

Upledger Institute UK Study Group Leaders

These students / practitioners have kindly agreed to give up their time to lead local study or networking groups. Study group leaders are now required to have achieved their Techniques examination; those indicated below by (N), which stands for networking, have not yet done the Techniques exam but have experience in running a treatment sharing group.

Most offer somewhat regular meetings, usually either 3 hours or day long sessions with pre-decided topics for that session. These are typically arranged from attendees' requests.

The aim of the Study Groups is to support students in their study of Upledger CranioSacral Therapy and will review and practice the techniques taught within our curriculum, at the level appropriate for the group.

There is a minimal charge for attending a group that cover the costs of the leader's time or venue; these are usually £15 - £25 depending on the length of the session. They will let you know in advance if it is different from this.

Some examples of recent topics for meetings include: temporal bone techniques, Sutherland's sphenoid lesions (CST2), practice of dural tube techniques and some overview of cranial anatomy etc...

We really do encourage you to get in touch and get involved, both to support the leaders who are giving their time and to support your own practice and development – it would be a rare thing not to learn anything or gain from getting stuck into a session!

Group Leader	Location	Telephone
Nikki Campbell CST-D MCSS *	Marlow, Bucks	07989 416237
Jo Crill CST MCSS **	Wandsworth, London	020 8874 9601
Fiona Gilbraith CST MCSS *	Perth, Scotland	01738 551682
Maggie Gill CST MCSS *	Rottingdean, E Sussex	07967 046943
Joe Gore CST MCSS *	Redruth, Cornwall	01209 315701
Rachel Harrison CST MCSS	Edinburgh, Scotland	0131 6698966
Janet Hiller CST MCSS *	Abbots Langley, Herts	01923 265370
Sheila Hoy CST MCSS	Banbury, Oxfordshire	01295 780027
Mags O'Brien CST MCSS *	Telford, Shropshire	07939 049218
Carolyn O'Neill CST MCSS *	Holsworthy, Devon	07717 400152
Kiera Petersen CST MCSS Contact Gloria Vahid or Xander Beal	London	07788 598212 07743 387368
Mary-Clare Scragg CST Contact Chris Langham	Ulverston, Cumbria	01768 774601
Maggie Silverston *	Andreas, Isle of Man	01624 816807
Lesley Stratton CST MCSS *	Pixley, Herefordshire	07957 435276
Carol Wells CST-D MCSS	Long Ashton, Bristol	01275 463769
Jo Wilson CST MCSS **	Hilperton, Wilts	01225 754853
Ann Whittle CST MCSS * **	Frimley Green, Hants	01252 834784
Rob Williamson (N)	Chelmsford, Essex	01245 283251

* Indicates those qualified to teach Upledger Introductory Workshops

** No formal study groups but happy to arrange one to one support sessions

Let your nearest study group leader know if you are interested so they can keep you informed when new dates are arranged.

Upcoming dates that UIUK know about are also listed on the Training Calendars page of the website so keep checking back!