

Upledger CranioSacral Therapy

Interested in Training?

Ui

UPLEDGER
INSTITUTE
UNITED KINGDOM

Why would you want to learn CST?



Dr John Upledger, the developer of this work; with his other life love - jazz piano. He was someone with a big heart and a questioning mind!

Learn the Power of 'No Agenda'

What's it all about?

CranioSacral Therapy (CST) is a hands on therapy that uses a light touch to release and relieve tensions and stresses in the body at many levels. It can be used for a myriad of health problems and addresses both physical and emotional issues.

We treat the whole body but are looking particularly to work with the craniosacral system, which consists of the bones, membranes and fluid that surround, intimately protect and nourish the brain and spinal cord. The intimacy of this system with the central nervous system helps explain the great results we have so often seen achieved, even just after the first few courses. Few other modalities address this so directly so it can often add a hugely valuable piece for your clients – if you are already a therapist it will really help you raise your game!

What is different about Upledger CranioSacral Therapy?

Compared to many other bodywork approaches the touch we use is much gentler and the paradigm from which we work is quite different: we do not aim to diagnose, fix anything or do what we 'think' needs to happen – we may not even treat our clients' symptomatic areas. Rather, we do our very best to 'listen with our hands' to a person's body tissues and invite them to show us what they need to do.



Having developed from osteopathic traditions, which have always believed that the body has an inherent self-healing mechanism, with CST we do our best to honour and work alongside this at all times - in other words, to follow their own 'inner treatment plan'.

We are often asked about the difference between other craniosacral approaches: some focus more exclusively on the flow of the cerebrospinal fluid; others incorporate many similar techniques but have a different way of working with the emotional components of our experience that can be held in body tissues. Part of our unique offering is what Dr Upledger called SomatoEmotional Release (SER); this is a way of assisting clients to release some of the emotional components that get held with our physical stresses, which really does help empower people to find what is 'there' for them and decide themselves what needs to be done.

Learn to follow
a client's Inner
Treatment Plan...

SomatoEmotional
Release® is an elegant
way of working with
the body-mind-spirit to
help release emotional
issues or memories held
in our body tissues.

Who is UIUK?



Our Instructors

(L to R) Maggie Gill, Joe Gore, Fiona Gilbraith, Caroline Barrow, Erin Riley (Australian colleague) Nikki Kenward, Eric Moya (US colleague)

The Upledger Institute UK has been running courses since 1994 - there have been over 400 taught in the UK!

It is currently run by Caroline Barrow.

Who are we?

We are a branch of Upledger Institute International (UII) and the sole provider of these courses in UK. UII started in 1985 because people wanted to know what Dr Upledger was doing to achieve the results he was getting with patients. Since then it has been slowly spreading round the world!

We know that part of its success is due to the content and quality of the courses taught, the rigorous training all our instructors have undergone, and the unrivalled support that is offered both in the classes and between them. But it is also down to the strength of the paradigm, blending osteopathic tradition with the craniosacral system, emotional and energetic pieces, always putting the client at the centre of every session. We simply learn how to listen and follow.

Are you on our email list for info and updates? Sign up at www.upledger.co.uk

What brings you here?

Have you heard about CST? Had a treatment? Been recommended to check it out? This brochure assumes that you already know enough about Upledger CranioSacral Therapy in general to be interested in training. Should you need to know more there is an excellent introductory book called 'Your Inner Physician and You' by Dr Upledger, you can visit the upledger.co.uk website for more information or even delve into the textbooks.

Until recently this has been uniquely a post-graduate programme, designed for those already in healthcare practice, who draw their core competence, ethics and registration from their primary discipline.

More recently we have made it possible to become qualified through our Training from Scratch programme which includes an anatomy, physiology and pathology training, ways to develop your palpatory skills, an extended journey through the core training and the completion of our exam process.

Some people take the early classes either for their own personal development or to use on family and friends in a non-clinical setting. If you are coming to the work without any healthcare background and are not a practicing therapist we ask that you contact us first.

Already a Therapist?

Adding Upledger CranioSacral Therapy to your practice will give you many more skills to assist your clients, from the craniosacral system and in time the SER® perspective. Simply put, it's another way to help your clients feel better. The participatory nature of the training also means it will help you too!

Not A Therapist YET?

Not only can this bring you a great new career, but one that will let you design your work day and life to be just how you want it. And it will keep you learning and engaged for years to come as it takes you on the journey of a lifetime...

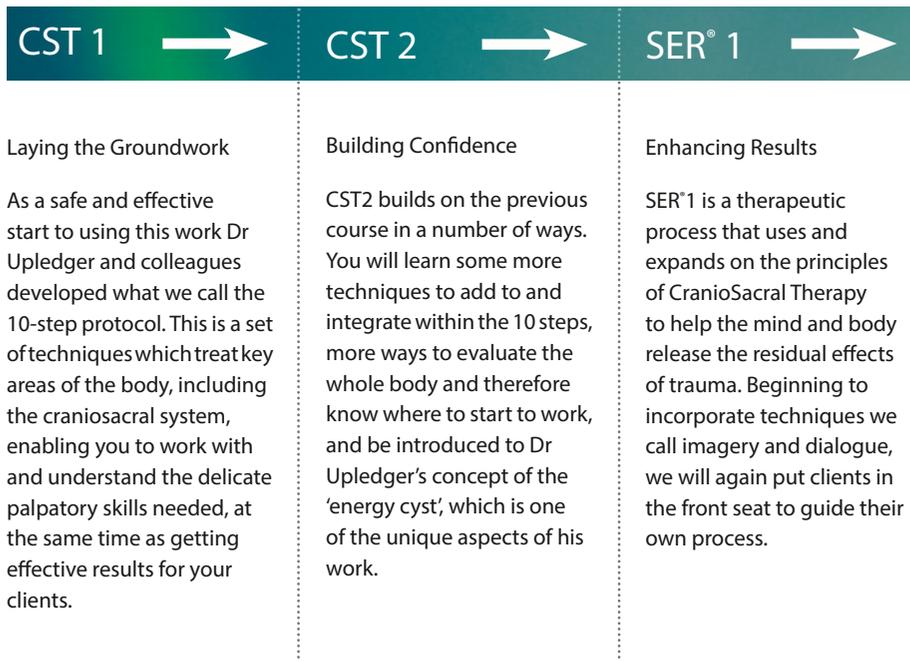
Our Training - in Summary

Flexible
Experimental
Practical
High Quality

The Core Curriculum

The core training consists of five intensive workshops each lasting 4 or 5 days. Part of the Upledger approach is its flexibility, enabling you to move through these at your own pace, allowing time between workshops (at least three months) to absorb and apply the practical work, further develop your fine palpatory skills, review the course notes and cover the required reading.

The more opportunities you can grab to practise and develop your skills and understanding the better (see our support page).



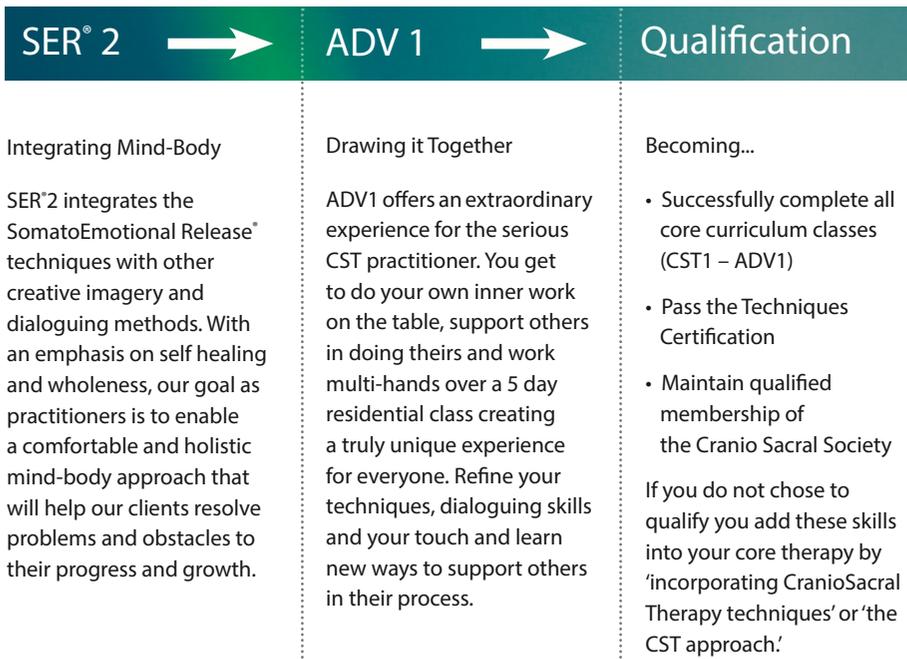
'Be the change you wish to see in the world' Mahatma Gandhi

Adequate preparation for each workshop is important

How long does training take?

How quickly anyone progresses is dependent on many factors. We have some specific guidelines between courses as it is really important that you are adequately prepared for each workshop, not least to ensure the safety and comfort of your colleagues as you practise on each other, and to make sure you get the most out of each level.

In general, to complete the core curriculum and exams, allow a minimum of 2-2 1/2 years, assuming you are able to do lots of practise!



What might your experience be like?

Lectures

Demonstrations

Hands-on

Practise

How will I learn?

The workshops are primarily experiential. You will have theory and background presented, watch demonstrations, participate in 'hands-on' exercises and practise all the techniques that are taught - in fact the biggest learning often comes from receiving techniques, maybe even more than practising them!

The workshops are supported by clear, illustrated lectures connecting the anatomy and theory. You are provided with a comprehensive and illustrated study guide, which contains room for your own notes. Originally written and organised by Dr Upledger, they are kept updated and current. His textbooks also provide a detailed background for the workshops and describe every technique.

Our teaching distils experience and knowledge gained from over 30 years of instruction to groups of widely differing therapeutic approaches and backgrounds - we are pretty proud of what we offer!



Dick Larson, US Instructor
Prop lent by Max, age 8.

Your Instructor

All workshops are taught by UII Certified Instructors - experienced, practising healthcare professionals who have successfully completed an extensive apprenticeship, demonstrating depth of understanding of the work, skill in conveying it and a passion for it (and their props too - see pic!)

Course Venues

We do our best to select good venues. Refreshments are provided in the breaks; there will be options for lunch nearby or you can bring your own. We do our best to make sure there is accommodation for different budgets reasonably close by! All the information for your particular course will be provided on booking.

A typical training day

Each 4 day class runs from 9:00am to approx. 5.30pm. Registration, on the first day is 8.30am. We usually finish earlier on the last day so you have a bit of a head start on your journey home. The 5 day Advanced classes are residential and hours can be longer. Actual times are confirmed on booking.

Practise

The final essential element of the programme is practise. We do all we can to support and encourage your development at every stage, through networking, study groups, opportunities to work with qualified practitioners and an online questions forum. However, there is nothing like getting your hands on!



The courses are intensive with a lot of information but because of the amount of practise time they also have a way of bringing everything together. What you learn can be integrated immediately into your healthcare practice.

Despite all we offer, the final essential element is practise...

Unrivalled Support

Deepening the process



Networking

Once you have completed a workshop, you will receive a class list to help you keep in touch with other students and perhaps create practise groups to continue developing your skills.

A list of UIUK students who have completed CST2 and above is also updated regularly and can be sent out on request or as a PDF to help find others in your area who have done classes at different times.

Study Groups

You are welcome to attend study group sessions even after an introductory class. Run throughout the UK by qualified practitioners, they can be a few hours or a whole day. You can review workshop material, ask questions to clarify things and practise anything that has been covered in classes. They are very supportive and well regarded by our students. On the study group website page is a list of the people who lead them and their up-coming groups.

Table Assisting

Typically shortened to TA-ing this refers to the opportunity to come along and assist at a workshop. These are great opportunities to review the material as well as support students now training. You can apply to assist on CST1 having done SER1, and on

CST2 after having successfully assisted on two CST1s, and so on. We cannot always guarantee that requests to TA particular workshops will be fulfilled. Priority is generally given to those students who are going through the exam process.

Mentoring

We have a group of advanced practitioners trained in one-to-one mentoring, available for sessions to help you with specific aspects of your professional development as a therapist using this work. In addition, we have a Mentoring Programme to recognise the additional hours of study you put in: for example, at study groups, getting your own treatments, attending conferences or working one-to-one with a Ull qualified mentor.

Assistance & Community

Our teachers and qualified practitioners are often available by phone or email should you need help. For help with evaluation, treatment and advice about individual clients we may recommend you refer to a more experienced practitioner in your area. You will also have the backing of all the people, experience and expertise available from our various colleagues around the world via a few different private Facebook groups. We all find our community resources invaluable!



The Cranio Sacral Society is the UK's Upledger CranioSacral Therapist's membership organisation.

It supports students and practitioners and sets the standards for qualification, practice and national self-regulation via our Code of Ethics and Practice

It also offers us another level of support should we ever need it in our professional lives.

Find out more at www.craniosacralsociety.co.uk

Pre-requisites

Just want a few skills to help family and friends?

Want to be sure this modality is for you?

We also run one or two day Intro Courses from time to time in different locations.

They are listed on www.upledger.co.uk

Pre-requisites for our Training

The majority of students who attend our classes are already qualified in another discipline from which they draw their core competence, ethics and registration. (Typically this includes osteopathy, chiropractic, physiotherapy, dentistry, massage therapy, sports massage, rolfing, myofascial techniques, reflexology, aromatherapy and a variety of other trainings.) You need an A&P qualification of at least level 3 and to be insured to practise.

Are you a qualified, insured, practising therapist and can add this work to your cover?



Go straight to CST1

New or Newer to Therapy?

If you have some or no previous training but would like to become a qualified Upledger CranioSacral Therapist through us, you now can! You can take a Foundation Certificate in Body Science, in conjunction with the College of Body Science, and join an extended pathway through the core curriculum that we call Training from Scratch (TFS). Depending on your previous experience you may need either or both of these.

We are offering this option in the Upledger spirit: providing flexibility to the process and ways to build your range of skills over time, while making full use of the excellent framework that already exists.

Training from scratch

How do I Train from Scratch?

- Complete the Foundation Certificate in Body Science (see next page) or equivalent
- Complete the core curriculum: CST1, CST2, SER1, SER2 & Advanced 1
- Repeat CST1, CST2, and SER1 (SER1 repeat can be substituted by SERTIP* if available. Classes can be repeated at any point within the training.)
- Complete a TFS Clinical Applications for CST Class
- Pass the Techniques exam
- Attend at least 6 days of Study Groups
- Work with a mentor for at least 6 sessions
- Complete 15 case histories
- Be a student member of the Cranio Sacral Society (CSS) and have student insurance – for the first year both of these are covered in the course fee

How long will it take?

This is a question we are often asked. It is very much down to you and to how much time you can give to study and practise and how soon you are ready for the each next course. We will work out a route through the courses that will suit you and help give you a framework to build from. In general, we suggest you plan for at least 2-3 years.

The Training from Scratch and Foundation Certificate are ideal if:

You have no previous healthcare training but want a new, rewarding career

You have some previous healthcare background but no qualifications

If, on the other hand:

You have a healthcare background that included AP&P but no hands on → TFS

You have a hands-on qualification but poorer AP&P → Foundation Certificate + Core Curriculum

Not sure where you fit in? Get in touch and we can help work out your best starting place!

0800 690 6966

* SERTIP SomatoEmotional Release: Mastering the Inner Physician is a 4 day class, focusing on SER dialogue skills pre-req: SER1.

Foundation Certificate in Body Science

Starts every January

Includes:

- Anatomy
- Physiology
- Pathology
- Palpation skills (equivalent to an Intro CST course)
- An exam opportunity
- The essential skills to becoming a safe competent, successful CST Therapist.

No 'Body Science'? Build a Foundation!

The Foundation Certificate as a whole melds the anatomy, physiology and pathology needed with initial palpatory training and the helpful 'Becoming a Therapist' element. It consists of five 3 day sessions, (typically a month apart).

The first three cover core anatomy and physiology from the head down, late afternoons introduce our palpation approach and basic CST techniques.

The fourth session delves into pathologies we tend to see in practice and the fifth gives you a day of recap, the exam and the legal, practical and other useful knowledge for running a practice.

Session 1

Day 1: Introduction
Anatomical language, body components, the cell, tissues, organs

Day 2: The Head
Bones of the cranium, joints, muscles, TMJ, meninges, ventricles, CSF

Day 3: The Brain
Structure of nervous system, nerves, endocrine system, special senses, blood supply

Session 2

Day 4: The Neck
Bones, joints and blood supply, hyoid, pharynx, thyroid, neck muscles

Day 5: The Thorax
Bones & muscles, respiratory system, heart & cardiovascular system, blood & lymph

Day 6: The Upper Limb
Bones, joints, muscles, movements, physiology of bones & muscles, fascia

Session 3

Day 7: Digestion
Function and physiology of organs, getting fuel in and wastes out, peritoneum

Day 8: Posterior
Abdomen Urinary and reproductive systems, adrenals, endocrine functions

Day 9: The Lower Limb
Bones, muscles, nerve & blood supply, joints of hip, knee, ankle

What to expect

This is an intensive level 3 / 4 qualification, (approx 100 hours) honed to give you what you will need as a CranioSacral Therapist. Of course there is always more and you will continue to deepen your knowledge as you work and progress. But this is a good start.

There will be written work required to help you find your own inventive ways to absorb it all. You will need to pass the exam and all pieces of course work.

We weave in as many creative ways to present information as we can to make this subject engaging, accessible and relevant for you and your future CST career - and to make sure it is fun too!



This course has been developed by the College of Body Science in conjunction with UIUK and the Cranio Sacral Society, who accredit the syllabus and content.



Session 4

Day 10-12:
Pathology
Immune system processes and cells, cardiovascular and respiratory pathologies, Pathologies of the digestive and musculoskeletal system, nervous and endocrine system, urinary and reproductive systems and some others relevant to what we see in clinic.

Session 5

Day 13:
Review of coursework

Day 14
AM: AP&P Exam, feedback on quality of palpation;

PM: Becoming a Therapist part 1

Day 15
Becoming a Therapist part 2

Becoming a Therapist..

Professional requirements: patient care, legal requirements, insurance, ethics, confidentiality, referral, CPD.

Case history taking and records.

Our approach, boundaries, handling problematic situations and knowing when to refer, self development... and more.

Core Curriculum: CST1

Required pre course reading:

CranioSacral Therapy, chapters 1-6, by John E. Upledger, DO, OMM, and Jon D. Vredevoogd, MFA.

Your Inner Physician and You by Dr. John E. Upledger.

CST1: Laying the Groundwork

CranioSacral Therapy 1 presents the groundwork for learning how to palpate and work with the craniosacral system. A key component of this is learning to feel the craniosacral rhythm, using a very light touch and utilising this both to assess the whole body and apply the techniques effectively. In CST1 this process begins by practical comparisons of various other body rhythms and learning and feeling what we mean by flexion and extension of the craniosacral system.

As a safe and effective start to using this work, Dr Upledger and colleagues developed what we call the 10-step protocol. This is a set of techniques which treat key areas of the body relating to the craniosacral system, enabling you to work with and understand the delicate palpatory skills needed, at the same time as getting effective results for your clients. Our focus is on learning to follow what the body needs rather than to 'fix' it.

The 10-step techniques address bones, fascia and fluid and include: methods of treating the transverse diaphragms: pelvic, respiratory, thoracic inlet, hyoid and the occipitocranial base; the frontal and parietal lifts; sphenoid compression-decompression; mobilisation of the temporal bones; dural tube evaluation, traction, treatment and TMJ technique.

"The most professionally presented course I have ever attended." DH, N Yorks



Highlights

- Feel the craniosacral rhythm and use it as an assessment tool
- Appreciate the anatomical intricacies of aspects of the skull, cranial sutures and the vertical and horizontal cranial membrane systems, and the flow of cerebrospinal fluid
- Why working with the dural tube (that surrounds the spinal cord) has such positive effect on the rest of the body
- Understand fascia as a whole body system, the visco-elastic characteristics of tissue and how we can use it to pinpoint the source of physical problems
- What a 'still point' is and how and why to induce one
- How and when to use 'direction of energy' techniques
- How to use the bones as 'handles'
- Come away with the 10-step treatment protocol you can integrate into your practice immediately or use on family and friends.

So from early steps exploring the feel of the craniosacral rhythm, your palpatory skills develop and your understanding of the craniosacral system will assist you in using this really practical set of techniques.

Core Curriculum: CST2

Pre-requisite:

Successful completion of CST1, followed by ample study time for skill development and practise; a thorough working knowledge of the 10-step protocol from giving 75-100 individual 10-step treatments.

Required pre course reading:

CranioSacral Therapy, chapters 7-15, by John E. Upledger, DO, OMM, and Jon D. Vredevoogd, MFA

CranioSacral Therapy II:

Beyond the Dura, chapter 3 on the temporomandibular joint, by Dr. John E. Upledger, DO, OMM

CST2: Building your confidence

CranioSacral Therapy 2 (CST2) builds on the previous course in a number of ways. You will learn some more techniques to add to and integrate within the 10 steps, more ways to evaluate the whole body and therefore know where to work, and be introduced to Dr Upledger's concept of the 'energy cyst', which is one of the unique aspects of his work.

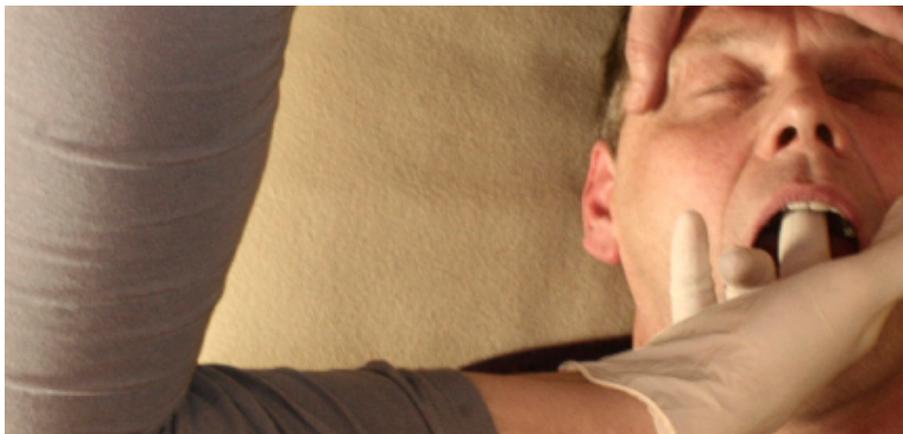
The course begins with the study of cranial base distortions (between the occiput and sphenoid) as perceived, diagnosed and treated by Dr William Sutherland, the 'father' of cranial osteopathy.

You will learn some of the finer anatomical details of the masticatory system including the hard palate, mandible and TMJ and how to evaluate and treat these areas from inside the mouth.

New approaches to whole body evaluation will notch your palpatory skills up another level; you will feel the difference between using the craniosacral rhythm, the energy cyst and pulls of the fascia to help you locate areas of 'issue'. We will develop the concept of 'unwinding' in relation to the limbs (we call it 'regional tissue release').

A few other treats will be thrown in and an introduction to SomatoEmotional Release® will also be presented.

"It's been such a welcome relief to finally find the kind of teaching that aligns with the subject's ethics and truly inspires healthy change for people and the world." JL, Surrey



Highlights

- Dr Sutherland's views of the cranial-base dysfunctions and ways to evaluate and treat via the sphenoid
- Anatomy and treatment of the hard palate, including the maxillae, palatines, vomer, nasals and zygoma and how to evaluate and treat the teeth
- Whole body evaluation techniques including: arcing, fascial glide and symmetry / asymmetry in the craniosacral motion
- Develop more skill evaluating the mobility of the dural tube
- How and when to effect a regional tissue release
- How to adapt the techniques for children older than eight
- Explore the concepts of energy cysts and SomatoEmotional Release®

By the end of this course you will have more techniques to add to the 10-step protocol for the cranial base, mouth and jaw. But you will also have begun to build confidence in ways to evaluate the body as a whole and know where to start, 'off-piste' from the 10 step protocol!

Core Curriculum: SER1

Pre-requisite:

CST2 and at least 25 experiences of practising all of the techniques taught there.

Required pre course reading:

CranioSacral Therapy 2, Beyond the Dura by John E. Upledger, DO, OMM.

SomatoEmotional Release & Beyond by John E. Upledger, DO, OMM

SER1: Enhancing your Results

SomatoEmotional Release® (SER®) is a therapeutic process that uses and expands on the principles of CranioSacral Therapy to help the mind and body release the residual effects of trauma. SER®1 offers ways to enhance the results you get from using CST and expand the areas in which it can be useful. By the end of the course, you should be able to help clients dissipate residual effects of past trauma and negative emotional events, which is often helpful in allowing many people to let go of the deepest causes of pain and illness. We do this by staying very present with the body tissues in the here and now.

You will learn more techniques to release the tissues of the mouth and throat and why this is so important. You will find out more about the physiological mechanism of disease, learn specific techniques for finding and releasing energy cysts and how to make use of the craniosacral rhythm in this level of work.

The other key part of the SER® process is the ability to use imagery and dialogue. As you explore some of the ways to do this, your improved listening and comprehension skills will increase your understanding of verbal and non-verbal signals. This, in turn, will help to encourage clients to work cooperatively with you in this process and become active in improving their own health.

“Very clear and tangible guidance to an unfamiliar way of working.” AK



Highlights

- An introduction to and a historical review of the development of the concepts of energy cysts and SER®
- How to locate and release energy cysts
- How to assess and mobilize what is dubbed the 'Avenue of Expression' (i.e. the vocal apparatus), to aid expression and release of suppressed emotion
- How to integrate imagery and dialogue techniques with the process of SER®
- How to integrate this with core skills and the unique way to ensure a treatment is effective and on track

Overall this course will take your treatments to a new level. You will participate in numerous hands-on experiences to practise facilitating the process of SomatoEmotional Release®.

For some people it can be a very new way to work but it is the integration of the imagery and dialogue with the special features of the craniosacral system that give SomatoEmotional Release® its edge and make it worth talking about!

After completing the third module (SER1) you become eligible for more training courses from the broader curriculum.

Core Curriculum: SER2

Pre-requisite:

Successful completion of the SER[®]1 workshop and practise using the techniques during at least 25 treatments.

Required pre course reading:

Review

SomatoEmotional Release and Beyond by John E. Upledger, DO, OMM.

Dr. Upledger recommends that you also read:

The Triumph of the Embryo by Lewis Wolpert.

SER2: Integrating the Mind-Body

This workshop integrates the SomatoEmotional Release[®] techniques with other creative imagery and dialoguing methods.

There is an emphasis on self healing and wholeness. Our goal as practitioners is to enable a comfortable and holistic mind-body approach that will help our clients resolve problems and obstacles to their progress and growth.

The class begins with a review of the techniques taught in CST2 & SER[®]1 to encourage expression of suppressed emotion.

This is followed by an introduction to psychosynthesis and Gestalt and Jungian psychology. By blending concepts from three schools of psychology with SER[®] and CST, you add specific techniques to your toolbox to help you work with patients and increase awareness of the 'inner self'.

As in all our courses, participation and practise with fellow students increases both your own self-awareness and your confidence in practice, strengthening the relationship between the conscious and non-conscious mind and expanding the ways you can assist your clients and get even greater results.

"I have learned more about myself and the work than I ever imagined possible." VB



Highlights

- Review of the throat and hard palate techniques for releasing the vocal apparatus
- The history, key concepts and therapeutic process of psychosynthesis and Gestalt and Jungian psychology
- Practical application of the integration of the above with SomatoEmotional Release® and therapeutic imagery and dialogue
- Methods for inviting an image and discovering its purpose
- Skills for facilitating dialogue between a patient's levels of consciousness
- A 10 step protocol for imagery and dialogue
- The benefit of continued focus on using the craniosacral rhythm to keep 'on track'

While the SomatoEmotional Release® process is gentle and safe, it requires extreme sensitivity on the part of the therapist and a positive attitude and trust from the patient. SER® 2 gives you greater insight into how people 'frame' their issues with useful techniques that enable you to fine tune your dialoguing skills.

Core Curriculum: ADV1

Pre-requisite:

SER2, lots practise and experience with the dialogue process and familiarity with all the previous material.

Advanced 2 and 3
While not part of the Core Curriculum, Advanced CranioSacral Therapy 2 & 3 offers further opportunities for in-depth experiential sessions for committed CranioSacral Therapy practitioners. The format is essentially the same as Advanced 1.

ADV1: Drawing it all together

The Advanced CranioSacral Therapy1 workshop offers an extraordinary experience for the serious CranioSacral Therapy practitioner.

It provides the opportunity to draw together all the techniques and skills taught in previous workshops, through giving and receiving treatments, as well as ample time for reflection both personally and in the group, supported by a senior UI instructor and two highly experienced assisting therapists.

This course is 5 days long, residential and intense. It helps you take a big leap in your practice.

There are only 10 participants and you work in two groups of 5. This means that there is plenty of time for individual support, both of your learning and practical skills and of your own process through the treatments.

Mornings are given over to discussion of the work and the experiences and insights being gained. ('The circle of possibility' - see pic!) During the afternoon sessions each student is treated by the other four in the group, with the supervisory team giving guidance when appropriate.

The course can be demanding but can also be a life changing experience for many.

"After this class my friends asked me: 'What is happening with you? Your touch is so changed, your hug is so connected' and my practice has changed so much..." SDM



Highlights

- Refine how you use the CST techniques and develop your palpatory capabilities even further
- Enjoy the chance for one-to-one instructor-participant skill evaluation & development
- Actively participate in multiple-hands sessions and improve your ability to work with other practitioners in a unified way
- Deepen your understanding of the work from going through your own process
- Pull together everything learned in previous courses and take your skill and understanding of this in-depth therapy to a new level

Our Qualifications

The 3 Steps to UK Qualification:

1. Successfully complete all core curriculum classes (CST1-ADV1)

2. Pass the Techniques Certification

3. Be a qualified member of the Cranio Sacral Society

Why should I get CST qualified?

As post graduate courses, assessment and qualification are not compulsory. Practitioners incorporate these techniques into their core therapy.

However, to call yourself an Upledger CranioSacral Therapist we warmly invite you to become qualified! Our Techniques level is currently the core for this, (see left); we have a higher level of certification too - the Diplomate. Taking these steps when you are ready, we feel, is good for you as a therapist, good for our clients and good for the work in the world.

Highlights

Refine how you use the CST techniques and develop your palpatory capabilities even further.

Deepen understanding of the work from going through your own process.

Pull together everything learned in previous courses and take your skill and understanding of this in-depth therapy to a new level.

Techniques Certification

This process examines your understanding of the information presented in CST1 and CST2.

There are 12 written essay questions to be passed before carrying out a practical assessment and a 40 question multiple choice test.

When you have this level of qualification you can use the green logo.



DIPLOMATE

Diplomate Certification

The gold standard - to get there you will have had many hours of training and experience. It requires a deep understanding of the SER approach and is taken after Advanced 1.

As well as essays and practical exams you write up 5 case histories, give a talk or publish an article on CST and work alongside an experienced therapist in a few possible capacities.

Then What?

Then what?

Then we will tempt you with a variety of additional workshops that take the approach deeper into different areas of speciality. Consider for example learning about ways to use CST more for the brain or immune system, around pregnancy, with children or having the chance to work in clinic with a small number of students, an instructor & their clients. These are all extremely helpful for developing and rounding out your skills. Yet, the essence of the work, as taught in CST1 day 1 is what underpins it all.

Final thoughts to leave you with...

The first courtesy of W. H. Murray in The Scottish Himalayas Expedition, 1951, and the second, oft attributed to Goethe but in fact one translation from Faust's 'Prelude at the Theatre':

'Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, the providence moves too. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents, meetings and material assistance, which no man could have dreamt would have come his way.'

'Are you in earnest? Seize this very minute;
What you can do, or dream you can do, begin it;
Boldness has genius, power and magic in it.'

Genius, power and magic in it? Just like CST then!

Our Further Courses

The Brain Speaks 1 & 2

Touching the Brain

(work with glial cells)

CST for the Immune System

CST for Listening to the

Second Brain (the gut!)

CST for Paediatrics 1 & 2

CST for Conception,

Pregnancy & Birthing

Clinical Applications for

CST, SER & Advanced...

...to name just a few.

Thank you for getting this far! If you have thought of more questions, or if you are inspired to start your CST journey then get in touch. You can call us in the office or sign up for CST1 online. We look forward to hearing from you.



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