

CranioSacral Therapy

What is CranioSacral Therapy?

Craniosacral therapy uses the rhythm of the craniosacral system which will enhance body functioning and alleviate pain. The craniosacral system is made up of the membranes and cerebrospinal fluid that surrounds and protects the spinal cord and brain. Since this system influences the performance of the spinal cord and brain, it can cause a multitude of disabilities including: scoliosis, severe pain, vision impairment, large or small motor difficulties, and other possible ailments. Craniosacral therapy is a method of detection and correction that helps your own natural healing to remove these negative effects of stress on your central nervous system.

What Conditions Does CranioSacral Therapy Address?

CranioSacral Therapy helps strengthen your body's ability to better take care of you. It helps alleviate some of the following conditions:

- * Orthopedic Problems

- * Post-Traumatic Stress Disorder

*** Learning Disabilities**

*** Emotional Difficulties**

*** Central Nervous System Disorders**

*** Scoliosis**

*** Chronic Fatigue**

*** Traumatic Brain and Spinal Cord Injuries**

*** Infantile Disorders**

*** Migraines and Headaches**

*** Chronic Neck and Back Pain**

*** Motor-Coordination Impairments**

*** Stress and Tension-Related Problems**

How is CranioSacral Therapy Performed?

Using a light touch, the practitioner observes the rhythm of the craniosacral system to find restrictions and imbalances. Following the detection of the restrictions, the therapist uses manual techniques to relieve the pressure between the brain and spinal cord. This session can last from 15 minutes to an hour, and can be used in alone or with other therapy techniques.

Learning More about CranioSacral Therapy

CranioSacral Therapy is taught by the Upledger Institute, which is a health center that is dedicated to the progression of innovated techniques that complement normal care. To learn more about Craniosacral Therapy, visit www.upleder.com

What is SomatoEmotional Release?

With SomatoEmotional Release, the therapist uses imaging and dialoguing techniques that guide the patient through a normally challenging encounter with long-held emotions. Commonly the body will return to the same position it was in when the injury was sustained.

When this happens, the therapist can feel the tissues of the body relax as the energy cysts, which are intense feelings that may have occurred at the time of injury, are expelled.

The body returns then to its optimal levels of functioning