



CranioSacral Therapy

Influencing the Brain and the Spinal Cord with Gentle, Non-Invasive Body Work

What Is CranioSacral Therapy?

CranioSacral Therapy (CST) is a gentle, non-invasive form of bodywork that is diverse in the results it brings to people in need of physical relief. As the words imply, CranioSacral Therapy directly influences areas of the head (cranium), spine and tailbone (sacrum). A variety of approaches support the spirit and structure of the person receiving this treatment.

CST was founded and developed by an osteopathic physician, Dr. John Upledger, who was inspired from earlier osteopathic work following extensive scientific studies from 1975–1983 at Michigan State University where he served as a clinical researcher and Professor of Biomechanics.

How Does CranioSacral Therapy Work?

The focus is upon cerebrospinal fluid which the human body creates regularly and rhythmically. In a similar way that transmission fluid provides an easy gliding substance for the shifting of a car's gears, cerebrospinal fluid creates a safe cushioned environment for the spinal cord and the intricate network of nerves that pass through it. Between the cranium and the sacrum three layers of fluid filled membranes protect and enhance this wondrous system. The science of CranioSacral Therapy suggests that irregularities in the proper flow of cerebrospinal fluid can create physical stress for parts of the body related to the compromised flow areas.

CranioSacral Therapists apply a soft touch, usually no greater than the weight of a nickel. The therapist helps to make possible a relaxing and self-correcting of the membranes surrounding the spinal cord, which in turn enhances the flow of cerebrospinal fluid. CranioSacral Therapy can be administered to a fully clothed and reclined person, and can also be incorporated into the session of a therapeutic/medical massage. CST should not be thought of as chiropractic manipulations of the spine because bones are not forced to realign or reposition in this form of therapy. Nor should CST be confused with medical intervention.

What Conditions Can CranioSacral Therapy Help?

By complementing the body's natural healing processes CST treatments have been known to relieve residual trauma from very old injuries, surgeries and mental and emotional upsets. CST is considered a preventive health measure for its ability to, encourage resistance to disease and is valuable for a wide range of medical problems associated with pain and dysfunction including:

- Scoliosis
- Migraine Headaches
- Neurovascular/Immune Disorders
- Neck & Back Pain
- TMJ
- Fibromyalgia
- Motor Coordination
- Connective Tissue Disorders
- Colic
- Autism
- Birth Injuries
- Stress and Tension
- Emotional Difficulties
- Infantile Disorders
- Chronic Fatigue
- Learning Disabilities



On The Road to Wellness

Whatever type of symptoms you may have, the relaxing effects of CranioSacral Therapy can release areas of restriction within your body, re-educate body tissues to release old holding patterns, and calm overstressed systems and over stimulated nerves. CranioSacral Therapy is effective in enhancing one's deepest recuperative abilities and can assist in going through daily life with a greater sense of intellectual, emotional and spiritual clarity.

You and Your Therapist

A doctor's diagnosis is important for a comprehensive treatment plan. It is important that you share with your therapist information regarding your symptoms, medications and any other details relevant to your overall health so your CranioSacral Therapy session can be effective. Our therapists at Harmony Farm are compassionate listeners who are well trained in a variety of modalities, and can incorporate mutually supportive therapies into a wholesome session especially for you.