

Practitioner Profile

in 10 Questions



Nikki Campbell

Been practicing
16 Years

Practices in
Marlow and London

Can be reached on
07879 416237

Also
Teaches CST1, CSP1, CSP2,
Clinical Apps for Paeds,
Sensory Integration,
Techniques & Diplomate
Examiner

Latest Excitement
Nikki just got married a few
months ago – she is still
enjoying being over that
moon!

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

It was pure chance. I had no idea about the work, I was a dancer and dance instructor and one day I saw an advert for a cranial course in a magazine. I just knew, instinctively it was what I wanted.

2. What makes an Upledger CST treatment unique?

To me it is the combination of being grounded in tissue but listening to the whole body. Really meeting someone without an agenda.

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

I have found the whole experience totally life changing, but probably my most remarkable experience was when I was being treated. For two days there was nothing and then - it was very sudden - there was a transformation and I cried and cried rivers. Everything that had been pushed down was suddenly released.

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

Mmmm.... the Dalai Lama because he explains so clearly that happiness is a choice from within and requires discipline....

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

I think he is an extraordinary man so I would like to treat the choreographer Mathew Bourne. His work is amazing.

6. Dr John was an innovator: what is the best thing his work has taught you?

He taught that you cannot fix everybody and that you cannot work unless you are without ego. So you have to start with yourself.

7. What is your biggest mistake?

I do a lot of work on children and babies, some of whom are very ill. My mistake, if it is a mistake, is to desperately want them not to die. Not wanting to lose any of them. Of feeling that I cannot let anyone go, that I am letting them down. I find that really difficult.

8. When did you last shout and why?

I don't remember, it has been decades, literally. That's what Upledger has done for me. I express myself differently.

9. Hands on training is key to CranioSacral treatment, can you describe your hands in a few words?

Soft, listening, strong, open and supportive.

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

Having a network of like-minded, like hearted and like spirited people!