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International Alliance of Healthcare Educators.

CRANIOSACRAL THERAPY 2 WORKSHOP

EDUCATIONAL CREDIT: 2.4 CEU/24 hrs

WORKSHOP SCHEDULE: 9:00 a.m. to 5:00 p.m. Days 1 - 3
8:00 a.m. to 3:30 p.m. Day 4

This intermediate level workshop details the physiology and anatomy of the craniosacral system its function in health and its relationship to disease process. Participants will learn hands-on, fascial-release techniques to evaluate and affect pain and dysfunction. It includes lecture, demonstration, and practice for each technique presented.

COURSE PARTICIPANTS: Licensed or certified healthcare professionals or students, including Massage Therapists, Physical Therapists, Occupational Therapists, Naturopaths, Athletic Trainers, Chiropractors, Osteopaths, Acupuncturists, Nurses, and other allied healthcare professionals.

LEARNER OBJECTIVES:

- Build the foundation to understand the craniosacral system and study techniques to effect change
- Discuss and describe the anatomy and physiology of the craniosacral system and its relationship to illness, pain and dysfunction
- Practice and refine your light-touch palpation skills to access subtle restrictions in the body by focusing on the cranium, sacrum, craniosacral rhythm and related soft tissue
- Evaluate and treat sphenobasilar lesions and bones of the hard palate as they relate to the craniosacral system
- Discuss application of CranioSacral techniques for children from 2-9 years of age
- Demonstrate and evaluate the fascial segments
- Demonstrate and evaluate arcing, fascial glide, dural tube and listening stations
- Demonstrate energy cysts, definitions, clinical significance
- Demonstrate regional tissue release
- Demonstrate facilitated segments

Day One

9:00 – 9:30 Lecture: Overview of Course Material
Group Discussion

9:30 -10:30 Lecture: Cranial Base Dysfunctions, and Sphenobasilar Lesions

10:30 - 10:45	Break
10:45 - 12:30	Lecture: Flexion/Extension, Torsion, Sidebending, and Lateral Strain Demonstration and Practice
12:30 - 1:45	Lunch
1:45 - 2:45	Lecture: Vertical Strain and Compression Demonstration and Practice
2:45 - 3:45	Review 10-Step Protocol
3:45 - 4:00	Break
4:00 - 5:00	Review 10-Step Protocol, cont. Integration of Techniques, Group Discussion and Practice

Day Two

9:00 - 9:30	Question and Answer Session
9:30- 10:30	Lecture: Hard Palate
10:30 - 10:45	Break
10:45 - 12:30	Lecture: Nasal Bones, Zygomatic Bones, Maxillae Assessment and Treatment of Dysfunctions Demonstration and Practice
12:30 - 2:00	Lunch
2:00 - 4:15	Lecture: Vomer, Palatine Bones, and Finishing Touches Assessment and Treatment of Dysfunctions Demonstration and Practice
4:15 - 4:30	Break
4:30 - 5:30	Lecture: The Masticatory System as it relates to CranioSacral Therapy Group Discussion: Triune Brain Model

Day Three

9:00 - 10:00	Question and Answer Session Review of Sphenobasilar Lesion Patterns and Hard Palate Techniques Group Discussion
10:00 - 10:30	Lecture: CST for Children from 2-9 years of age
10:30 - 10:45	Break
10:45 - 12:30	Lecture: Whole Body Evaluation: Arcing Assessment and Treatment of Dysfunctions Demonstration and Practice
12:30 - 1:45	Lunch

1:45 - 3:30 Lecture: Whole Body Evaluation, cont.: Regional Tissue Release
Assessment and Treatment of Dysfunctions
Demonstration and Practice

3:30 - 3:45 Break

3:45 - 5:00 Lecture: Whole Body Evaluation, cont.: Facilitated Segments
Assessment and Treatment of Dysfunctions
Demonstration and Practice

Day Four

8:30 – 9:00 Question and Answer Session and Review of Day 3
General discussion of future classes, certification exam etc

9:00 – 10:30 Lecture: Fascial Glide, Symmetry/Asymmetry, Craniosacral Motion,
Dural Tube Mobility, Quality of Craniosacral Rhythm
Assessment and Treatment of Dysfunctions
Demonstration and Practice

10:30 - 10:45 Break

10:45 – 11:45 Demonstration: Whole Body Evaluation and Treatment

11:45 – 1:00 Lunch

1:00 - 3:00 Whole Body Evaluation and Treatment
Practice and Group Discussion