

Workshop FAQ

What is cranial therapy?

Cranial therapy, as a term in broad and common usage, encompasses a variety of treatment techniques involving the bones and/or superficial tissues (muscles, scalp, etc.) of the head (cranium). It is a manual therapy performed to improve function on many levels, including posture and musculoskeletal function. The procedures of CranioSomatic Therapy treat the cranial bones individually or as a group to improve their mobility or position, resulting in global (total body) benefits.

I've never heard of cranial therapy. Is it new?

No, cranial therapy has been used in the United States since the 1920's. There is little mention of the therapeutic use of cranial therapy prior to that time. In the 20's and 30's American chiropractic and osteopathic physicians – notably Nephi Cottam, D.C., and William G. Sutherland, D.O. – began developing and teaching cranial techniques. Most of the cranial techniques commonly in use today have their foundations in the concepts originally developed by Dr. Sutherland and his contemporaries.

How does CranioSomatic Therapy differ from other cranial therapies?

CranioSomatic treatment approaches are structurally oriented. The goal is to improve muscle and joint function throughout the body. This generally results in the reduction of pain in many areas, from headaches, to low back pain.

Are CranioSomatic workshops open to everyone?

Most CranioSomatic workshops are designed for professionally trained healthcare providers with knowledge of anatomy and physiology. Occasionally professionals in other relevant fields, or lay-persons (such as caregivers of special-needs individuals), are approved to attend the first 2-day Foundations workshop (CSF-1). Contact us: permission is granted on an individual basis and restrictions may apply.

Touch for Health and Specialized Kinesiology practitioners are encouraged to attend a special workshop designed to complement their existing skills: *Sutural Releases for TFH & SK*.

Are CranioSomatic workshops for me?

CranioSomatic Therapy appeals to practitioners who are:

- Interested in enhancing the effectiveness of other therapies they use.
- Seeking a treatment modality that produces excellent and dependable results with less physical stress on the provider.
- Seeking a 'structural' approach to cranial therapy rather than an 'energy-based' or 'fluid' approach.

- Seeking better client outcomes, which generates greater patient satisfaction and increases referrals.
- Interested in a proven, highly effective treatment modality which creates immediate and long-term improvements in musculoskeletal function. (CranioStructural Integration provides these results.)
- Interested in rehabilitative therapy techniques with a musculoskeletal emphasis.
- Seeking evidence-based treatment procedures that can be validated with pre- and post-evaluations.
- Confident in establishing and implementing a course of treatment.
- Excited by new concepts and treatment paradigms.

CranioSomatic therapies facilitate progress and produce positive outcomes, whether a patient's concern is peak athletic performance, relief from pain, rehabilitation following surgery or trauma, or simply postural improvement.

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