

Therapeutic Pulse

Upledger Institute UK

Newsletter

January 2019



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UNITED KINGDOM

A Year in the Blink of an Eye ...

We have had another busy year, filling the diary with the typical mix of core curriculum courses as well as putting on a couple of excellent additional ones. Tad Wanveer's course on glial cells, **Touching the Brain 1**, was extremely successful and luckily he loved coming here so much we have persuaded him to come again in 2020. I have taken the risk of asking him to do both the first and second levels of this course - many of you who did the first one this year indicated you would be totally up for part two, and for those that missed the first one - well see page 8 for a taster of what you missed. Many UI courses expand our anatomical understanding and ways to apply the work we do - this class really did expand the boundaries of the paradigm of our work a little bit more.

The other extra-curricular class we ran was **CST for Working with Chronic Depletion**, developed by Eric Moya. It has evolved since the last time it was here and a big piece was being present in the witness mode of working, which many students said was a beautiful yet gentle shift. I was teaching a CST2 downstairs, and when Eric finished first we managed to persuade him to give us his take on the Triune Brain. As instructors we rarely get to observe each other presenting so it was fun to hear his version - and share where mine is slightly different!

Of course we ran a number of core curriculum classes round the country during the year too - from Launceston to Perth and a few places in between. We are still open to finding a venue at the Leeds / Manchester / Liverpool latitude. Any ideas please let us know. We ended this year with a concurrent CST1 and Advanced class, the week after the PTSD Intensive Programme. Beautiful!

Looking forward to next year and even 2020 already! Dates on the back page as usual... We hope you are inspired.



Congratulations!

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

Sonya Hirst

Felicity Clark

Mary MacDonald

Heather Hollett

Efter Rompoti

and

Lindsey Coker-Davies

completed her

Diplomate Certificate.

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

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!

The Brain Speaks 1

Based around the explorations Dr Upledger describes in the book 'Cell Talk', this course presents the brain in a whole new and extraordinary light. While on the one hand you will hear details of neuroanatomy, physiology and the biochemical processes of neurological function, you will also learn how to individually palpate and dialogue with each structure.

The course instructor will be **Avadhan Larson**, who teaches a number of upper level UI classes - we loved her TBS2 a couple of years ago and are excited to hear her presentation of TBS1. Pre-req: SER1

27 - 30 March 2019 Brighton £610 + VAT = £732



SER and Mastering the Inner Physician (old TIDI!)

Are you hesitant to incorporate imagery or engage your client in conversation during your cranial sessions? Are you unsure how to begin the process, or afraid you lack the skills to follow up once you have started? To move from 'dialogue' to a more effortless 'conversation', this is the class.

Expertly guided by Stan Gerome, you will start by working with your own Inner Physician, using art, alongside imagery and dialogue techniques, to integrate what Jung called "active imagination". An experiential workshop integrating Gestalt and psychosynthesis, it greatly assists us to use the SER work with elegance. Pre-req: SER1

9 - 12 October 2019 Brighton £610 + VAT = £732

Avadhan Larson: What TBS1 & SER2 Bring Us



AVADHAN LARSON
CST-D

Avadhan is from Colorado Springs, CO, and runs The Center for Well Being with her husband - when she is not travelling all over teaching classes like the SER2 and TBS she is teaching for us!

Could you tell us a little about your background and what first got you interested in - and then committed to - CST?

I began my career as an acupuncturist in 1979. I kept hearing about this mysterious modality called CranioSacral Therapy and I was intrigued. One weekend I received a massage at a local health spa and at the end of the session the therapist did two amazing things that dramatically changed my state both physically and mentally. (I didn't know it at the time of course, but she did an OCB release and a CV4 still point.) I got off the table afterwards and said, "What was that?? Wow!" When she replied, 'CranioSacral Therapy,' I began looking for a course.

A few weeks later I enrolled in a CST1 class in San Francisco and midway through the first day I was "hooked." I knew then that this is what I wanted to do for the rest of my life! I've been practicing CST now for 32 years, and teaching for 23. And loving every minute of it!

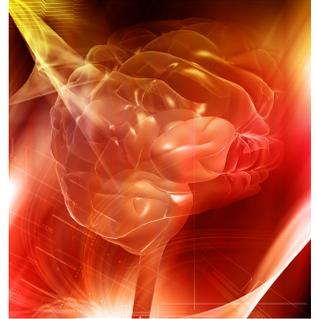
What is the history of the TBS class from Dr Upledger's point of view and your sense of what was important for him when he developed it?

Dr. John developed TBS during the first new wave of neurobiological research that emerged in the '90s. It was (and continues to be) a very exciting time of exploration during which we really began to realize as a scientific community that what was known about the brain was not just the tip of the iceberg, but rather more akin to a molecule of frozen water on the tip of that iceberg! Because of his interest in and success with Therapeutic Imagery and Dialogue he decided to use it to explore brain functioning: "Why don't we just ask the brain and its parts how they work and what they do?"

From that beginning, the TBS class emerged as an exploratory adventure of discovery. The class has continued to develop over time, however, and has since emerged as a kind of 'brain overview' class from a CST perspective. We use all the techniques of CST: palpation, listening, arcing, following tissue, as well as our dialogue skills, with an emphasis on palpation, evaluation and treatment. We learn brain anatomy from a thorough but experiential perspective, much as we learn about the anatomy of the craniosacral system in CST1 and 2: we learn how to evaluate the brain and the brain parts, recognize dysfunctions and then treat them very effectively with CST.

How did you come to be involved in it and why?

I took the first TBS1 class with Dr. John. It was the most exciting and fun class I had ever taken! Years later, when I began teaching it, I wanted to explore more efficient ways of communicating the material, however. Students would usually love the class, but confess that they didn't use it in their clinical practices because they got overwhelmed by the amount of information and anatomy, and intimidated by the early emphasis on dialogue. So along with the other instructors I changed the approach we were taking, grounding it in palpation and treatment skills, including dialogue where needed, but relying much more on palpation and manual treatment approaches.



We also broke the class down into more digestible parts, working in pairs like in CST1 and 2 and taking a systematic tour through the brain, working with just a few structures at a time during each lecture/demo/practice. We have found that as a consequence students leave TBS1 with skills and knowledge they are able to apply in their clinics right away. And of course they do so with phenomenal results! As CSTs we work successfully but indirectly with the brain and CNS every day, but when we begin to address these structures more directly our clinical results are dramatically improved.

What do you feel are the key things students take from this class and bring to their clients and practices?

Much more effective treatment of head injuries, seizure disorders, hormonal imbalances, migraines and headaches, neurodegenerative illnesses, and so many other things! What we don't discover until we begin working with these structures is that often the brain dysfunctions are primary, and once they are addressed many other things resolve more easily and completely, including many bony and membranous lesion patterns.

Since Avadhan will also be teaching SER2, we asked: What is your take on the SER2 class and what do you see as being most important for the students at this stage?

For me, SER2 is where we really get to play with and explore the potential of the work. CST1, CST2 and SER1 are the 3 Foundation classes. In them, we learn all the basic 'tools' and techniques of CST, including being introduced more deeply with each class to the essential CST paradigm.

In SER2 we refine, deepen and explore all of these things, not just Therapeutic Imagery and Dialogue. Of course we DO also work further with TI&D because what we learn about dialogue in SER1 is really just an introduction and is necessarily presented in a simplified way.

Many students don't know this, but SER2 didn't even exist when I and some of the longer-time students went through the curriculum. Fairly early on, though, Dr. John realized that the majority of students needed more than one class to begin to feel comfortable with the use of TI&D. And, as we hopefully learn in SER1, good dialogue skills are based on a foundation of accurate perception of arcing, the significance detector and palpation of tissue responses, so we work with refining and deepening all of these skills in SER2.

How important are the different psychological approaches included and how did they get to be incorporated in this way?

Just as in structural bodywork we need to use anatomical “maps” of the body to guide and inform our palpation and treatment, the field of psychology has developed many different maps of the psyche. Our CST paradigm emphasizes that there are no divisions between body, mind, psyche, spirit and emotions. They function as one, on a continuum, and deeply influence one another. So it is necessary for us to have some working understanding of these other aspects of ourselves and our clients, because everything we do influences every other aspect. The three psychological roadmaps that we choose to work with in SER2 (primarily Gestalt, with some input from Jung and psychosynthesis) adapt very well to our CST paradigm, or are in deep harmony with it.

How do you think students know when they are ready for this class?

I think a student is ready for this class when they have completed the requirements and practised the skills of CST1, 2 and SER1 extensively. We usually recommend a minimum of six months of practise after SER1, but really it depends on how much and how deeply a student is practising those skills. In SER2 we want a student to feel relatively comfortable with all the material from these earlier classes so that they can develop it further. Of course there is always some review in all the levels, but the review in SER2 is intended to be deepening and broadening, rather than remedial!..!



Thanks so much Avadhan. We are really looking forward to seeing you in Brighton in March and showing you some of the sights in between classes!

Cranio Sacral Society - 20th Anniversary

20th Anniversary AGM

6 - 7 APRIL 2019 at The Old Ship, Brighton

Come and help us **CELEBRATE!**

For members, we open at 10.00 with coffee and begin our AGM & Open Forum at 11.15. The afternoon workshops are free to members. Sunday workshops are £60 for members. The day and a half for non-members is £150. This is what's happening...

SATURDAY April 6th

14.00 The Peripheral Nervous System **Joe Gore CST-D, MCSS**

15.45 Our Stroke of Insight **Mary-Clare Scragg CST-D MCSS & David Mason CST MCSS**

SUNDAY April 7th

9.30 Inner Flow **Alex Filmer-Lorch**

11.15 Running a Successful Clinic **Karen Revivo**

12.00 The 2018 Intensive Programme **Caro O'Neill CST-D MCSS & Caroline Barrow CST-D MCSS**

14.00 Working with Water **Caroline Barrow CST-D MCSS**

15.45 Open Forum

To register, please contact JOE GORE, CSS Registrar on 01209 211078 or hello@craniosacralociety.co.uk

Your CSS Board:



*Maggie Gill
Chair*



*Joe Gore
Company
Secretary*



*Sheila Hoy
Treasurer*



*Mary-Clare
Scragg
Secretary
to the Board*



*Sara
Hammond
Press Officer*



*Caroline
Barrow
UIUK
Liaison*

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

Associate - if you are not a therapist but interested in the work;

Student - only if you are enrolled on the Training From Scratch programme, enabling us to offer student insurance as you train;

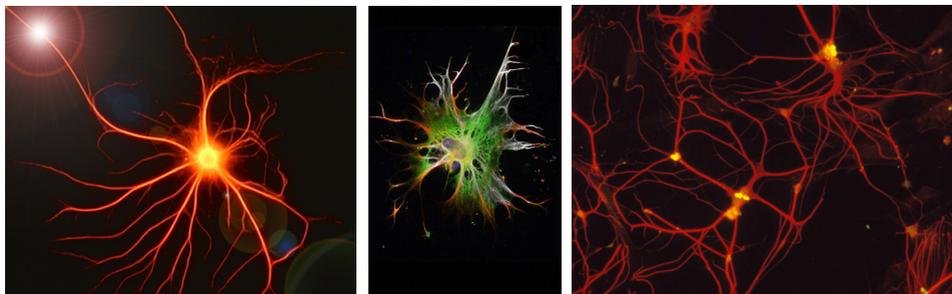
Network member - if you practice under another licence but also use CST in your practice;

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 BACS any payment PLEASE REMEMBER to put YOUR NAME as the REFERENCE. It can be challenging to track down non-referenced payments!

Touching the Brain 1 - Review

By Gabor Vajnai CST MCSS



My first question when I considered taking the Touching the Brain course was how this would differ from The Brain Speaks? But surely it must. My curiosity was further aroused by reading Tad Wanveer's book Brain Stars. His clear step-by-step illustrations and the whole new field of information about the functioning of the nervous system when we start including glial cell functions seemed very different from anything that we learned so far about the brain. But this also raised another question, how are we going to touch? How are we going to communicate with astrocytes, oligodendrocytes, blood brain barrier etc without dialogue. But clearly it is not a dialogue-based approach if the prerequisite is CST 2!

All this was answered through the introduction and initial practice, and an amazing cascade of new learning followed on through the coming days.

To begin with Tad surprised us by saying 'in this course there is only one technique.' There was a bit of expectant silence in the room of nearly forty

participants, including several course leaders and many seasoned practitioners. "We will apply that over and over again", continued Tad humbly. This humble step-by-step approach, building from one floor to the next, created an exciting new castle for CST.

With the one NEW palpation technique that Tad named the Dynamic Poise, the principle of applying the least necessary force and interference to achieve optimal change is taken another step further. And this technique, although we started practicing it on familiar territory like the thoracic inlet diaphragm, enabled us to reach and to palpate gradually deeper and deeper into the micro structures within the brain.

Focused imagination and clear intention guides the therapist's palpation throughout the whole course. The latest scientific research into the interrelationship and co-dependence of neurons and the glial cell matrix provides new structural and functional images to follow the working of these networks in the brain.

The practice developed by Tad enables us to encounter these microscopic brain structures and relate to their functional level. Without going further into the details of the new research evidence that we learned about - I would like to highlight one aspect that is also at the core of this work.

The neurons transfer information via fast electrical impulses. Glial cells complement this by an additional and newly discovered information processing and transmission based on chemical (calcium) signaling. This adds another level to the incredible complexity of the brain where neurons connect with each other forming networks of an estimated 5,000 trillion synapses in an adult brain and each single astrocyte can connect with at least 10,000 synapses, while also reaching out to connect with the other astrocytes in the neighborhood. The treatment process of working with these structures also gives us new possibilities to understand disease pathology and to facilitate healing after brain injury.

Tad has also been one of the long-standing close

collaborators of Dr John Upledger and John Matthew Upledger. He generously shared with us some of his personal memories of working with Dr John while he was responsible for the ongoing Brain and Spinal Cord Injury Programme, which later continued as Intensive Programmes.

The seeds of his research to understand the biomechanical link between our intentioned touch and the functional parts of the brain were planted during that time and followed by many years of studying the rapidly increasing volume of information about the functions of the central nervous system and peripheral nervous system glia.

Thank you very much Tad for your hard work and generous teaching to bring a comprehensible summary of this fast growing research domain to our hands.

We are delighted that Tad will be returning to teach both Touching the Brain 1 and 2 in June 2020.



Last year I wrote about the first PTSD Intensive Programme (IP). Wonder what happened next?

We followed up the participants at one, three and six months, asking them to fill in a bevy of forms; we then charted the results and noted the differences and improvements. As some of you may have read in the report I sent a link to in a recent email, * there was an average 18.3 points reduction on the PTSD scale, an average reduction of two categories on the depression index and also on the insomnia index. In summary, results that are at the least encouraging and exciting.

Did you also catch that one of the participants cycled from John O Groats to Land's End to raise money for others to do the programme, and through that, along with many super generous donations from yourselves and also from Upledger International, we managed to cover the minimum costs to run a second programme this November, this time for eight participants.

We will again be following up and tracking how the participants are doing over the next six months, and will keep you posted.

We will carry on running them but know we cannot continue to rely solely on everyone's generosity. The cost of a place on a programme, to cover costs and pay the primary therapists, is £2800. So...

The IODPA (Injured On Duty Police Association) are very keen to raise funds to cover these costs for another programme for their guys next November and, to do so, three of the past participants are going to climb the UK's 4 peaks!!! And then...

...They'll be having a Ball!

They are going to celebrate this achievement with a ball on **June 1st**, to which anyone from our community is welcome! Tickets are £50 each and tables are of 10. It will be at a hotel in Cheshire. Let us know if you would like to go and we will put you in touch with the right people!

2019

We are currently hoping to run two programmes next year! One in June that people can pay for - £2800 - and the PTSD one in November for the IODPA group.

The June dates are in response to those who have asked how they can participate in a programme and can fundraise themselves.

If you are interested in being a support therapist for either and have completed your Techniques and Advanced 1, or have been in practice a minimum of 10 years, or have worked on a similar programme elsewhere, or done a lot of multi hands work, please get in touch!

Dates

20 Jun 4pm - 25 Jun 5pm in Brighton

18 Nov 4pm - 23 Nov 5pm in Brighton

If you have a client who might be interested or know someone who would benefit from participating in June - get in touch: hello@upledgerprogrammes.org.uk

* [Link to view the summary report:](http://www.upledgerprogrammes.org.uk/up-ip-report.pdf)
www.upledgerprogrammes.org.uk/up-ip-report.pdf

[Link to view the movie we made from 2017](http://www.upledgerprogrammes.org.uk/up-ip-2018-movie.html)
www.upledgerprogrammes.org.uk/up-ip-2018-movie.html

Upledger Community Programmes



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

“Participating in an IP is something extraordinary as you get to see the enormity of CST as a modality that has evolved to truly support human beings! As a therapist, I really enjoyed becoming part of the whole and connecting with fellow therapists, and clients on the table, as we all worked in the same room. I felt it really nourished my self-worth and I found there was no room for any self-doubt!”

“I got to see and experience the transformation of the clients in one week: how the tone of their voice changed, their posture changed, their point of view changed and their outlook on life too!”

“Working with multi-hands in a room where others are being treated gives an energy which has to be experienced to be believed; it is SO much more than the sum of its parts, an almost magical feeling, very special. As far as my own personal work development is concerned this was as good as if not better than attending a course. And it’s free! But seriously, having the chance to work with more experienced therapists on clients who I might hesitate to take on in my own clinic was invaluable.”

“I had just the best week. I learnt a lot. Felt a lot. Gained a lot. Sign me up for next year!”

“Practicing multi-hands CST is humanity at its best.”

One of the clients brought this poem to the closing circle as he said it beautifully reflected the place they had reached within themselves.

Vow - School Prayer by Diane Ackerman

In the name of the daybreak
and the eyelids of morning
and the wayfaring moon
and the night when it departs,

I swear I will not dishonor
my soul with hatred,
but offer myself humbly
as a guardian of nature,
as a healer of misery,
as a messenger of wonder,
as an architect of peace.

In the name of the sun and its mirrors
and the day that embraces it
and the cloud veils drawn over it
and the uttermost night
and the male and the female
and the plants bursting with seed
and the crowning seasons
of the firefly and the apple,

I will honour all life
– wherever and in whatever form
it may dwell – on Earth my home,
and in the mansions of the stars.

*From I Praise My Destroyer
(Vintage Books, 2000)*

A Year in the Life of a CST Student

My year begins in October 2017. I had finally committed to rebooting my focus and set my intention to complete the Upledger training. I had been sidetracked for a good five years by family ill-health, death and random accidents and, as a mother of three and the only child close by to ageing parents, I spun and juggled the family plates. But looking up, once all those around me were stable and settled, it was time for me.

I enrolled on SER2 with Susie Steiner instructing. As a re-opener to the world of the inner physician and avenue of expression (so much held in over the previous years), it was a gift to my soul. With her incredible insights and application of dialogue, I could really believe that this was possible. The skills were there (rough and ready maybe) and the work spoke to me at the deepest level: a knowing which told me this work has a limitless potential, and to open our hearts to the possibility that anything can happen. With improved technical knowledge (I had gone off-piste in previous years) and more focus on anatomy and physiology for my internal listening fingers and clearer visualisation, I knew it was what I wanted to do.

I decided to TA in November 2017 and March 2018 as a way of revisiting the theory, immersing myself back into a learning environment and as a way of assessing what was 'known' and what was forgotten. Of course, I had that experience where you believe you're hearing something for the first time: "my CST 1 teacher didn't talk about that"; of course she had when I went back to the notes and checked! How many times do we need to hear something before we hear it?



By Fiona Ratti

In my case, many, but this wasn't the time for judgement. It was time to appreciate that I had the opportunity to TA as much as I could for my own development. And so I did.

For the first few months of 2018 I read 'A Brain is Born' in readiness for Tad Wanveer's 'Touching the Brain' course in April. Well, I say read... I dissected, re-read, highlighted, forgot it and read chapters over and over to try and get ahead of the game, knowing the more I could relax and listen to the course the more it would flow from my ears and eyes into my very cells and connect with my wisdom. Tad's book, 'Brain Stars' - what a revelation. The visuals are clear, precise and consistent, growing deeper and deeper into detail. It was mind blowing, awesome and humbling, and a little part of my heart was given over to that man, part teacher, part poet. His opening line was a quote from his Tai Chi teacher of 20 years - I knew the connection was there.

A Year in the Life of a CST Student

For the first time I was encouraged to 'see' the body with my hands with a 3D viewpoint - seems so obvious now! Don't the 'truths' always have that effect. And whether I can completely remember all the interfacing membranes at a microscopic level doesn't matter, because all I have to do is ask my hands to visualise the glia-lymph network and my inner wisdom connects to my client and my hands move accordingly - in the gross but infinitesimal way that always blows my mind.

By this stage, six months had passed since SER2. For the first time, I was experiencing a personal change in myself and my behaviour as a direct result of opening up the throat, speech and avenue of expression. I could express when something was not okay and put boundaries in place with family members with dominating patterns. I could clearly say what was mine and what wasn't mine with critical, school-gate parents.

It was a revelation (again!). And its side effects? A clearer picture of who I was and a blossoming of self-confidence. Step by step I was able to communicate what had previously been uncomfortable messages in a measured, calm way as a person with clarity. I became a better practitioner, a better mother, better wife and perhaps a more challenging daughter!

My next step was Adv1 but my experience in SER2 was that my self-conscious self struggled to take ownership of dialoguing and lead. What to do? I knew it was a weak area I needed to address as I wanted to attend Adv1 knowing I could give a treatment



to colleagues without the worry that it was somehow inferior.

I spoke to a colleague (thank you Efer!). She gave great advice: 'take a Clinical Apps course. It will give you all you are looking for'. So a hot August Pride weekend in Brighton, I joined an SER Clinical Apps. Working within a tight group of therapists, led and watched at close quarters by the proficient Maggie Gill, she, and then, one by one, each of us, took turns to lead the dialogue. Building in confidence and ability, I walked out four days later a changed person.

By now I had dug out my exam questions (already 12 months old). The truth was they loomed large like an impossible mountain to climb. I noticed it was a repeating pattern in my mind and in my tissues. It reminded me of my father: "life was always hard". My awareness told me this was a learned behaviour which therefore I could unlearn... but how to do so felt like a complicated task. Advice from Maggie: "get yourself a large flipchart".

A Year in the Life of a CST Student cont'd

As soon as the kids were back at school in September, that is what I did. And I mapped out each essay, words and words and more words, no restrictions or expectations to create a well-balanced paragraph and completed essays. It worked! I got to half term and was pushed into a stop. And since then work has been busy, really busy, all this focus and studying and self-realisation had improved the quality of my work. I was busier than ever and finding it hard to find time to complete the job. What was the next step?

The inexplicable truth is that I can't type, or type and think at the same time. Over the months, talking about it with people who pressed and pushed me to believe that I could, made the pressure feel worse. It was only after sharing a conversation with a cranial colleague, that adults without emotional support during childhood tend to underachieve until adulthood, that another understanding unlocked - that was me! And it was okay, as I'd reached an acceptance of my early years. What did I need? A dictating app obviously! The tech possibilities are extraordinary; (note Visible Body app for anatomy geeks worth every bit of the £12!)

So this is where I am at: a fair few CST1 & CST2 courses TA'd, study groups attended, I joined a great group of gals for informal meet ups and sharing of treatments. Now, since the experience of multi-hands at the Clinical Apps course, I am also sharing clients with fabulous colleagues.

A year ago, I felt alone on a forbidding, overwhelming path, unsure if it was going to work out (googling archaeology degrees instead) and now I am engaged in the work at a much deeper level, I am connected with my community - and what a great bunch they are - looking forward to another packed year in 2019.

More TAing? Yes please. The Brain Speaks? Yes please. SERTIP with Stan Gerome? Yes please. Adv1? Yes please. Hand in completed essays? Yes! And then the practical exam...

So for all you Cranial students, it is do-able, it is so satisfying, set your intention and go for it!

P.S. As I write this, I'm on a 24-hour break with my husband in deepest Sussex, by the side of a pool. I slip into the water and we swim up and down, side by side. He grimaces, "its my hip, it hurts, it feels jammed, it needs yanking into place". "That's a bit aggressive" I say, and suddenly I'm visualising Florida, the sun, the salty seawater, dolphins, all the images I saw on the film 'Touch' (see the Upledger Foundation website). "Lie back and float on your back", I say. I support him under his back at the respiratory diaphragm and behind his sacrum. He relaxes, there is some lengthening, "Press your hip bones inwards like you do at home"; the sacrum drops and twists, I follow and wait. For five minutes, we are in the luxury pool having an impromptu session. I feel a cold current of water, something has changed and I let his feet drift back down to the floor. All done, no pain, all gone... the speed of craniosacral therapy at work in water is another magical experience. This is extraordinary work. Anyone got a pool I can borrow?!

P.P.S. Why did I write this article? Because I woke up to Caroline's email requesting contributions and it felt like an easier "in" to writing, breaking through the fear and committing to the blank page, than writing an essay - no stopping me now!

Study Groups - Why Bother? by Victoria Meek

I'm finding that attending a Study Group is a very effective way to enhance my learning. Also, it is a great opportunity to meet up with people from different levels and backgrounds, who have varying degrees of knowledge and experience in the CST world. Each Study Group can focus on a different aspect of the CranioSacral work, and there is always the possibility of experiencing multi-hands on and off the couch which is a big bonus!

Attending the Devon/Cornwall Study Group this December, I loved reviewing the hyoid bone and all its relevant muscle groups and cranial nerve innervations. We also practised mouth work techniques and there was a great introduction to the process of SER. We discussed the importance of which questions were appropriate or not, if any dialogue arises during a SER session. We were encouraged to record each dialogue, which is a great idea to increase our awareness of our language when we are primary therapist.

Initially I did feel some apprehension, but it soon became apparent that it was a very safe and supportive environment to be a part of. Although I am currently at CST2 level, I found this was a great introduction to SER1, which I plan to attend in a few months.

*** NEW SOUTH EAST LONDON STUDY GROUP ***

With her Techniques Certification in the bag, we are delighted to welcome **Efter Rompoti** as a new South East London Study Group leader.

Her first meeting will be 1st February 2019 in Forest Hill, South East London. We warmly invite and encourage anyone who lives close enough to go along - remember, they are worth travelling for!

Please contact Efter on
07799 286102 or
efter.physio@gmail.com

Other groups? See the **Study Group Calendar** page on the website.

This has been sent by our Belgian colleague, Lies Christiaens. She says: 'for me, gratitude is CST.'

Gratitude, the Parent of all Virtues

*Gratitude seems to be one of the few
transformational practices that unites people
beyond beliefs and words -
beyond nation, race, and tribe.*

*When you have a heart full of gratitude, your
behaviour is positive and kind,
and when your heart is full of negative emotions,
it is because you have lost your gratitude.
To focus on gratitude and not on what you
perceive to have lost is ultimately your choice,
and it is perhaps the most important choice
for your happiness and the happiness around you.*

from A Life Worth Breathing by Max Strom

CST1 - those first days feel like...



by **Nicola Thompson**

“I said the course surpassed my expectations and it really did. I knew it was the starting point so I think I was expecting something more basic. I wasn’t sure how useful the 10-step process would be or if it would benefit my clients. Every bit was 100% useful. Every client I have seen since has had at least one technique used on them. The diaphragm work slots seamlessly into every treatment, and I haven’t had a single person say they couldn’t feel it. I also particularly liked the totally inclusive nature of the course. Nothing was rubbish and there was genuine interest in how people were planning on using the techniques. I absolutely loved it! It was worth the money, the travel and the time away from work and the gym.”

by **Nicky Irlam**

“The nerves had well and truly kicked in by the time I entered the training room for this first CST course. After a sleepless night I had all but convinced myself that I would be politely asked to leave on the first day when my utter ineptitude became apparent. What actually transpired over

the next four days was life changing.

“Caroline Barrow is the perfect instructor, she possesses four key attributes that ensure a positive learning experience: total passion for her subject; deep subject matter expertise (in this case anatomy and CST techniques); a wealth of relevant experience and a warm, engaging teaching style that immediately had us feeling more at ease.

“Caroline was supported by a number of teaching assistants (TAs) who were invaluable with their own experiences and their gentle prompts to correct or reinforce a technique.

“As the week progressed and we were given a deeper insight into the craniosacral rhythm and the hugely powerful techniques that align and reset this rhythm via subtle and intuitive manipulation, we all became increasingly in awe of what is possible and our potential role in taking this modality out to our friends, family and clients.

“The feeling of the body’s craniosacral system melding and responding to these subtle interventions is difficult to convey - almost insignificant to the touch but hugely powerful to the senses. I often felt that I could sense the movement and its effect rather than feel it through the touch.

“My brain is stretched and my sense of what is possible even more so. Thank you Caroline & team for a wonderful few days.”

An Expert Lunch...

Many of you will know that I love and treasure the meeting point between the understanding of ourselves that has come through science, and the things that can occur in treatment, meditation, alternative approaches that science yet has no explanation for. I have always felt very comfortable on the bridge between the two, blending and melding what both have to offer.

I recently had time to re-review some of the material from Tad's glial cell class in April. I started exploring the new information regarding the CSF drainage routes. In addition to the known arachnoid granulations within the skull, evidence has shown that there is drainage via similar structures at the sleeves of the dura, as each spinal nerve exits; I knew a significant amount drains through the cribriform plate of the ethmoid (though not that it was as much as 50% which Tad said had been suggested); I caught up on more of the research from Neddergard about the glymphatic system, offering evidence that some CSF travels on the outer side of blood vessels, crosses the pial membrane to become interstitial fluid within the brain and drains similarly around the outside of veins; and certainly was excited about the new lymph vessels in the dura (Kipnis et al). The completely new piece for me was that some drains around the fascial wrappings of the major blood vessels. How do we know this I wondered?

Thanks to my biomedical science degree I am lucky enough to have an associate membership of the Royal Society of Medicine, so I can read and download papers from a large range of medical journals. Looking into this question, I printed a few key papers. Some had come from a team at Southampton University and a name I kept noticing was Roxana Carare. In the lovely way that things sometimes work, our new neighbour in Brighton happens to be a biochemist who works on proteins present in Alzheimer's. I had asked what she knew about CSF, she said not much. - but knew someone who did. Turns out it is Roxana! You can imagine my excitement when, due a lunch visit with her friend, she was kind enough to let me tag along!



Containing said excitement, I decided to stay mindful of just a couple of main questions I would put to her if I could: (1) What is her current understanding of all the ins and outs (literally!) of fluid flow around the brain? (2) Since we work with the concept that there is rhythm to these ins and outs, if she wanted to find out if this was the case, how would she do it? (3) I was also curious to know what she thought of this rhythm idea - does it seem so crazy, in fact, or is it a likely way the body could maintain both flow and the correct volume of fluid?

I think she is as passionate about her work as I am about ours, and she seemed to really enjoy the questions. She also said it was a timely meeting as she is exploring ideas about CSF flow might be improved, following suggestions too that this would help in problems such as dementia. She wondered how we could explore this (I confess I am not sure I could accurately 'perform' CST on the smaller rodents they tend to use in research!) but most of all, she is willing to continue the conversation in the new year so I am really excited about that.

She calls her team the IPAD team as they are working with the *Intramural Periarterial Drainage Pathway*, currently exploring what the driving mechanism of this drainage though these spaces might be. Look at the abstract from one of her latest papers below. Sound a bit familiar? Searching for a driving mechanism for fluid flow, not arterial? Maybe our questions are shared... might the answers be too? Watch this space...

A control mechanism for intra-mural peri-arterial drainage via astrocytes: How neuronal activity could improve waste clearance from the brain. Diem, Alexandra K., Carare, Roxana O., Weller, Roy O. and Bressloff, Neil W. (PLoS ONE 13(10): e0205276 2018)

The mechanisms behind the clearance of soluble waste from deep within the parenchyma of the brain remain unclear. Experimental evidence reveals that one pathway for clearance of waste, termed intramural peri-arterial drainage (IPAD), is the rapid drainage of interstitial fluid along basement membranes (BM) of the smooth muscle cells of cerebral arteries; failure of IPAD is closely associated with the pathology of Alzheimer's disease (AD), but its driving mechanism remains unclear. We have previously shown that arterial pulsations generated by the heart beat are not strong enough to drive IPAD. Here we present computational evidence for a mechanism for clearance of waste from the brain that is driven by functional hyperaemia, that is, the dilatation of cerebral arterioles <via smooth muscle cells in the arterial wall - see image at link below> as a consequence of increased nutrient demand from neurons. This mechanism is based on our model for the flow of fluid through the vascular BM. It accounts for clearance rates observed in mouse experiments, and aligns with pathological observations and recommendations to lower the individual risk of AD, such as mental and physical activity. Thus, our neurovascular hypothesis should act as the new working hypothesis for the driving force behind IPAD.

Open Source Link <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0205276>



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