



THERAPEUTIC PULSE

Winter 2011

It is very rare

...that I am early with my Christmas greetings (in fact I still have cards from last year that never quite got delivered). But here, with your invitation to next year's Symposium, is this compact Christmas issue of Therapeutic Pulse so you can see what we have been up to over the last few months and have merry wishes to cover the whole of the holiday season!

You have probably already seen the schedule for next year which has not changed since we set it so there is nothing to add there... oh except, as just mentioned, the programme for the Symposium, *Rhythm & Resonance*! What's that about? We wanted to create an opportunity for us all to observe some advanced instructors in action, to question them, work with them, get the chance to hone our skills, receive a treatment, catch up with the rhythm of the work and the resonance of the practice... and of course, mix in a good old dash of social!

Dr Upledger himself headlined the last Symposium in 2006, but as he is no longer travelling we wanted to entice over those therapists longest in the teeth so to speak. As many of you will know, Stan Gerome and Chas Perry are teachers for the SER2 and above and have been around Dr John, the Institute and the work so long they impart its essence and its depth. Carol McLellan may be less known to us but has played a big part in the new obstetrics curriculum that is often of interest to many of you; she is also involved in current research, which, with what has been going on over here is useful for us to catch up with. Ken Frey shares a fascination with working with the brain that I thought would really interest some of you (well, OK me..!) and be a good follow on from the Brain Speaks we held earlier this year. John Matthew Upledger will also be joining us to hold the space and reflect on the past and the future.

So that's why and how the plan has evolved - oh yes, and we all had such a fantastic and fun time at the last one I wanted a bit more of that! We hope you'll like it. Meantime...

We wish you a very festive season!



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Training News

The last few courses included a CST2 (July) and a CST1 and SER1 (October). They were well attended with some folk taking advantage of the exam offer or repeating classes (great for asking questions and keeping the instructors on their toes!) and there were also students from foreign shores as far afield as Botswana, Minnesota and Jamaica.

The TIDI in Solihull (2-5 December) should be lots of fun. We can't wait for braveheart Stan Gerome to call us on our stuff and lead us into the language of drawing to access our own dialogue and learn how to do it better for others! Fiona Gilbraith is laying the CST1 foundations the same weekend and Maggie Gill will be teaching the CST2 in Perth 9-12 December - congratulations to her for expanding her wonderful teaching style up a level.

Back in August, John Matthew Upledger and Dawn Langnes, the UI International Satellites Coordinator, visited. It was a very busy, productive and hugely valuable 24 hours in which we shared many ideas of what we would like to see happening over the coming years and talked a little about how we can get there. The conversation is, of course, to be continued...

MERIDIANS IN CST Developed & presented by Carol Wells



24 & 25 March 2012
Long Ashton, Bristol

This two day workshop is designed to enhance your basic knowledge of the body's meridians and enable you to have a deeper understanding and viewpoint of this system to use with CranioSacral Therapy.

There will be a lot of practical work, demonstrated and taught in simple units, interspersed with key information and knowledge for you to use and try within your work. It is particularly useful to use with whole body evaluations and regional tissue release.

Alongside this we will practice ways to feel your own Qi (energy) using meridian stretches and meditation - all in all providing an enjoyable learning environment and applicable skills.

COST: £150 to include lunch.

Handouts, including a full colour Chinese clock, will be provided. For information on accommodation, venue & further details please contact Carol Wells on 01275 463769 or carolfwells@yahoo.co.uk



College of
Body Science

LOVE ANATOMY

Inside the Cranium 7 - 9 February 2012 London Bridge

Cranial anatomy for CST practitioners and others who may find it of interest. Invaluable for a first course as well as for reviews and advancing students. We cover the bony structure of the cranium, the cranial nerves, membranes, blood supply, TMJ, hyoid muscles and more... Two days theory and one day in the dissection lab.

Know your Viscera 20-21 January 2012 Perth, Scotland

A two day version of the course, studying visceral anatomy in our usual interactive, engaging and intensive manner! Contact Fiona Gilbraith on 01738 551682

Interested? Questions? See www.collegeofbodyscience.com or call **0845 108 1088**

No Gold Rings or Pipers Piping? Other Ways to Fill 12 days of CSTmas!

1. Treat yourself: when did you last have a treatment for yourself? Get one booked in! Or arrange something that is specially for you.

2. Pull out a study guide: how long ago did you do your first course? Your last course? Give yourself a little refresher of a few techniques, a bit of theory, or spend a bit of time on something you've been meaning to look up for a while.

3. Check out a study group: there may be one near (ish) you that you've been meaning to get to or it could involve a trip, but getting together with others is invaluable. Give one a go if you can. They are listed on the Training Calendars page of the website and there is a pdf to download of the study group leaders and their contact details.

4. Get your creative juices flowing: find some anatomy pictures of an area you are unsure of that you can colour in, kick starting the learning and memory process by colour and creativity.

5. Get your creative juices flowing more: or, have a go at doing your own drawings / playdoh models / collages of a part of the anatomy you have been meaning to explore in more detail - it really can be fun and informative at the same time (remember it doesn't have to look like anything anyone else would recognise!)

6. Get involved in the research: if you are SER1 or 2 + and want to help build the corner for the work we do, get involved in the research. Contact Caro O'Neill at carooneill@btconnect.com or see the website for more info on how you can participate - it's really very straight-forward. The more data we can collect the more we can add to previous studies and the more weight the numbers have.

7. 'Read all about it': pull one of those tomes from the shelf or send a friend stuck for what to get you for Xmas to the website page of your easy-reading book of choice (eg Lessons out of School,

Lessons From the Sessions - lighter going yet inspirational and good for lending to clients).

8. Who wants to be a millionaire?: OK, so not all that likely in this business but review your practice / business goals. Where would you like to be in 6 months / 12 months time? How can you get there? How does it feel to imagine yourself there? Often, creating goals for ourselves helps focus our minds and intention so that it looks like lucky or miraculous things have occurred (as I'm sure you know!) - so who am I to say millionaire-dom is not likely..?!

9. 50/50 - swap a treatment: find someone nearby from an old class list or the Networking Directory - the latest version is on the Finger on the Pulse page of the website, password is UIUKPND.

10. Ask an audience: is there a local group that would like to hear a bit about what you do? A paper or magazine you could write something for? Promote the cranial work and your business - we can help - contact the office for more info.

11. Phone a friend: and invite them along to practice a technique on that you learned on a course but haven't fully mastered... (see 2!)

12. And... relax: (but not before you've secured your symposium place!) Obviously we are less useful as therapists if we are too busy and too tired from doing too much ourselves... Have a great holiday!



Workshop Programme 2011-2012

Course	Date	Location	Fees
CST1	2 - 5 December 2011	Solihull	£610
TIDI	2 - 5 December 2011	Solihull	£610
CST2	9 - 12 December 2011	Perth	£610
Advanced 1	22 - 26 February 2012	Somerset	£1050 + accom
CST1	7 - 10 March 2012	Bristol	£610
SER2	7 - 10 March 2012	Bristol	£610
CST2	23 - 26 March 2012	London	£610
Symposium	12 -14 May 2012	London	£395
CST1	23 - 26 May 2012	Brighton	£610
SER1	13 - 16 June 2012	Bristol	£610
CST for Paeds 1	29 June - 2 July 2012	Somerset	£610
CST2	11 - 14 July 2012	Bristol	£610
CST1	15 - 18 August 2012	Solihull	£610
CST2	24 - 27 October 2012	Brighton	£610
CST1	23 - 26 November 2012	London	£610
SER1	23 - 26 November 2012	London	£610
CST for Paeds 2	25 - 28 January 2013	Somerset	£610

Want to pick up a bit more? Retake a course

There is great value in retaking courses and everyone who has done so says they have gained a huge amount from it. You can retake any course (except Advanced) for £300 or, if you have already signed up for the techniques exams, you can retake CST1 or CST2 for only £200, or if for the diplomate, SER1 and SER2.

And finally... ***Congratulations!***

Congratulations to those who have passed their exams in the last year: Caroline Connie, Lorna Kennard and Billy McCulloch are now CSTs and I know some others have sent off or passed the essay papers - good luck with the practical. And congratulations to those who have added any level of this work to your practice, and in fact to all of you anyway!



Have a joyful and prosperous new year.



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