

Working Wonders

Celebrate CranioSacral Awareness Month!

U Upledger
Institute
International



Dr. John E. Upledger, Founder & Developer of CranioSacral Therapy

April 2017

CRANIOSACRAL THERAPY AWARENESS MONTH (CSTAM)

April is CranioSacral Awareness Month! We have dedicated this issue of *Working Wonders* to providing you with tools and ideas for promoting CranioSacral therapy in your own communities.

Thanks to Dr. John E. Upledger for researching, developing and sharing this modality used by manual healthcare professionals worldwide. And, thank you for all you do to improve overall wellness in your parts of the world!



The Healing Power of a Gentle Touch™

U Upledger
Institute
International

[Click here for full class listing](#)

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[CRANIOSACRAL THERAPY](#)
John E. Upledger, DO, OMM



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Jean-Pierre Barral, DO, MRO(F), PT

[NEURAL MANIPULATION](#)
Jean-Pierre Barral, DO, MRO(F), PT
Alain Croibier, DO, MRO(F)

[NEW MANUAL ARTICULAR APPROACH](#)
Jean-Pierre Barral, DO, MRO(F), PT
Alain Croibier, DO, MRO(F)



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Kerry D'Ambrogio, DOM, AP, PT, DO-MTP

[JOINT BALANCING](#)
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[FASCIAL BALANCING](#)
Kerry D'Ambrogio, DOM, AP, PT, DO-MTP



PROMOTE CST IN YOUR COMMUNITY

Ideas for CranioSacral Therapy Awareness month

The following is a list of suggested ways to celebrate CranioSacral Therapy (CST) Awareness month in your local community.

- Proclamation. Request your city or state government to proclaim April as CranioSacral Therapy Awareness Month. Contact these offices for their guidelines for issuing proclamations.
- Display informational materials in a prominent location in your office.
- Offer free CST demonstrations during the month of April.

[READ MORE](#)



CRANIOSACRAL THERAPY FACT SHEET

This new Upledger CranioSacral Therapy flyer can be proudly displayed in your office. The fact section clearly explains CST and includes a sample list of medical conditions reported by patients to have been improved following CST. The figures section substantiates our worldwide imprint.

[Click HERE to view fact sheet.](#)



**STECCO FASCIAL
MANIPULATION**

Luigi Stecco, PT
Antonio Stecco, MD

**ACADEMY OF
LYMPHATIC STUDIES**

Joachim Zuther, PT, MT, CDTI

HEALING FROM THE CORE

Suzanne Scurlock-Durana, CMT, CST-D

THE FELDENKRAIS METHOD

Ann Harman, DO, LMT

NEUROMUSCULAR THERAPY

Judith (Walker) DeLany, LMT

**SOUL LIGHTENING
ACUPRESSURE**

Aminah Raheem, PhD

QIGONG T'CHINGS

Cloé S. Couturier, LMT, CO, CST-D, MQM

ZERO BALANCING

Fritz Smith, MD

FASCIAL INTEGRATION

Bruce Schonfeld
Certified Advanced Rolfer, NCBTMB

BODY ALCHEMY

Rebecca M. Ridge,
Ph.D, TEP, LMT, CST-D

INTEGRATIVE INTENTIONS

Chas Perry, PhD, CST-D

MECHANICAL LINK

Paul Chauffour, DO, French Osteopath

REGISTER NOW 

**More Ways to Raise
Awareness**

Do you want to promote CST throughout your community? Consider becoming a UI Presenter to host your own UI workshops, including ShareCare, Overview of CST and Introduction to CST. The best way to become a UI Presenter is by taking the Presentation Tools class.

[CLICK for full requirements.](#)

**We ♥
Hearing from You!**



**About SER1 in Palm Beach
with Tim Hutton**

SER1 helped me cement CST1 and CST2 techniques and opened a whole area of therapeutic imagery and dialogue.

- D. Paad, CNM

**About CSP1 in Detroit
with Carol McLellan**

I truly enjoyed this course and the opportunity it brought my family. I've already seen a positive change with my oldest daughter after her sessions yesterday.

- E. Verhoff, LMT

Featured Products

**Free Shipping in honor of
CranioSacral Awareness Month!**

Enjoy free shipping in the Continental U.S. when you order any title from the Discover CranioSacral brochure series.

Written in terms your clients can easily understand, these brochures explain the value of CST for the many conditions you treat. Designed to help educate

CREATE YOUR OWN VIDEO

And be entered in a drawing for a \$200
Upledger Institute seminar voucher

Create a short video with one or more of your clients (only 1-2 minutes) about their CST experience and send it to vicki.mccabe@iahe.com. We will post it on our Facebook page and encourage you to post it on your own page, as well. All videos must be received by April 30, 2017 to be eligible for the drawing.

Watch this sample video created with Kat Perry, CST-D for ideas. The below script provides the suggested format to honor CST Awareness Month. Have fun!



[Click to view this sample video with
Kat Perry, CST-D for ideas!](#)

Sample Script:

Congratulations Upledger Institute International on CranioSacral Awareness Month. My name is _____.

List your credentials and include if you are a CST-Technique or Diplomate certified therapist. I work at _____ in City, State. I have been practicing CST for _____ years.

This is my patient _____ (have patient provide short testimonial). Since I started CranioSacral Therapy, my _____ has greatly improved.

Therapists closes with their message, e.g. Thank you Dr. John Upledger for developing this wonderful therapy.

CASE STORY

April is also National Autism
Awareness Month

To honor both CranioSacral Therapy and Autism in April, and the well-established history of CST being recognized as a beneficial effective therapy for children on the Autism spectrum, we are sharing this transformational story:

"The Autistic Twins"

Excerpt from *An Answer To Your Pain:*
CranioSacral Therapy for Health and Healing

*Submitted by Karen Heyden, BA, LMT - Belleville, Illinois
CranioSacral Therapy Practitioner since 2008*

A mother of three-year-old male autistic twins called to ask me whether CranioSacral Therapy (CST) could help her sons. She had researched CST online and hoped it could help. Following a brief discussion, she made an appointment for each of the boys.

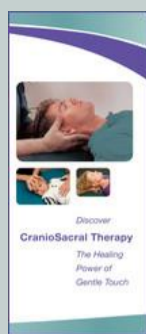
Our first session was with son Brian.* As he walked in, I observed that he made no eye contact and kept repeating, "No, no." He carried a tablet loaded with educational games. One foot was toed-in and his back was slightly crooked. His neck was slightly pulled down to one side.

Moving to the treatment room, Brian immediately started to play a game. After ten minutes of "no, no," he finally allowed me to touch him and start the CST.

READ MORE 

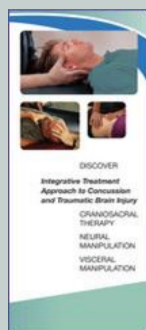
consumers, these brochures will help raise awareness for CranioSacral Therapy and boost your business. Sold in sets of 100, each one includes space for your name and contact information.

Use Promo Code: Discover-CST
(Offer valid Mainland U.S. only)



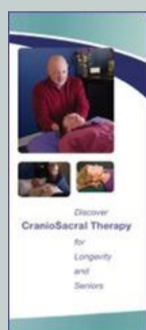
Discover
CranioSacral Therapy *The
Healing Power of
a Gentle Touch*

Item Code
DCST



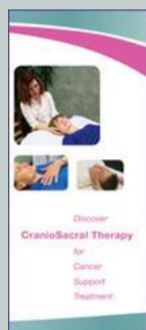
Discover Integrative
Treatment Approach to
Concussion and
Traumatic Brain Injury
Brochures

Item Code
DCON



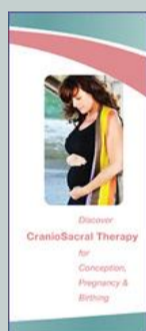
Discover CranioSacral
Therapy for Longevity

Item Code
DCL



Discover CranioSacral
Therapy for Cancer
Support and Treatment

Item Code
DCANS



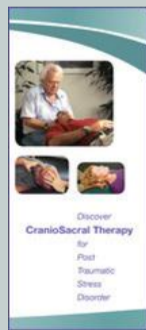
Discover CranioSacral
Therapy for Applications
for Conception,
Pregnancy and Birthing

Item Code
DCCPB



Discover CranioSacral
Therapy for Children

Item Code
DCSP



Discover CranioSacral
Therapy for Post
Traumatic Stress
Disorder

Item Code
DPTSD

Related Research

Click on a title below to read the complete article.

- [Clearing the Fog: CranioSacral Therapy Aims to Ease Dementia](#)
- [Applications of CranioSacral Therapy for Ehlers-Danlos Syndrome](#)
- [Effectiveness of Combined Approach of CranioSacral Therapy \(CST\) and Sensory-Integration \(SIT\) on Reducing Features in Children with Autism](#)



The Upledger Alumni Association (UAA) is managed by the International Association of Healthcare Practitioners (IAHP).

Participants in Upledger workshops are automatically eligible for membership. The basic membership is free. The Medallion Membership offers enhanced professional benefits. **Newly added benefit of Medallion Membership - Online video reviews of classes you have attended!**

Videos Now Available:

BICADD	CSIR	MALE	SER1-2	UMAC3
BTD12	CSIRPE	MASP	SICS	VAP
BTD15	CSP1-2	MAUE	TBS1	VM1-6
CATP	LDA1	NM1-5	VNAC	VMAT
CCPB1	LDT1-3	NVMTA	UGM	VVML
CS1-2	LT1-2	SCB1	UMAC1	VVMU

For a complete listing and description of the benefits associated with Medallion status, please visit [IAHP membership benefits](#).



ANNOUNCEMENTS

Congratulations! New Teacher Certifications

- **Karin van Deelen, Fysiotherapeut, CST-D**
Velp, Netherlands - CranioSacral Therapy 1 (CSI)
- **Kimberly Painter, PT, LMT, CST-D**
College Station, TX -
CranioSacral Therapy 1 (CSI)
- **Caroline Barrow, CST-D**
Axbridge Somerset, England -
CranioSacral Therapy 2 (CS2)
- **Margaret Gill, MCSS, CST-D**
Brighton East Sussex, England - SomatoEmotional
Release 2 (SER2)
- **Claudia Silva, PT, CST-D, CIMBE**
Orlando, FL - Clinical Application of CST and SER
for Pediatrics (CACP)
- **Karyn Quraishy, MSTP, CST-D**
Rancho Santa Fe, CA - Clinical Applications for
Conception,
Pregnancy and
Birthing (CCPB1)

Congratulations! Newly Certified Teaching Assistants

- **Natalie Bledstein, OTR, CST-D** -
Wales, WI
- **Sarah Cottle, NCTMB, CST** -
Sedona, AZ
- **Jeff Rynders, DC, CST** -
Santa Barbara, CA
- **Robyn Scherr, CMT, CST-D** -
Lafayette, CA
- **Pernille Stephens, CNMT, LMT, CST** -
Duluth, GA

[CLICK HERE](#)



CONGRATULATIONS

Upledger Institute International
CranioSacral Therapy
Certification Program

[Click Here to View
Newly Certified Therapists](#)

- CranioSacral Therapy Techniques
- CranioSacral Therapy Diplomate

UPCOMING CONVENTIONS & SPEAKING ENGAGEMENTS

Harvard Fellowship in Integrative Medicine Research Seminar Series

April 12, 2017 | Boston, MA

- A Glial Cell Model of CranioSacral Therapy -
Tad Wanveer, LMT, CST-D

[AMTA - Connecticut Chapter Conference](#)

April 20-23, 2017 | Bristol, CT

- [Cerebrospinal Fluid Stasis and its Clinical Significance](#)



Looking for something else? [View entire article database.](#)

Upledger Study Groups and Practice Groups

Enjoy the Benefits...

Study Groups create wonderful opportunities to practice the skills you have already learned and further your understanding of your chosen modality by sharing experiences and asking questions of other like-minded practitioners.



Study Groups include hands-on practice, techniques review and time available to have your questions answered. Study Groups are led by Instructors, Teaching Assistants, or Certified Therapists.

Practice Groups are more informal, and allow for students to practice in order to prepare for further study.

Learn more about adult learning and why Study Groups are so important.

Locate a study group in your area.

To become a Study Group Leader or Practice Group Organizer, email Kristen Bloom at kristen.bloom@iahe.com


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View our videos on  YouTube

- CranioSacral Therapy 1 - Claudia Silva, PT, CST-D, CIMBE

Massage Live

May 5-7, 2017 | Orlando, FL

World Massage Festival 2017

May 7-10, 2017 | Cherokee, NC

- Bodywork & Upledger CranioSacral Therapy for Infants & Children with Autism - Tami Goldstein, WLMT, CST

AMTA - FL

June 10-11, 2017 | Anna Maria Island, FL

- Introduction to Visceral Manipulation - TBD

FSMTA - Florida State Massage Therapy Association

June 20-25, 2017 | Orlando, FL

- Upledger CranioSacral Therapy for Concussion and Traumatic Brain Injuries - Mariann Sisco, PT, CST-D
- CranioSacral Therapy for Longevity: Reversal of the Aging Process - Michael Morgan, LMT, CST-D
- Upledger Aquatic Therapy Experience - Anne Wister, LMT, CST-D
- Upledger CranioSacral Therapy, Massage and Bodywork for Autism - Tami Goldstein, WLMT, CST
- Lymphatic Balancing: Local Approach - Total Body - Kerry D'Ambrogio, PT, DOM

Concussion Health Summit

July 28-29, 2017 | Columbus, OH

- Pre-Summit Webinar: The Role of CST in Concussion Management - Sally Fryer, PT, SIPT, Cert CST-D

AMTA - FL

August 19-20, 2017 | Palm Beach Gardens, FL

- Introduction to Total Body Balancing - Jack Ryan, LMT

AMTA National 2017

September 13-16, 2017 | Pasadena, CA

- Speakers - TBD

CST AROUND THE GLOBE Over 500 Classes Every Year



CranioSacral Therapy 2

Sedona, AZ in January, 2017

with Instructor Mariann Sisco, PT, CST-D



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Be sure to include the class title, location & date.

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