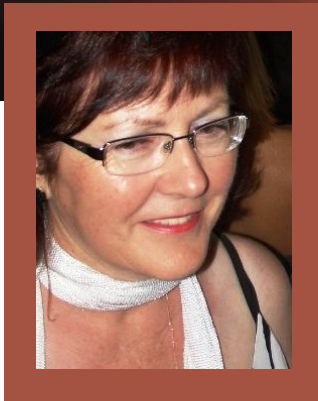


Practitioner Profile

in 10 Questions



Maggie Gill

Been practicing
13 Years

Practices in
Brighton & Cyprus

Can be reached on
07967 046943

Also
Teaches CST1, CST2,
SER1, Clinical Apps for
CST & SER

1. What key moment in your life brought you to this work?

Desperation about nerve damage in both my knees – found Upledger CST started to help with the physical effects and pain, as well as the emotional components of losing my career.

2. What makes an Upledger CST treatment unique?

It is client centred and the therapist uses skills of subtle palpation to locate and treat restrictions in the body. The session progresses according to the tissue's response, not according to the ideas or plans of the therapist. It is paradoxical that the deeper the therapist's understanding of the body/mind/spirit, the more information s/he has to put to one side, in order to be neutral when evaluating the client.

Upledger Therapists commit to a lifelong learning in order to be able to support their client's processes, this involves receiving treatment themselves and recognising that self-awareness is the key to holding therapeutic space.

3. What has been your most remarkable experience using CST?

As a therapist – participating in the Upledger Trauma Relief programme in New York after 9/11

4. Who is the wisest person you know and why?

Sanno Visser – I have observed him to be a truly remarkable teacher and facilitator on Advanced 1 and 2 classes. He has a profound understanding of human behaviour and an even more remarkable sense of timing.

5. Which famous person would you like to treat with CST and why?

Don't care – I have treated a few 'names' and all my clients are equal to me. I haven't even recognised some of the famous ones. I work close to a theatre and they tend to pop in sometimes. Client confidentiality means I wouldn't talk about them anyway. Every client is unique and every session is different, so regardless of their background or celebrity status I work in exactly the same way with all of them – by offering a therapeutic space where I can tune into their Inner Wisdom – not their outer personality – and be led by it.

6. Dr John was an innovator – what is the best thing he and his work have taught you?

To strive to fulfil my potential as a human being.

7. What is your biggest mistake?

Thinking for a few years that I had come to the end of my 'real' working life.

8. When did you last shout and why?

At the end of a wonderful Xmas show the other week – because it was fabulous in every way.

9. Hands on training is a key component of CranioSacral treatment, can describe your hands in a few (maybe five?) words?

Very sensitive, intelligent, soft, strong and capable.

10. What is the best thing about being in the Upledger family

Life is constantly inspiring and nurturing – I love practising and teaching Dr John's work and I enjoy the occasions when colleagues get together.

Leading a Study Group is an absolute joy. Upledger colleagues support one another when they are in crises, and celebrate one another's successes. Just a little different from most large organisations!!