

Craniosacral Therapy I



In this 30 hr course, students will move through a progression of twelve lessons to optimize the cranial wave movement pattern within the body. The lessons include the anatomy and gentle holds specific to the sacrum, occipital, frontal, parietal, sphenoid and temporal bones, as well as 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 felt waves of light and fluid pulsate 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."

-Kara Powis, Ph.D., Clinic Guest



2022 Class: May 25- June 28 (W) 5-9:30pm

Clinics: July 11 (M) 4-7:15pm

Registration Fee: \$50 **Tuition:** \$540

Required Reading: "Craniosacral Therapy Manual", by Mary Sullivan



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

Katie has served as Director and Instructor for the Santa Barbara Body Therapy Institute for over 32 years, during which time she has overseen the education of 3300 students. Her studies in Craniosacral Therapy began 35 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.

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.

Santa Barbara Body Therapy Institute 516 N Quarantina St Santa Barbara, CA 93103
805.966.5802 www.sbbti.com info@sbbti.com