft and comfy table with soft and gentle “space” music playing. Although this therapy is very mobile and I have gone to many different places and homes. I usually work in people’s bedrooms on the road. No one has to take their clothes off. I just ask that shoes are removed and waistbands are loosened if they are restricting in any way.

I begin each session by gently holding your head in my hands to monitor the rhythm of the fluid that is flowing around your central nervous system. By carefully listening with my hands I can locate areas of weak fluid flow or tissue motion. I can then trace those areas of weakness through your body to the original source of dysfunction. There is a special protocol that is used but I often turn and follow what your cranial system is telling me ~ this therapy is very individual. I then use delicate manual techniques to release those problem areas and improve the form and function of your central nervous system. Usually a typical CranioSacral Therapy session lasts for a full hour, but I regularly do half hour sessions and sometimes even hour and a half sessions.

I first became aware of this therapy while I was still in massage training. I saw other therapists studying the text book and I was instantly drawn in. It is one of the first courses of study that I took after I graduated from massage school. CranioSacral Therapy was developed by Dr. John E. Upledger, an osteopathic physician. He had just opened his Institute a few years before I became aware of his wonderful work. And still after over twenty years now I am excited about this work and how it can help people and animals.

Why do I think this therapy is so important? The answer is simple really – I have seen over and over the amazing turnarounds that happen in my client's lives after receiving this amazing therapy. Our central nervous systems hold a large influence over our well-being. Our central nervous systems have a huge impact on our lives. Our CranioSacral system is the soft tissues and fluid that protect our brains and spinal cords – our central nervous system.

Everyday we all endure stresses and strains and our bodies absorb them. But our bodies can only handle so much tension before the tissues begin to tighten and potentially affect our brains and spinal cords. Unfortunately, this can compromise the function of our central nervous systems – and the performance of nearly every other system in our bodies. This therapy releases those tensions to allow our entire body to relax and self-correct. When the tension is released, then our bodies can take care of business. Once the restrictions are gone, our bodies can relax and work at 100% again. That's what I want my body to do, don't you?

Let me give you a list of some of the conditions that CranioSacral Therapy addresses. It improves our body's ability to take better care of us. It helps relieve a full spectrum of pain, illness and dysfunction.

- Migraines and Headaches
- Chronic Neck and Back Pain
- Stress and Tension-Related Disorders
- Motor-Coordination Impairments
- Infant and Childhood Disorders
- Brain and Spinal Cord Injuries

- Chronic Fatigue
- Fibromyalgia
- TMJ Syndrome
- Scoliosis
- Central Nervous System Disorders
- Learning Disabilities
- ADD/ADHD
- Pos-Traumatic Stress disorder
- Orthopedic Problems

Cranio Sacral Therapy can help all kinds of trauma in our lives – emotional or physical. I regularly work with people who are going through counseling to clear past abuse be it physical or emotional. I regularly work with young people who have been diagnosed with Autism, ADD or ADHD. I regularly work with people who have been involved in accidents. I have worked with animals that have had traumatic experiences. Whatever is going wrong, my experience has been over these past twenty years that Cranio Sacral Therapy can make a difference. Do yourself a favor – come back home to yourself – experience this therapy for yourself. I guarantee that you will like it.