

# Craniosacral Therapy I



In this 30 hr course, students move through a progression of twelve lessons to optimize the cranial wave movement pattern within the body. The lessons include the anatomy and movement patterns the cranial sacral system and gentle holds to decompress connective tissue restrictions specific to the sacrum, occipital, frontal, parietal, sphenoid and temporal bones, the horizontal fascial planes, the fourth ventricle of the brain and dural tube of the spinal cord. Students will learn to sit in silence, deepen communication between self and client and interface with the oceanic environment of the cerebrospinal fluid with gentle touch contact. As students monitor and provide a fulcrum for the underlying tissue a healing state may arise known as "Stillpoint", followed by deeper relaxation, revitalization and integration within the body, mind and spirit.

*"I am eternally grateful to Katie for inspiring me to take this class. It has genuinely changed my life for the better and now is my favorite modality. When I give a Craniosacral session, at the close I feel as though I have gotten a session also. Depression and Anxiety have been one of my struggles. Giving or receiving Craniosacral Therapy makes me feel the most calm and embodied in my true self. I cannot recommend Craniosacral Therapy enough, especially for anyone struggling with depression or anxiety. Its an invaluable tool."* Siobhan Fletcher, current SBBTI Massage Therapist student



**2024 Class:** Tuesday, March 12 – April 16, 5 – 9:30 pm

**Clinics:** Tuesday, April 16; Monday Apr 22, 5-8:15 pm

**Registration Fee:** \$50    **Tuition:** \$600

**Required Reading:** "Craniosacral Therapy Manual", by Mary Sullivan (\$25, SBBTI office)



**Instructor Katie Mickey, CAMTC #18289, H.H.P.**

Katie has served as Director and Instructor for the Santa Barbara Body Therapy Institute for over 34 years, during which time she has overseen the education of 3300 students. Her studies in Craniosacral Therapy began 37 years ago with the Upledger Institute, Castellino Training and Access Energy, as well as Biodynamic and Integrative Craniosacral Therapy through SBBTI. She maintains an integrative bodywork practice in Craniosacral Therapy and assorted modalities.

**Guest Instructor: Ron Buckley**

**Santa Barbara Body Therapy Institute 516 N Quarantina St Santa Barbara, CA 93103**

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### Background:

"When I get in a very relaxed state, with my eyes closed, I see the color purple in a misty 3 second cycle flow as if it is going down a dark manhole. It fills the visual field, flows down, and repeats itself. It is in both eyes and if I consciously merge the images it has a great 3-d effect. I've had this happen for years while receiving acupuncture, in a barber's chair, in church, and more recently on a massage table. No one has ever been able to give me a rational explanation of what I am seeing... and the only thing I have heard that has a 3 second cycle is the earth.

"I was fortunate enough to participate in a Craniosacral clinic at BTI on Monday, 2/8/10, and the experience was more than amazing. . . . I'm lying face up on the massage table, clothed. I close my eyes and feel the therapist's hands gently touch the back and side of my head... that is nice... I wait... and wait... and slowly, like fog forming over warm ground, a mist of purple fills my entire field of vision... then it drains down a familiar hole in my subconscious mind in a 3-second pulse, again and again. I draw my attention to the edge of the hole and it appears to be overlapping brownish gold lettering in figures I cannot understand... the center of the dark hole has something flickering in it, another unrecognizable symbol in the distance at the edge of infinity... my right side jolts from the back of my head to my foot as if struck me a bolt of lightning. The therapist's hands then slowly move to my forehead and sides of my head. A light blue mist fills my vision like clouds that appear, disappear, and reappear. Another lightning bolt from shoulder to shoulder rocks me. Someone is sobbing a few tables away but the images hold, ever changing in structure and tone. The therapist moves to my waist and places her hands under my sacrum. . . from a field of charcoal comes a glowing red, like the embers of a large burnt-out fire... moving ever slowly... the red embers shift back to purple and back to red... then one hand moves to the back of my head and I'm floating above a massive waterfall of purple mist that is falling into an endless coral chasm... changing lighter and darker and lighter again... I am lost in space and time observing a breathtakingly beautiful scene from another dimension. The therapist moves her hands away... I'm still floating in a sea of color and motion. I feel her touch my shoulder and say something. I open my eyes... I sit up and feel both refreshed and wobbly. I thank her and walk back into the school's office... everything is the same... and everything is different. I drive home and tell my wife of the experience, but find words lacking to describe it... like trying describing a hundred beautiful sunsets folded into an hour."

### Epilog:

"I didn't think about it again until I lay down to go to sleep and turned the lights out. I closed my eyes and up popped yellow/brown swirls of dancing sand against a dark sky... like echoes of the day's visual delights." ~

Ron Buckley, SBBTI 750 hour graduate, Current CS Course Instructor's Assistant

"The craniosacral treatment put me in a profound meditative state. I felt myself drifting into a deep inner space where I became very aware of subtle rhythms of body systems that are barely perceptible in ordinary consciousness. At one point I felt a definite release of tension in my cranium - I must have been holding it for some time without realizing it. All in all, I highly recommend this as a worthwhile form of therapy."

Detty Peikart, SBBTI clinic client and 250hr graduate

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Approved by the CAMTC only as a part of our 550 hour program requirement #SCH 0020. Accepted by CA Vocational Rehabilitation.

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"Craniosacral Therapy gives me a deep sense of connection with my client and the oneness of the universe. Craniosacral Therapy is much easier on my hands than Swedish massage: the giving is more on the emotional and spiritual level." ~ Noah Klein, SBBTI 1000hr graduate

"I received a craniosacral therapy session at the advanced clinic at SBBTI and was astounded by the process and results. Without knowing the premise of craniosacral therapy, I was seeking a somatic therapy that would assist me in "getting into balance." Once the session began, I could feel waves of light and fluid pulsates through my body. My head felt like it was gently moving in a figure-eight, seeking to find its right place. When the session was over, I felt as if I had done extensive physical and emotional therapy. I felt lighter, calmer and centered. Since that first session I have sought out the student practitioner, for another private session. Thank you." ~ Kara Powis, SBBTI clinic client and student

"I had a spectacular session with Joanne. She had a quiet, calm sense of confidence as she approached the whole session. She really allowed it all to unfold and had a presence of authority in what she was doing. I have had other Craniosacral sessions before and this was the most profound I have experienced- the depth to which I entered into it, as well as the stillness of the process- it seemed to allow for deeper shifts and quality of presence. I feel very relaxed." ~Shyama Osborne, SBBTI clinic client, and student

"At Essential Touch, we get a wide range of patients: stroke, cancer, infants, NICU. Essential Touch is a spa within Scottsdale Healthcare Shea Hospital. It's the first of its kind in a hospital setting in the country. What I find with the general population is that so many people have not been touched. Very often I do half massage, half cranial. Craniosacral therapy for people with fibromyalgia is incredible. I also use it a lot with cancer patients, post-surgical patients and others who have tried everything mainstream - it works really well. It is great for scar tissue and post-surgery (such as mastectomy). It addresses the scar tissue by softening the tissue underneath the scar and allowing for more mobility. We have an infant massage program in the NICU and I use cranial with the infants more than anything else. The highest priority with NICU babies is orientation - they barely know they have left the uterus due to the high drug influence from delivery. We also see a lot of the nurses and staff for stress reduction." ~

Amy Zac-Urban, SBBTI student