

Practitioner Profile in 10 Questions



Jill Aldis

Practicing for
8 years

Runs her own clinic, the
Falmouth Natural Health
Practice

Can be reached at
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Latest excitement
Jill is teaching an
Introductory CST course at
her clinic in March 2014

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

I was diagnosed with Menière's Disease and my ENT consultant said there was no cure and gave me medication (which I really didn't want to take, but by this time I was desperate) but suggested CranioSacral Therapy or Acupuncture as they may help. I was considering both when I met Joe Gore (CranioSacral Therapist) at a meeting and went for treatment.

It was a life changing moment.

It was the only thing, having tried many, that helped me; I could feel changes going on in my head and I started to feel better, have less pain and dizziness. I wondered what he was doing to me as he was so gentle, but I was aware of the changes and could feel things in my body, so went to his Introductory course to CranioSacral Therapy just to find out more. I was blown away by it, I was absolutely amazed at what I could feel going on under my hands and I left with a yearning to learn more.

2. What makes an Upledger CST treatment unique?

It is so very gentle, but works at such a deep level, for me it felt as if it was reaching the core of my body. It is a whole body therapy that brings about an awareness of what you are feeling in your body and an understanding of how emotional trauma may be held in the tissues causing physical problems. By the use of visualization and dialogue, UCST can help to access and look at the emotional issues to enable a release of what may be long held and unhelpful pain.

3. What has been your most remarkable experience using CranioSacral therapy?

A difficult one to choose...A 31 year old lady with fibromyalgia who almost crawled into the clinic using a walking stick looking much older than her 31 years. She was in considerable pain with very limited mobility, unable to work and claiming invalidity benefit. After approx. 6 months of treatment was able to return to college to study for her Chartered Marking Certificate. She was able to complete this over the

following year. Her proudest moment was at her graduation. She was able to walk up on stage, unaided, to collect her Diploma. Since then she has been able to get back to work setting up her own Marketing Company. She is now helping people with the branding and marketing of their businesses and enjoying life.

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

My inner physician/wisdom – all knowing and (if I listen) will always have the answer!

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

Richard Gere... It is the only way I would ever get my hands on him!!

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

That a gentle touch achieves more and I have a better understanding of the effect 'held' emotions have on the physical body. Also to let go of wanting to 'fix' things for people. I can help and facilitate towards healing, but a person has want to do it for themselves.

7. What is your biggest mistake?

Nothing is a mistake, It's all a learning process!

8. When did you last shout and why?

The only time I can really remember, is last year when my teenage son had a party when my husband and I were away for the weekend. I walked in the door and the house looked as though it had been trashed.

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

The tools for my work sensitive, proprioceptors, listeners, gentle, feeling.

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

The unconditional love, friendship, support, connectedness and a feeling of belonging. Through being part of it I have made friends around the world. It feels like belonging to a huge family connected together through CranioSacral Therapy.

How I got HERE:



13 years ago I was working as a playgroup leader. After moving from London's commuter belt to the depths of Cornwall I started training in CST. After I qualified I worked hard to set up my own private practice and a few years later we had the opportunity to get premises in Falmouth.

So we took over the Falmouth Natural Health Practice! We now have other therapists coming in and working alongside me. I probably would not have believed you if you had told me 15 years ago that I would be sitting here, overlooking the sea, with some tools in my hands that really seem to be able to help people.

If I could order one more thing for the next few years it would be to work more with other practitioners – we call it multi-hands – and help people to make the changes they choose to in their lives.

Getting here has been a lot of work and a lot of fun. But I have learned that if you want it, you can do it!