

Therapeutic Pulse

Upledger Institute UK
Newsletter

January 2018



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UPLEDGER
INSTITUTE
UNITED KINGDOM

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Moving



John Matthew Upledger: 1960-2017



As many of you will know, the sad news of John Matthew's passing came in the summer. It was an emotional moment, not least because it happened soon after the teacher's meeting in Iceland where we had skyped with him on some of the days and he had witnessed us all together, committed to moving this work further into the world. His positivity and compassion are remembered and cherished. If you have not seen the video of him at our symposium last autumn then please do take a look - it is up on the website in tribute - we were so lucky to have him there with us! We send love to all of his family - his wife Donna and daughter Miranda especially - and everyone in the larger family who misses him.

Our Relocation

As you may know, the office has also been on the move, (along with Al, the boys and I), from Somerset to Brighton. While the moving process in this country seems to be arranged to be tricky to plan and full of stressful uncertainties, we did pretty well on the whole and got here just in time for the new school year. We kept the office on for a short while but have now left there too so please make sure that you **delete both the Porch House, Axbridge and The Studio, Wrington, addresses and phone numbers** from any correspondence. Send anything now to :

196 Surrenden Road, Brighton, BN1 6NN
and contact us by phone on **0800 690 6966**.

The Voices in the Office...

First of all I would like to officially say a huge thank you to Sally Allnutt who has been a huge help and support in the office over the last 3 and a half years. She was that first point of contact for many of you and I know her help and willingness to go the extra mile to support you all was appreciated by many. She has chosen to move to pastures new and we wish her every success, but hope to see her in a class again in the future.



Marilyn Grindley

Marilyn's will now usually be the voice you hear when we answer the phone and who will be the first point of contact in the office.

She is already starting to recognise names and courses and getting to grips with our database..

"I am delighted to have joined the Upledger team. I come from a retail and advertising background, having started my career in advertising agencies in London and then, on moving to Sussex, setting up an online retail business. Although I don't have any direct experience of CST, I am finding it a fascinating area of work.

Sally is a hard act to follow, and it will undoubtedly take a while to build up to being the font of knowledge that she has been! I have been struck by what a welcoming and friendly bunch you are and look forward to meeting you all in the future."



Nancy Carter is a Brighton-based digital communications specialist who was introduced to CST around seven years ago, when her youngest daughter was treated for what her GP had labelled as colic.

"Finding CST changed our lives. My miserable, constantly crying, baby daughter was so much more comfortable and happy, right from her first treatment. She was suddenly able to sleep, and stopped crying. My baby had obviously been in a lot of pain and I was shocked that something that was so incredibly effective, was not more widely known about or indeed available."

Nancy will work with our websites, blogs and social media, bringing with her a wealth of knowledge and experience of all things digital.

"I am excited and honoured to be working with Caroline and the Upledger UK team in sharing CST more widely and bringing training in this wonderful therapy to more practitioners (and therefore more people) in the UK.

I bring lots of experience of digital communications, not only from the academic arena, but also through my work with an international consultancy firm, lots of local businesses, art organisations and charities.

I felt an instant connection with Caroline, and her wisdom, enthusiasm and passion make my job at Upledger Institute UK a real pleasure"

A Catch Up...

You may have noticed from the back page that we have been busy planning the schedule of classes through to the end of 2019! While some of the the exact dates are still in the pipeline - most often because some venues are not able to confirm dates so far in advance - it will hopefully give those of you working through the core curriculum an outline from which you can plan. If you want more precision on specific dates we are hoping for, do get in touch!

We ran all of the core curriculum classes last year, including three at the same time, covering one end of the country to the other (almost). We also ran another successful Foundation Certificate in Body Science, where folk without any background have been 'inducted' into enough anatomy, physiology and pathology to get them going on their CST journey. Watching them move through the courses after this, build on their knowledge and turn their book learning into hands-on understanding is truly special. Also, some of the first folk to go through this route have come out the other end of it and are beginning their practices. Such a joy! We wish them, and their clients, all that their Inner Physicians may want on their journeys!

This year, as you may already know we are offering Tad Wanveer's new (to us) course on working with glial cells (do see his fab article in a few pages time!) and later, bringing Eric Moya's 'CST for Working with Chronic Depletion' back after lots of requests post symposium. This is a 3 day class but we are going to try and tag a day on the end - either for those who did it last year or maybe a clinical day. We will be in touch...

We hope you enjoy this edition of Pulse, catching up with us, the CSS, Upledger Community Programmes and the extraordinary-ness of our first Intensive Programme. You can meet Tad Wanveer and his glial cell passion, hear about CSTing with the dolphins and find out all that we have on offer for the coming year. We hope to tickle your inspiration!



Congratulations!

These lovely people have achieved their Techniques Certification since our last Pulse:

Barbara Gornall

Pamela Martin

James Hawksby

Janice Hulme

Mary Macdonald

Felicity Clark

Harriet Fairbank

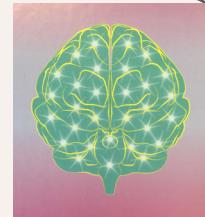
(Have I missed anyone out? We don't always hear from the US!)

Joe Gore is now also certified to teach Clinical Applications classes.

Well done everyone...!

Remember - if you have applied & paid for exams in the past this does not run out - you can complete the process any time!

CST Touching The Brain 1 Stimulating Self-Correction at the Glial Interface



We all have billions of star-shaped cells in our brain. These 'brain stars' are glial cells, major regulators of nervous system development, structure & function. They are involved in all aspects of nervous system health & pathology. Glia & neurons create our inner universe of sensation, perception, memory & action. Reaching inward with our craniosacral therapy (CST) techniques we can help the Central Nervous System (CNS)'s healing and function.

A gifted & experienced teacher Tad Wanveer has developed this course to guide us to investigate glial cell types & function, explore how they build a therapeutic interface from outside the CNS to inside, discover their role in generating cerebrospinal fluid (CSF) & regulating CSF flow & see how glial cells help the CNS heal. We will learn new ways to work with a variety of nervous system disorders & enhance, enrich & refine our CST palpation & treatment skills. This course is simply not to be missed!

18 - 21 April 2018 in Brighton £640 + VAT (£800)

Pre-req: CST2 Instructor: Tad Wanveer CST-D

nb: Places are limited to 40 - reserve your spot!

CST for Working with Chronic Depletion



This course focuses on the patterns and challenges which arise in the craniosacral system from sustained long-term stressors. When body systems are operating within healthy limits, they have ample resilience and capacity for self-regulation and health - the body has resources to regulate and heal from traumas, injuries and stressors.

When stress & trauma is ongoing, however, new difficulties arise. A chronic demand on local compensations means that gradually, the body's entire system begins to respond, creating ongoing patterns of trauma and depletion and reducing its capacity and resilience for health and healing. This gives unique challenges to the craniosacral practitioner. The focus of this course is to use a treatment approach to work with long-term patterned depletion of body resiliency and capacity for change.

10 - 12 October 2018 in Solihull £550 + VAT

Pre-req: CST2 Instructor: Eric Moya CST-D

Tad Wanveer... on Touching the Brain

Please could you tell us a bit about your story - how you first became interested in CST and why?

When I was pretty young, around 22, I developed a condition called ankylosing spondylitis, which means areas of the spine get inflamed and stick together. It changes the connective tissues surrounding the vertebral column, it calcifies, and gets hard like a rock. During that process, the inflammation is so great it squeezes on nerve roots - the pain is just crazy. The pain escalated over years until I was in chronic high-level pain. If you use a pain scale of 1 - 10, and level ten is your head blowing off because it's so painful, I was between 8 and 10, 24/7, non-stop, for a good 18 years.

I saw all these doctors and alternative care practitioners, did all these treatments and nothing helped at all. That is, until I found CranioSacral Therapy and that made all the difference in the world - it changed my whole life.

I was living in New York City at the time and I saw a practitioner there - this was way long ago, at the very beginning, back when Dr Upledger first started training people. My practitioner was a wonderful person and a great practitioner. I didn't know anything about any of this - I was a sculptor and a cabinet maker. Nor did I even care what she was doing, I just knew that I felt better.

I kept going to see her for about four years and then it dawned on me that it was helping me so much, maybe I could help some other people. So, I went to massage school, got my license and then got trained in CST.

When did you start working with the Upledger Institute?

I took my first two cranial classes in New York around 25 years ago then after that I took all my other classes with Dr Upledger.

I started going to the Upledger clinic in Florida and became a visiting therapist there in the Intensive program. Eventually our boys went off to college and we were ready to move, which is when Dr Upledger invited me to join the staff, so we moved down to Florida and joined the Upledger Institute Clinic in 2001. I was on staff for 5½ years.



**TAD WANVEER,
LMBT, CST-D**

Tad is an expert in the field of CranioSacral Therapy (CST). He worked closely with John Upledger, which deeply shaped his understanding of the human body and the application of CST.

Tad Wanveer... on Touching the Brain cont'd

Can you explain briefly what 'Touching the Brain' is about and what a CST therapist could expect to get from it?

'Touching the Brain' focuses on glial cells, which are the 'other' type of cells in the central nervous system. Neurons and glia are the two types of cells found in the central nervous system. Glia are essential in the development, health, well-being, function and the healing of the brain and the spinal cord. They are also essential in the production of cerebrospinal fluid (CSF), as well as the regulation of CSF flow and drainage. So, in all those aspects glia are, in my opinion, indispensable in our work as CranioSacral Therapy practitioners.

You have written beautifully about glia in your book 'Brain Stars'. Why is it important as CST practitioners to understand glial cells and the glial cell matrix?

The focus of CranioSacral Therapy is to enhance the form and function of the meningeal system, which are the three connective tissue layers encasing the brain and the spinal cord. It's said in our work that enhancing the form of those layers, enhances the structure and function of the brain and the spinal cord.

That's great, but how does that happen? That's the question I asked myself and it led me to research glial cells.

What I found is that glial cells are the cells which interface with the meningeal system; they create a cellular link to the meninges of both the brain and the spinal cord. They interconnect amongst themselves all the way down into the deepest regions of the brain and spinal cord. It appears to me that glia form a bio-mechanical-cellular link from our hands into the depths of the brain and spinal cord.

Glial cells are the primary regulatory cells of everything that's going on in the central nervous system. Neurons cannot exist without them, nor would we be able to process the degree of information that we do, without them. They are critical in all aspects of the central nervous system, health, healing, and function.

Can you tell us something about the anatomy that you'll teach in class?

We will go through all the central nervous system glia that are known today, describe where they are and what they do, and we work hands on with aspects of all of them.

Tad Wanveer... on Touching the Brain cont'd

What is special about the research you've put together?

I began researching glia around 2004 and at that time there wasn't much to find as the techniques for scientists to investigate glia were just beginning to be developed. Since then, the amount of research has been enormous - it's changing the face of neuroscience, to the point where some researchers are now saying that the basis of neuropathology is actually gliopathology.

From my perspective, if we don't address glia we are not addressing the full spectrum of possibilities to help our clients. What's special about my research? Only that I've had my head and hands buried in it since 2004!

You recently delivered a talk at Harvard – how did that come about?

The Osher Center for Integrative Medicine is a collaboration between Harvard Medical School and Brigham and Women's Hospital. Jie Roche is a long time CST practitioner at the Osher Center. Harvard has a research fellowship program called the Harvard Medical School Research Fellowship in Integrative Medicine. One of the research fellows, Noel, is a biologist who specialises in protein production research ('proteomics'), looking at what influences the production of proteins in cells, which is essential for everything that goes on in the body.

Noel was investigating how relaxation may affect protein production. So, she met Jie and started to sit in on Jie's CST sessions. Noel became so enthralled with the response of Jie's clients to CST, that she decided to become a CST practitioner, as well as continue with her work in the lab at Harvard as a biologist.

She got her massage license and began CST classes. Then she read *Brain Stars*, became interested in glia and contacted me. We got together and discussed glia and CST. At the time, Noel was in charge of the 'Harvard Medical School Research Fellowship in Integrative Medicine' Seminar Series. She invited me to present a glial cell model of CST to a group of research fellows and others on the Harvard faculty, such as the head of alternative medicine and the head of mind/body research. It was a great group and we had a wonderful discussion. I think it's our discussion that's leading me to the next book I'll write. It's still formulating from some of the ideas we talked about.

So can we expect a new publication any time soon?

I am working on completing Touching the Brain Two class, which focuses primarily on peripheral glia. That's going to take me to February, when we have the first class. After that I have a few ideas and plan to take a few months to meditate on my next steps!

Thanks so much Tad. We are really looking forward to seeing you in April!

Cranio Sacral Society 2107 Update

Last year saw the sad moment of Ann Whittle retiring as chair, having stayed on a year beyond her original plan, right alongside the happy moment of Maggie Gill taking on the mantle. A huge thanks to Ann for her dedication and commitment to the society and for her wisdom and the presence that she gave us all so willingly. Speaking as a fellow board member, thank you too for all those fantastic lunches, so beautifully prepared to keep us going through our meetings! We send her huge love for her retirement and the new things she will be giving her time to.

We know that Maggie will continue to bring her passion for the work to the CSS, having already been on the board for so many years, and we can enjoy the next stage of growth now unfurling...

We also welcome Sara Hammond to the board as a sort of Press Officer - or whatever that new term should be in the digital age!

After this year's formal AGM we had an interesting selection of workshops - from the TMJ to the hyoid to the chakras of the OCB. We have now also set the dates for this year. The selection of workshops and talks on this year's table will follow.

DATE FOR THE DIARY - NEXT YEARS AGM 9 - 10 JUNE 2018 at the Ramada Inn in Solihull

Not yet a member? Help us support you! Join as a/an:

Associate - if you have not done any training or if you are not qualified in anything else;

Student - just for those enrolled on the Training From Scratch programme, enabling us to offer student insurance as you train;

Network member - if you practice under another licence but also use CST in your practice;

Qualified member - when you have passed your Techniques or Diplomate and done your Advanced class.

You can now join or renew your membership online on the CSS website's 'join or renew' page. If you then BACS over payment PLEASE REMEMBER to put YOUR NAME as the REFERENCE. It costs a good bit of time to track down non referenced payments!

Your CSS Board:



Maggie Gill
CSS Chair



Joe Gore
Company
Secretary



Sheila Hoy
Treasurer



Mary-Clare
Scragg
Secretary
to the Board



Sara
Hammond
Press
Officer



Caroline
Barrow
UIUK
Liaison

On Winning the Bahamas Trip

By Sheila Hoy

This is a huge ‘Thank You’ to Kat and Chas Perry for giving such a wonderful raffle prize to the Upledger Community Programmes prize. (They run these programmes via Integrative Intentions - find out more at www.integrativeintentions.com) Sheila Hoy was the first name to come out of the hat at our prize giving draw last September – here is what happened after that...

At the symposium in London when my ticket was the first to be drawn, a few of you spotted my hesitation in picking up the prize for the BAEC course (BioAquatics Exploration with CST) in Grand Bahama the following summer. This was not because I didn't want to meet a dolphin. But I am a poor swimmer and WAS terrified of putting my head under water or getting in a boat, especially if the sea is rough. In the few seconds I had to decide, I concluded I had won the prize for that very reason!

In August, flying to Miami and even getting on the smallest plane I had ever been on for a 25 minute flight, didn't bother me, there were greater worries for my brain to deal with. Anyway I was too busy watching the poor cabin attendant rushing to serve us all a drink and a packet of pringles, plus clear up before the plane landed at Grand Bahama.

My BAEC course was taught by the fabulous Miranda. With me on the course were Maia, Kat's assistant, Jen, who runs a clinic with Miranda, John (for those who knew Calum, his dad), Jordann, Calum's

fiancé, Stacy, Sarah and Michelle. What a wonderful group of people!

The BAEC course, for those who haven't tried it YET, consists of:

DAY 1: meet and greet and dividing into groups for the day. Multiple hands on treatment in the pool. My body immediately wanted to tip me under the water, my brain said firmly “ No!” So my whole nervous system went into melt down and I started shaking.

Adding insult to injury I was poorly equipped with suitable sun screen for the face, as the one I had applied decided to slide into my right eye. My kind fellow team mates sorted me out with eye drops and from then on made sure I had the correct sun screen for the face. Troublesome Brit!



On Winning the Bahamas Trip cont'd

That afternoon we got on the boat to head out to the UNEXSO site for a dolphin swim; the sea seemed quite rough, so I clutched onto the boat railings for a white knuckle ride. Arriving at UNEXSO we were fitted out for flippers. I have never worn flippers and treading water in them seemed to propel me backwards instead of keeping me in the same spot. Tricky!



Anyway then I met Kayla. I learned later, Kayla is the therapists' favourite dolphin and she loves Kat. Lucky Kat! Anyway I was lucky enough to swim with her. She instantly gauged my level of fear, so as I swam alongside her, stroking her, she very quietly squeaked to reassure me. We all left with the 'dolphin grin' on our faces. Back in the boat, back in the pool, my head was still firmly out of the water!

DAY 2: We all reported back our feeling from the previous day, then signed into UNEXSO for a days excursion on a boat, (another white knuckle ride), to a quiet beach. Here we treated in our groups in the ocean all morning, had lunch on the boat and treated again in the ocean all afternoon. A group of wild dolphins came in on the other side of the boat and before we left a manta ray came and observed us. The sea was quite rough but I only seemed to notice it when I was treating not being treated. During my treatment I spent a lot of time trying to work out how to breathe and then did an SER about being ship wrecked and dying, but not drowning, in a previous life. I spent a lot of the afternoon feeling I was dead, so the waves and water didn't bother me. But conveniently, I was dead floating face up! I felt much calmer for the returning boat trip.

DAY 3: After our morning meeting we signed into UNEXSO for the Dolphin Therapy. I set the intention with Maia, my partner that day, that I would like the dolphins to calm my nervous system so I no longer had an irrational fear of drowning. If my nervous system could calm down I also felt I was less likely to inherit my fathers CMT. Although I would have preferred Maia to hold my head, I was aware that to benefit the most from the dolphin therapy I needed to have my head nearer to them.



On Winning the Bahamas Trip cont'd



We had two dolphins working with us that day Kayla and her daughter Coral. With my ears under the water, I could hear the dolphins' clicks and squeaks much more clearly.

Then I noticed my head was starting to pop, tiny explosions were occurring all over my head but particularly in the centre of my brain around my amygdaloid area. At one point I thought it was going to set my head on fire! After an anatomy debate with myself I concluded these explosions in my head must be neural pathways breaking!

It was then my turn to be Maia's therapist; floating her out into the deeper water, barely holding onto her feet, I marvelled at the dolphins working. They would swim under people, splash, prod with their rostrum (nose), sometimes quite firmly, or direct their 'melon' towards someone's head. The melon is the part of a dolphin's head that contains oil and allows them to omit their sonar waves - this seems to have the effect of changing a humans nervous system. It has certainly done something to mine!

That afternoon we treated each other in groups in the pool. My head was still making small explosions and twanging noises. Then, suddenly, I 'got' how to hold my breath, which allowed my body to unwind under the water - I even did a somersault! If any one had told me that would have been possible a few hours before I would have been flabbergasted.

DAY4: After our morning meeting we got in a mini bus, driven by the lovely Hayward, to Banana Bay. Here, we again treated each other in our groups in the lovely warm ocean. In the morning we were observed for some time, by a curious pelican and another manta ray. I floated with my face in the ocean, like a piece of drift wood, which I now found was an extremely peaceful experience!

For me the BAEC course filled a big missing part in my own CST healing. Obviously my healing process was individual to me, but I can highly recommend experiencing this course for yourself - SO START SAVING!!

Sheila Hoy CST-D MCSS 2017



UP-date: Our First Intensive Programme

Last time we sent out a proper update we were at the point where we had scheduled our Intensive Programme, even though we still had a long way to go with fundraising and planning. First we needed to see if we could get enough therapists. We invited our qualified therapists for the first one as we had to find a way of setting a benchmark. We were aiming for a group of 6 clients, so we would need 6 primary therapists and at least 2 support therapists per person. Alongside this we were interested in finding a group of clients we felt could benefit from the work and also who could add numbers into the research that they are already doing in the US. So we decided on a group with post traumatic stress - while we do not work with labels and diagnoses, we could at least measure outcomes in a similar way.

We ended up working with a group of ex police officers, injured on duty, as well as one ex-military person. And what an extraordinary bunch of folk they were. It is perhaps easy for those of us who

are seasoned to working in groups to forget just how daunting it is to walk into a large one, especially without a really clear understanding of what you are letting yourself in for. One of the clients said later, 'I knew it was therapy but we wondered what you were going to do with us after the first hour, let alone for 5 days!"

But into the process they jumped, courageously and trustingly. They were truly amazing (see next page). We were all pretty amazing too... doing our utmost to hold a loving, neutral, safe space and our best to treat in the way we have learned: listening much more than speaking or doing, following the tissue and trusting those inner physicians. It was humbling and empowering to be a part of the whole process.

Those of you who know Chas Perry might like his new nick-name: 'the great white shark', for his circling of the room, feeling into what was going on at each table and joining one when appropriate - to share the love and wisdom in his hands of course! Huge thanks to Kat Perry too, who was always there supporting and holding the space with passion for the work and the job of keeping us all on the Upledger track and mindset... We are deeply grateful to them both.



The UP IP - From the Clients...

Upledger: November 20th to 25th 2017

For the therapists and those that came to help

by Mark Rawlins

“Who Are You”

Who are you?

Why are you here?

You are so many, and us so few.

So who are you?

We are scared, we are worried.

But we are here with you.

So who are you?

Why are you here?

We lay down in fear.

We lay down in hope.

We give ourselves to you.

So who are you?

Your hands touch us.

Your hands warm us.

Your hands move us and sooth us.

So who are you?

We cry and talk with you

We shiver and shake with you.

And we shudder and ache by you.

So who are you?

We sob with you.

We laugh with you.

We put our faith and trust in you.

So who are you?

Wait

I know who you are!

You are the ones that care!

You are the ones that help!

You are the ones with the passion
and Zest.

But most of all you are the BEST!

And you guys from the USA,

You are awesome!



There was not a dry eye in the house, I can tell you, as Mark read this poem to us all in the circle... We thank him for his permission to share it. Since the programme we have been in touch with the clients to find out how they are doing:

‘I have gained an insight into the darkness and anger that had taken a hold of my life. The experience has changed a part of me and I am eternally grateful for the chance offered to me to attend the week’s therapy. I would urge anyone who suffers from PTSD to look up this group, they are truly amazing.’

‘I arrived a reluctant broken ex cop with PTSD who felt guilty about his illness, I left a man who could cry, smile, feel, a father, a husband a caring compassionate human and a brave ex cop who got ill because he cared. No more guilt, because I did the right thing, faced danger and did nothing wrong, thank you... it’s been a game changer.

‘Or a shorter version: it was f***king amazing.’

‘I can now take in deep breaths and soak up the safe feeling this week’s community has given me. I feel part of a bigger family with the therapists and the 5 others from last week. Having the warmth of Upledger and realising my love for making a difference to people is back, I’m soaking it all up.

‘Yes, it really was that intense and wonderful!’

We have the next one planned for 19–24 November, 2018. We plan to crack on with fundraising early in the new year – get in touch if you can help! And huge THANKS AGAIN to everyone who helped make this happen in all the different ways. **You all rock!**

The UP IP - From the Therapists...



A container

A strong container

Woven from threads of precious metals

Gold, silver, platinum

The warp and weft creating a common purpose

Melding and blending in the heat of compassion

As all our lovely therapists gave their time for free
♥ ♥ we asked what they felt they got back:

'As a therapist on this programme, I think I can say that it was almost as life-changing for me as it was for the participants. The power of this work to change people's lives never ceases to amaze me!'

'The community programme, for me, was a profound experience. To be part of the dynamic process unfolding was very special. The wisdom evident, gained from trusting the process, past programmes, clients and therapists made a tangible, potent, secure space which was truly aspirational, unifying and humbling to be enveloped within. I will endeavour to use any wisdom gained from this unique experience to inform my own and multi-hands practice.'

'It has been a deeply touching week and a great boost to my confidence, both in my abilities as a practitioner and in the power of Upledger CranioSacral Therapy. How often do we spend five days practicing in multi-practitioner groups with our most experienced colleagues? Treating clients in this tremendously supportive environment allowed me to trust the clients' process, blending, following and melding without adding in ideas of my own. Chas and Kat's clear direct framework and facilitation helped me to be really vigilant about keeping my own ego out of the picture, always a challenge! And having their direct help when I was lead therapist was affirming, if somewhat terrifying!'

An alchemist's experiment

Chemical, cellular, spiritual

A steady flow of unconditional love

Through our hands and our hearts

Into the space

As we touch your experience

You touch us

Deeply

The flow goes both ways

Horror, guilt, shame

Sorrow, fear, pain

Abandonment, loneliness, depression

All these and more are held here....

Gently there is a transformation

Something new is emerging

It fills all of our hearts

And changes everything.

Nikki Kenward

5(gms) Ways to Move Our Businesses Forward

We have been thinking about 2018 and what it will bring. After a year of many changes, we are looking forward to consolidating the changes we have made and building on them in the years(s) to come - in fact we are raring to get building the new HQ in Brighton!

We've also been brainstorming and have some exciting ideas on how we can bring CST to more therapists and thus more people in the coming year. As therapists we need to think about how we can make what we do known to the people who are likely to be interested. We thought you might be interested in some of the ways we approach this in relation to the essence of the work.

1. Build the dream - Intention with no agenda

Decide what it is you want. Consider and creatively mind map **why** you want it and **what exactly it will bring to you**... Don't necessarily think about how it has to happen. Hold the intention of the dream with no agenda, or maybe an open agenda, about how it can manifest. Focusing on what the dream will bring you is often more empowering than focusing on the steps you need to take to get there - these happen organically once the essence is in place.



2. Manifesting our ideal clients

Businesses often build a detailed 'customer persona' – this is an excellent plan and can help you to really focus any marketing, as well as think through how you can effectively network and meet new and potential clients. But if we bring the ideas of 5gms and 'time' into the equation then we can see how sowing seeds about what we do, carefully wording our explanations so we meet a listener where they are at, and offering a neutral and safe space to our clients so that they can't help but pass our name on to others, can be the best and most effective ways of building longevity into our businesses. When we are clear with what we offer and hold that clarity it will see us through. It is no accident that in the Techniques exam one of the questions is 'how would you describe CST to a new client' - think about this from the start! And in thinking how you might describe what you do....:

3. Speak to their hopes and dreams

Think about and even write down what your clients say they want from you. When have you needed to delve a little deeper into what they are really asking for? Then make some notes about the things that clients say to you after sessions. How have you helped then get closer to where they want to be? Once you have a clearer idea of this you will be able to speak to others, more directly addressing their hopes and dreams. You may also need to:

4. Address pains and fears

This could be around affordability, for instance, or not understanding the therapy or potential benefits. When people ask you questions think about ways you can respond. Sometimes it is just about asking more questions - all the 'personification' work we do in SER - use it here too!

5(gms) Ways to Move Our Businesses Forward cont'd

Find out what people are actually needing to know (remember to use 5gms in your questioning approach!!) A question may point to a more personal, inner fear, may simply be about overcoming:

5. Barriers and uncertainties

Not knowing what happens, how you will pay, what to expect, how you will feel afterwards, can be a massive barrier to booking a session. Clients like to know a little about the person treating them (this is surely why referrals work so well). Try to anticipate all these barriers and be ready to respond. We all fear the unknown, and if someone has never had CST (or any therapy), it's worth being really clear on how sessions are conducted, both on a website and when you explain what you do.

Remember, "customers don't care what you do, only what they are left with after you have done it". (Andy Bounds in 'The Jelly Effect') So true! So rather than 'selling' your therapy, 'sell' what you leave each person with. It could be: less pain, reduced stress, relaxation, self-understanding, freer movement, more energy, to 'feel more like me'. When you have thought ahead about the 'afters' as he calls them you will be ready when people ask. Dr John always said - 'our clients are our greatest teachers'. Let them teach you how to find them and become your clients too!

Products

No skull yet? The sooner you buy it the longer you'll have it!

(clockwise)

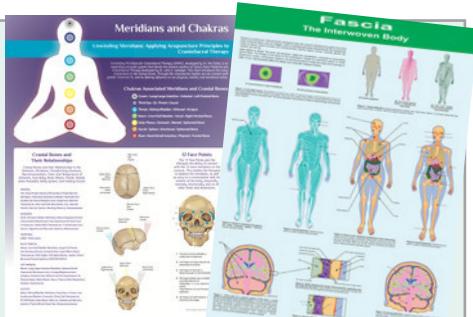
Plain White skull £60

White didactic magnetic skull £150

Painted Skull on Cervical Spine £260

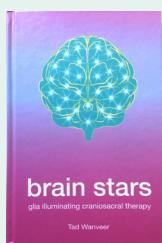
Gorgeous Coloured Paediatric Skull £135

Coloured Didactic Magnetic Skull £215



Meridians & Chakras Poster and Fascia Poster

Size: 26.5" x 20" £28. We still have the beautiful craniosacral system one of course, at £24.



Brain Stars

Tad Wanveer's book £60.

Pricey, but a unique compilation of glial cell research, with application to our field.

All these and much more available on the website.

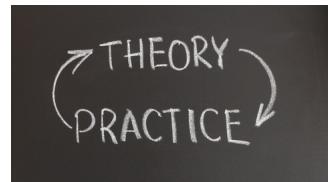
Clinical Applications Classes

Clinical Applications Classes 2018

They are 5 days.

They are limited to 4-6 people.

They will move your practice forwards immensely.



Mix theory review with multihands treatments on clients, with treatments on yourself and your colleagues, with teacher feedback and personal support... what do you get? An extraordinary development opportunity for the serious therapist.

Interested? Register your interest now through the office / website or by getting in touch with Maggie, Fiona, Joe or myself. We will likely assign places pretty much on a first-come-first-served basis. You will pay the instructors directly.

Clinical Applications for CST1 & 2 £625 (no VAT)

Focusing on CST techniques and the material in CST1 and CST2, introducing multihands work. Minimum pre-req is CST2 but the class is also excellent for exam preparation.

8 - 12 February Redruth Taught by Joe Gore CST-D MCSS

6 - 10 June Perth Taught by Fiona Gilbraith CST-D MCSS

Clinical Applications for SER £625 (no VAT)

A class based around SER work: we will review the SER process, locating and releasing energy cysts, cover more about integrating therapeutic imagery and dialogue and delve deeper into vector integration and alignment, meridians and chakras.

14 - 18 March Perth Taught by Fiona Gilbraith CST-D MCSS

2 - 6 August Brighton Taught by Maggie Gill CST-D MCSS

Clinical Applications for Advanced CST £625 (no VAT)

10 - 14 May Brighton Taught by Maggie Gill CST-D MCSS



Foundation Certificate in Body Science

The anatomy, physiology and pathology you need to get you going if you have no previous qualification and want to **Train From Scratch** in CST. Including 9 days of A&P and palpation, 3 days of pathology, a review day, the exam and our day and a half 'Becoming a Therapist' section. Lots of explanation on the website. Sign up & start the journey...

NEW 2018 Dates in Brighton:
May 2-4 & June 6-8 & July 11-13, Sept 12-14, October 16-18 2018

Inside the Cranium

The anatomy for the serious CranioSacral Therapy student



- LEARN the bones & details of the ways they articulate, their foramina, fissures & fossas;
- the meninges, connective tissue and inter-related fascial features;
- blood supply to the head and its drainage, along with cerebrospinal fluid and its function;
- how the cranial nerves exit the skull and spine and the structures they supply;
- complete the picture with the muscles of the jaw, hyoid and upper neck.

Then spend a day in the Dissection Lab looking at all these structures in real specimens!

20 - 22 February 2018 London Bridge £350

A Day in the Dissection Lab A general look at everything 22 March 2018 £150

The Cranial Nerves Learning and exploring the details of each of the 12 cranial nerves in an elegant combination of theory & practice. 23-24 May 2018 £180

See the revamped website at:

www.collegeofbodyscience.com 0845 108 1088

LOVE ANATOMY

Workshop Calender 2018 - 19



UPLEDGER
INSTITUTE

| Course | Date | Location | Cost |
|------------|------------------------|--------------|---------------|
| CSP1* | 1 - 4 March 2018 | Brighton | £610+VAT |
| CST1 | 7 - 10 March 2018 | Solihull | £580+VAT |
| CST2 | 14 - 17 March 2018 | Brighton | £580+VAT |
| CCTB1** | 18 - 21 April 2018 | Brighton | £640 + VAT |
| CST1 | 9 - 12 May 2018 | Perth | £580+VAT |
| CST2 | 20 - 23 June 2018 | Launceston | £580+VAT |
| CST1 | 4 - 7 July 2018 | London | £580+VAT |
| SER1 | 19 - 22 Sept 2018 | Brighton | £580+VAT |
| CST2 | 10 - 13 Oct 2018 | Solihull | £580+VAT |
| CSTD*** | 10 - 12 Oct 2018 | Solihull | £460+VAT |
| Advanced 1 | 27 Nov - 1 Dec 2018 | Nr Taunton | £1150 + accom |
| CST1 | 28 Nov - 1 Dec 2018 | Brighton | £580+VAT |
| CST2 | 6 - 9 Mar 2019 | London (TBC) | £580+VAT |
| SER2 | 21 - 24 Mar 2019 (TBC) | Brighton | £610+VAT |
| TBS | 27 - 30 Mar 2019 (TBC) | Brighton | £610+VAT |
| CST1 | 8 - 11 May 2019 | Solihull | £580+VAT |
| SER1 | 12 - 15 June 2019 | Solihull | £580+VAT |
| CST1 | Sept 2019 (TBC) | Brighton | £580+VAT |
| CST2 | 9 - 12 Oct 2019 | Brighton | £580+VAT |
| SERTIP | 9 - 12 Oct 2019 | Brighton | £610+VAT |
| Advanced 1 | 15 - 19 Oct 2019 | Nr Taunton | £1150 + accom |
| CST1 | 27 - 30 Nov 2019 | Perth (TBC) | £580+VAT |

The TBCs will be confirmed as soon as possible. Please check the website for updated information.

Advanced classes are + accommodation, at £500 full board for five days - in an amazing venue with incredible food, rooms and space!

* CSP1 = CST for Paediatrics 1

** CCTB1 = CST Touching the Brain 1 - Tad Wanveer's course working with glial cells

*** CSTD = CST for Chronic Depletion - Eric Moya's course

How do you book?

Online at : www.upledger.co.uk

By calling the office on 0800 690 6966

By emailing and we can call you!