



## **Cranio-Sacral Therapy - What is it?**

By Fadel Behman, Ph.D.

Cranio-Sacral Therapy is an exceptionally gentle yet extremely powerful form of treatment which can be helpful to most people and in most conditions - from minor aches and pains to severe and persistent chronic health problems. It is a profound healing process which can influence the deeply held patterns of disease - both physical and psychological - which accumulate throughout life as a result of injury and illness and become held into the body tissues, leading to ill-health and dysfunction. It has the potential to transform these patterns of restriction and resistance in our lives at a very fundamental level, thereby eliminating disease and restoring health.

### **How does it work?**

Cranio-Sacral Therapy involves a very gentle touch of the practitioners hands, both for diagnosis and for treatment. This light contact may be taken up on the cranium, the sacrum or any other part of the body as appropriate. Through this light touch the practitioner is able to pick up subtle patterns of motion within the body - rhythms, pulls, pulsations - emanating from deep within the core structures of the body. These movements are a reflection of Cranio-Sacral motion which is expressed in all tissues throughout the body.

Every condition affecting a person influences this movement, creating asymmetries or restrictions to Cranio-Sacral motion. The Cranio-Sacral Therapist can therefore diagnose every condition through the corresponding patterns of resistance within the Cranio-Sacral system. By responding appropriately to these patterns - in other words by gently allowing the subtle movements deep within the body to unwind themselves - the Cranio-Sacral Therapist can enable and facilitate the release of Cranio-Sacral restrictions. Release at these profound regulatory levels in turn enables the release of disease conditions throughout the body.



## **What does it involve?**

Cranio-Sacral Therapy is most often carried out with the client lying down, fully clothed in a quiet and peaceful environment. Treatment is usually experienced as a very profound relaxation which may pervade the whole person, physically, mentally and emotionally, often accompanied by a feeling of lightness and ease. The gentle approach of Cranio-Sacral Therapy is entirely non-invasive. The subtle interaction of two systems - brought together by this light contact - stimulates and enhances self-healing mechanisms within the body to respond, release and open up to a more balanced healthy state.

## **What can it treat?**

Cranio-Sacral Therapy is primarily concerned with creating and maintaining a healthy, balanced state on all levels. This underlying state of well-being enables the body's own healing mechanisms to operate at optimum level, and therefore enables the body to eliminate disease and restore health.

Cranio-Sacral Therapy works on many different levels and influences many different structures within the body. It influences the musculo-skeletal system, the nervous system, the cardiovascular-vascular system, the immune system, the organs, the connective tissues, the fluids and the energy systems of the body. It therefore has widespread and profound effects on conditions affecting all of these systems. Because it treats the whole person it can influence all conditions affecting the whole person or any part of the person. Cranio-Sacral Therapy therefore has a very wide range of applications.

It is suitable for all ages from newborn babies to the elderly, including all ages and stages in between. It is particularly valuable in babies and children since the establishment of healthy patterns at an early age sets patterns for the whole future of that individual, both in their health and in their abilities. It is also particularly renowned for its profound influence on the effects of Birth Trauma - the effects of which may range from learning difficulties, hyperactivity and ear-infections to epilepsy and cerebral palsy.



Cranio-Sacral Therapy is also particularly valuable in solving and resolving difficult and persistent conditions. The following are just a few examples of the many conditions that might benefit from Cranio-Sacral treatment:

- Headache, Migraine, Period Pains.
- Asthma, Sinusitis, Bronchitis, Cystitis.
- Frozen Shoulder, Arthritis, Sciatica, Chronic/c Sprained Ankle, Joint Disorders.
- Digestive Problems, Whiplash Injuries, Spinal Curvatures.
- Back Pain, Neck Pain, Persistent pain anywhere in the body.
- Tension, Anxiety, Insomnia, Visual Disturbances.
- Lack of Energy.
- Problems during and after Pregnancy, Depression, Post-Operative Effects, Adhesions.
- Baby Care, Colic, Pyloric Stenosis, Feeding Difficulties.
- Ear Infections, Glue Ear, Tonsillitis, ENT Problems.
- Compression of the skull due to a difficult birth, with its many after effects.
- Learning Difficulties, Dyslexia, Squint, Lazy Eye.
- Hyperactivity, Autism, Epilepsy, Cerebral Palsy.
- Behavioural Disorders, Tantrums, Obsessional Behaviour.
- Dental and TMJ Problems.
- Head Injuries, and their subtle influence on personality and mental state.
- Meningitis and its chronic consequences.
- Post Viral Syndrome, Glandular Fever, Fatigue.
- The after effects of any chronic illness or debilitating disease.

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