

Cranio-Sacral ~ A Healing Art

Individual Classes,

Core Series &

Certification Program

Student Handbook

Natural Health Resources Center

Therapeutic Training Center

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Overview

The purpose of this handbook is to give you an overview of the Core Series and Certification Program, requirements, logistics, and expectations. We hope that a thorough understanding of our guidelines will make things easy for you and allow you to achieve the greatest success in your training. As you read through this handbook, please keep in mind that these requirements and guidelines have been created through time and experience with the intention of providing a safe, knowable, and sacred space and a solid foundation for learning and personal and professional development.

Admittance

- Students enrolling in these trainings need to have completed a minimum of 500 hours of education or be a licensed professional in one of the following healthcare professions: massage therapy (body-centered therapy), naturopathy, chiropractic, acupuncture, physical therapy, occupational therapy, nursing, osteopathy, or medicine.
- Enrolling students need to have therapeutic resources available to be supported in the personal development work that is bound to happen in this training.
- The Cranio-Sacral Therapy: Introductory Workshop is a prerequisite for entrance into both the Core Series and the Certification Program.

Overview of the Core Series

The Core Series serves as the cornerstone of Cranio-Sacral work. It provides instruction and practice of the most important tools—stillness and presence, as well as the hands-on techniques, anatomy and physiology related to this work. Students will learn to perceive the cranial wave, mid tide, and long tide, and they will learn to use them fluidly to respond to numerous widespread problems and client issues. Students will practice many activities to develop their communication skills, intuition, and ability to perceive the client's overall energy and life force. Students receive a certificate of completion upon satisfying the requirements of the program. This 9 to 12-month training consists of:

- 4 Core Classes, each 28 hours over 4 days (112 hours)
- 5 6-hour Integration Days (30 hours)
- 50 Client Records (100 hours)
- 2 two-way exchanges with fellow students between each class (9 hours)
- Total of 142 in-class clock hours

Prerequisite -- Cranio-Sacral Therapy: Introductory Workshop or by permission of the Instructor.

Overview of the Certification Program

Certification in Cranio-Sacral therapy gives practitioners added credibility with their clients and allows them to offer this work with increased confidence. It will also allow students to work with the students that come into the training after their graduation. With your permission, NHRC will put graduates on their referral list on its website.

The Certification Program is expressly designed for students who want to dedicate themselves to mastering Cranio-Sacral therapy. It offers a highly focused, in-depth training with the support, exploration, supervision, and feedback necessary for students to develop a full Cranio-Sacral practice with competence and confidence. This program is based on the theories and techniques developed by William Sutherland and is also influenced by the work of John Upledger, Hugh Milne, and the biodynamic approaches to Cranio-Sacral work. The Core Series is the backbone of Cranio-Sacral knowledge and application. The Advanced Classes provide the meat on the bone, as they enable the students to expand their intuition, personal depth, and their trust in their healing abilities.

The Certification Program will move students beyond the limitations of technical, fix-it approaches and prepare them to listen to the soul of their client, touch the mystery of their client's being, and accompany their clients through their discomfort, pain, and pathologies toward genuine healing.

Certification Program requirements are as follows:

- 4 Core Series Classes, each 28 hours long over 4 days (112 hours)
- 5 6-hour Integration days (30 hours)
- 3 Advanced Classes (84 hours)
- 75 Client Records reviewed (150 hours)
- 16 two-way exchanges with fellow students (24 hours)
- 10 professional sessions received (15 hours)
- Successful completion of 3 exams (6 hours)
- Required readings
- Study time
- Total of 421 hours of class and extra-curricular activities (not including reading/study time)
- Total of 232 in-class clock hours

Prerequisite -- Cranio-Sacral Therapy: Introductory Workshop or by permission of the Instructor.

Students may begin their Certification Program either by starting off with the Core Series or with Advanced Classes.

For optimum learning, students are asked to complete Certification within 24 months of completing the Core Series.

Core Curriculum

Cranio-Sacral Therapy: Introductory Workshop

This class introduces the basic Cranio-Sacral techniques and provides the analytical understanding of the related anatomy, physiology, and pathology including the core link between the cranium and sacrum, the cranial wave, and individual cranial bones. In addition to the technical and analytical learning, students will practice techniques to develop sensitive hands, an open heart, and the inner stillness needed to apply this work. At the end of this class, students will have the foundation for cranial therapy, including the theories, the personal presence, the ability to perceive the cranial rhythm, and the most fundamental hands-on techniques in Cranio-Sacral therapy. This class is a pre-requisite to the Cranio-Sacral Certification Program, Core Series, and some Advanced Classes.

Core Series

Core I: Transverse Structures, Pelvis and Mandible, and Cranial Wave

In this class you will learn to work with the transverse structures of the body, to ease and promote the longitudinal flow of the CSF. You will be introduced to techniques with the sacrum and all its muscle and bone connections and learn to address the many discomforts in relation to the mandible. An in-depth introduction to meditation will help you to develop the ability to be present and to skillfully listen with your hands.

Core II: Pelvis, Air Sinuses, Unwinding, and Mid-Tide

In this class you will deepen your understanding and skills working with the pelvis and sacrum. The techniques you will learn in relation to the air sinuses will provide you with ways of helping your clients with many complaints around their head. Your abilities as a healer will improve through understanding the Chakra system. The introduction to the mid-tide will provide you with entirely new ways to address your client's issues.

Core III: Sphenoid, Cranial Vault, Facial Bones, and the Long Tide

Much of this class is dedicated to working with the sphenoid and other bones of the head, increasing your ability to work with complex complaints from your clients. You will expand your intuition through exercises with psychometry. The long tide will move your understanding of individual problems far beyond the personal to the level of interconnectedness of all.

Core IV: Cranial Sutures, Ventricles, Membranes, and All Tides

In the fourth class in the Core Series, students will learn even more technical skills. It focuses on understanding cranial work on the deepest level through following an inherent treatment plan intrinsic to each person students touch as they move fluently between all three levels of the tide. Students will learn several meditations which they can do with their clients to help access their client's deepest inner knowing--the soul. A protocol working with acupuncture points known as "Window of the Sky" will provide students with a powerful tool to work with the emotional and spiritual issues their clients might have.

Integration Days

The four workshops of the Core Series are packed with material. This material needs to be integrated between the classes in order for the student to absorb and learn new material. Integration Days (IDs) occur monthly between workshops to give the student an opportunity to seek supervision on issues related to the application of their learning, client sessions, as well as review and deepen their technical ability and understanding of the material. IDs also allow for the community of students to deepen their connection and set up exchanges or study groups with one another. To embody Cranio-Sacral therapy, one needs to be exposed to its philosophy and application on a consistent basis over a period of time. One needs the encouragement and support for some time to integrate it into the solitude of one's practice.

Note: IDs are generally scheduled on Mondays. The office will do its best to accommodate students from out of town in regards to scheduling.

Advanced Classes required for Certification

For our work as Cranial-Sacral practitioners, it is crucial that we explore our own beings and know ourselves. There is pain and suffering with all of us. When we let ourselves experience the depth of this reality, we realize that we are far more than this, and we experience our connection to all people as well as a greater wisdom at work in this world. When we do our own personal work, we enhance our ability to stay present with our client's pain without feeling compelled to fix them.

Certification students are required to take a minimum of 3 Advanced Classes. It is very strongly recommended that students take the following classes:

- *Therapeutic Communication: What to do When Emotions Arise*
- *Visceral Listening Techniques*
- *Unwinding: The Key from Trauma to Health*

However, students do have the option to choose. By the end of Core I, students must select their three Advanced Classes. Certification students may change one Advanced Class registration during the program without being charged a fee but the change must be made at least 30 days prior to the class' start date, or a \$100 late fee will be charged, to be paid to the Therapeutic Training Center. Any additional Advanced Class registration changes will be subject to a \$100 fee regardless of advance notice.

Students are eligible to take Advanced Classes as soon as they have taken an Introductory Workshop. Students are encouraged to consider taking Advanced Classes prior to the beginning of their Core Series to help lighten their load of classes during their program. If a student enrolls in the Certification Program after having taken one or more Advanced Classes, their tuition will be adjusted accordingly.

Therapeutic Communication: What to do When Emotions Arise

In this class, students will study different psychological concepts and their historical development to gain a framework for the psyche. Students will develop skills for dialoguing with their clients and learn to support the flow of information from inside their clients when their clients are in an altered state of consciousness. Students will study the need for

integration and learn how to facilitate it. This important class will help students overcome any resistance or fears that often arise in students when clients experience strong emotions.

Visceral Listening Techniques

The viscera have a movement and a rhythm that can be felt with the hands. In this class, students will study the anatomy and physiology as well as the energetic components of the heart, lungs, liver, stomach, spleen, kidneys, bladder, small and large intestines, and the gallbladder. Students will devote lots of time to practicing the hands-on techniques, listening to each organ, and creating the space to let the organ move freely and find its own health. Students will gain the ability to work effectively with issues related to the organs that sometimes do not respond to *other* techniques.

Unwinding: The Key from Trauma to Health

In this class, students will form practitioner dyads. Working with a co-practitioner is both highly therapeutic and deeply informative, and it enhances the perception of both practitioners. Long unwinding sessions, which are hard to do alone, help the client with deeply-rooted patterns and issues. To enhance the sense of fluidity, we will work in a swimming pool part of the time. The unique experiences (in this class) will expand student awareness of healing potential and greatly benefit your clients. There is an additional \$50 fee for this class to cover the rental for the pool, which is built into the price of the class for non-certification students and charged as an “additional fee” for certification students (due on the first day of class).

The Brain and 12 Cranial Nerves

This class will give you a deep appreciation of your sensory awareness and your brain's responses to it. While gaining solid knowledge of the anatomy and physiology of the brain and cranial nerves, you will also develop an appreciation of the complexity and beauty of your own mind. You will learn how to use this knowledge and appreciation effectively with your clients, combining cranial techniques, your intuition, and your intent.

Heart-Centered Methods of Healing

This coursework introduces you to an experiential approach to healing and provides very powerful and supportive ways to work with inner wisdom, purpose and sense of direction, rather than focusing on what is wrong or not working. We will draw on various indigenous traditions, including Native American and Tibetan and explore and experience their understanding of health and healing. This workshop offers a wonderful opportunity for you to refine the most important healing medium: YOU. You will be supported in connecting with your inner strength and thus rejuvenated, ready, and excited about your life and work, and you will leave with new tools for helping your clients--physically, emotionally, and spiritually.

Extracurricular Work

The extracurricular work is designed to help the student integrate and deepen the material taught in each class. This integration is key to helping students absorb more material in the next class. The extracurricular work helps to not only increase students' understanding but deepen their skills, so that fellow students feel comfortable being worked on by other students.

Required Textbooks for the Core Series and Certification Program

- Michael Kern, *The Wisdom in the Body*
- Hugh Milne, *The Heart of Listening, Volume 2*
- Franklyn Sills, *Cranio-Sacral Biodynamics, Volume I*
- Frank Netter, *Atlas of Human Anatomy* (or any other Anatomy atlas)
- It is highly recommended that students obtain a skull, as a study aid, and to show to their clients to help them understand what is being done.

The books are generally available at www.Amazon.com. A Skull can be obtained at either at www.Anatomical.com, or at www.a3bs.com

Required Reading

Throughout the trainings, students need to have the above textbooks available to reinforce and expand their classroom learning. The following readings are required in preparation for each class:

For Core I:

- Read *The Wisdom in the Body* by Michael Kern
- *Should a student not have the chance to read it before Core I, the student needs to do so before Advanced II.*

For Core II:

- Milne: The chapters mandible and sacrum
- Sills: On mid-tide: pages 108–109, 395–399, and 241–271
- Not required, but recommended: *Wheels of Life* by Judith Anodea, *Map of the Spirit* by Carolyn Myss or any other book on the Chakras

For Core III:

- Milne: The chapter sphenoid
- Sills: On long tide: pages 109, 399–401