

# THERAPEUTIC PULSE

Autumn 2012

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## UK Institute News

### As the evenings draw in...

I hope you found some sun this summer, in your mind and life if not the garden or beach! It has been a busy nine months since the last update... The main focus was of course the Symposium, *Rhythm and Resonance*, and you will see shortly a review of that and how to find out more about what went on; we have also had each of the first four core curriculum classes and a wonderful

CST for Paeds 1 this year. Here is an update on that, some comments on study groups and the exam process, and a wonderful article addressing the essence of Dr John's work and his contribution to the therapy world. See? Busy, but so exciting. Maybe see you at one of the upcoming courses in the next nine months!

Enjoy! *Caroline & Al*

### What's coming up?

Next up in the calendar we have a **CST2** in Brighton, **24-27 October**, to be taught by Maggie Gill. The CST1 there in May was blessed with sun and lunches on the sea-facing terrace, and while we can't promise that again we can promise an inspiring and enjoyable journey into sphenoids, hard palates and full body evaluations!

The **CST1** and **SER1** in London will be straight after that, again from the Grand Connaught Rooms, over the weekend of **23-26 November** - just in time for an evening of capital Christmas Shopping?

Early into next year we have the **Paeds 2** class, **January 25-28**, at our latest, new, top class venue of Shipham Village Hall! It turned out to be a great space for the Paeds 1 in July - read more about that in the review of the class on page . This next class can be taken by anyone who has done the new Paeds 1 or the old Paeds class. Taught by Nikki Campbell it will include 8 new techniques for infants and children, the cranial nerves in detail, working with family dynamics and a chance to work on the completion of a biological process for yourself. Not forgetting three sessions of practice on some of our lovely local cherubs.

### ADVANCED Classes

And if that is not enough, how about this.... Into next year we have an Advanced Class down in Croyden Hall in Somerset again (for those that know it). The week of 18-22 March 2013, arriving on the evening of the 17th (Sunday).

Which Advanced class I hear you ask? Well we definitely have enough people for **Advanced 1**.... But, there are also nearly enough on the waiting list to warrant a second Advanced 1 - so if you are not on that list and would like to be please let me know soon...

And, we have a bunch of folk ready to do their **Advanced 2** - yay! - so that class is running too.

AND... there's more... Chas Perry, currently the only teacher of this class, has also agreed to join us and teach Europe's first **ADVANCED 3**!

Can you tell I am excited about this? How cool will it be to have 3, maybe even 4 Advanced classes running concurrently? That you are all willing to up the ante, push yourselves and this work to new heights is awe-inspiring... So if you are not on these lists yet but would like to be a part of this amazing group of people then please get in touch really fast!

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## HELP! Volunteers Needed!

### Help at CAM EXPO, London 20-21 October 2012

I decided to take a stand at CAM EXPO this year (which is at Earls Court in London), to make sure that other therapists know about the work we do and the courses we offer.

We would REALLY APPRECIATE ANY HELP on the stand for as much or as little of the two days as you could offer. It will involve talking to interested passers-by, very mini demos for people - eg of diaphragms or the rhythm - and generally putting on a friendly and welcoming face to let a few more people into the CST secret! **Please** get in touch if you can offer any of your valuable time.... Thanks!

ps it will include a free branded t-shirt - oo-er!

## New - Magnetic Skulls

### On offer - £220 instead of £260

Magnetic skulls that disarticulate, in soft pastel colours! This batch are on offer at £40 less than usual.



## Ventricles Model - £95

What it says on the tin... except that it does fit into the 3B skulls along with the membrane models! All you need then is a brain!!

These and all the other usual bits are still available on the website or from the office...



## Note From the Office

Hi everyone,

I'm Karen and I've been working part time doing the admin for UIUK since November '11. I didn't really know much about CST before but I soon found myself having a treatment, reading 'Your Inner Physician and You' and at that first day of the Symposium in London listening to John Matthew Upledger and how it all started - fascinating!



I have probably e-mailed or spoken to many of you over the phone or met you at some of the courses in Bristol. I also brought my youngest son to be one of the 'local cherubs' (as Caroline describes them) at the recent Paeds 1 course in Shipham. He was very responsive and I was encouraged to join in which was a wonderful experience for us both and he has already volunteered his services for the Paeds 2 course in January!

So it has been nearly a year since I started and what a busy but enjoyable one it has been. If you need any information about our courses, bookings, payments, resources or any other aspect of administration, please do not hesitate to contact me.

Karen.

## UK Online Student Peer Support Group via Facebook



We have also recently started a UK Peer Support Closed Group via Facebook. In order to join you need to have done at least an Introductory Course. You need to be a member of Facebook (though you don't necessarily need to use it for anything else); then to join find the group 'UK Student Support Group' by typing in the search bar or follow the link:

<https://www.facebook.com/groups/406792339341732>

## The Ground Breaking Innovations of Dr John

By Dr Rebecca M. Ridge PhD, LMT

**Rebecca Ridge wrote this piece for Beyond the Dura and gave her kind permission to reproduce it here. I love it as it is a pertinent summary of how his ideas were so pioneering years ago, yet have become so readily accepted today.**

Dr. Upledger was a groundbreaking innovator throughout his career. Like all good innovators, he took what he found in his world - we all know about his now famous surgical experience with Delbert, his black feet, and cervical membrane that would not be still - and used it in entirely new ways. He cracked the container of Cranial Osteopathy wide open and let it spill out into the world in ways that changed the game of hands-on healthcare forever.

- 1) He built friendly, cooperative connection between all professions.
- 2) He brought active participation with patients and families into the healing process.
- 3) He regularly made new connections and saw things differently from others around him as he treated his patients - for example, the energy transference issue he got Zvi Karni to research with him at Michigan State University.
- 4) He pioneered multiple hands-on work for everyone who needs it.
- 5) He took what he knew and taught it outside of

the Osteopathic profession in a safe manner that had integrity.

6) He taught us to be discerning, to think critically and not just jump on every new bandwagon that came along.

7) He taught us to always be open to new possibilities coming from the deep cellular intelligence of the body - how to listen to the tissue and the significance detector of the cranial rhythm.

8) He was naming and writing about issues decades ago that today are front and centre in health care - such as TMJ and its relationship to the whole body and PTSD, combat and trauma survivors.

His most significant contribution as an innovator in my opinion is that he taught all of us how to dialogue - with the immune system, with the brain structures, with the cells, with our DNA, with any part of the body or mind or spirit that needs a voice. He made it clear and understandable, how to do this process. To me, dialoguing is one of the hardest skills to master, but the most worthwhile

part of his legacy as an innovator. It is the art of CranioSacral Therapy. This dialogue process - when done correctly - empowers our clients and patients to have a working, friendly relationship with their own Inner Physician. They walk out of our offices in awe of what they uncovered and discovered inside themselves with our help as facilitators. This is an amazing and powerful process - use it!

Dr. John has been a huge door opener for all of us, and his work over the last 35 years has brought us all together. We know how to dialogue with our Inner Wisdom, we relish interacting with others whose trainings are different from our own, we are comfortable with and welcoming of multiple hands-on work - knowing that in times of great need there is nothing like an excellent multi-hands session to affect healing change.

Thank you Dr. John for your legacy and the ways in which you have broken down structures that were not helpful or healing, opened up new perspectives and introduced groundbreaking concepts, and done so much to shift the paradigm of healthcare today.

Dr Rebecca M. Ridge



I would be lying if I said there were not a few moments leading up to *Rhythm and Resonance* where I wished I had not had such a crazy idea... but on that first morning when everyone was suddenly there with warm, eager and excited faces, well.... it made it all worthwhile.

For me it really was about meeting the people I so far had not during my years of training to say at least hello and find out a little about each person. The drinks reception was also a great chance to catch a few people I had missed earlier in the day - we decamped to the hotel next door who had kindly given us the back section of their restaurant for a few hours!

It was about getting a few different perspectives from different teachers: Dr John was clear about the essence of what he teaches yet encouraged us to take it, run with it and develop our own unique styles. I knew that many of us struggle at times to engage with the SER work, so being in the presence of actual treatments, seeing how people work differently - and how differently people work! - gives us an opening into other possibilities.

It was also about showing that this work is still growing, gaining ground and developing, and that every single one of us who chooses to work with it in our practices and lives is contributing to the swell.

## Dr Upledger's Unique Contribution

We started the Saturday with John Matthew Upledger talking a little about his father's early years. He considered a word that could sum him up... Dr John was always learning. But as he went on in life he realised his Dad was also a great observer of things, he shared early and older photos of him in which he could be seen exploring and observing the natural world. Innovative - no Very innovative... Although some of what he was doing seem pretty far out 40 years ago, he took a range of experiences and put them all together and developed something different and new - and he did a really great job of explaining how he had got there. John Matthew also told us about an early patient of Dr John who he had not only helped out of a wheel but supported and empowered to go to medical school. Part of the essence of CST is about empowering the client. Which word do you choose from learning - observing - Very innovative - empowering = you've seen it, LOVE. What more is there.... (well anatomy, years of practice, thousands of patients, but all with the underlying theme...!)

I loved hearing more about Dr John's life. Although I have read his biography, *Lessons Out of School*, having, sadly, never had the privilege to work with him as many of these 'older' guys have, I really enjoyed feeling a bit closer to his process. John Matthew was clearly so able to share that with us. Some of the pictures of Dr John as a young child he had only recently been given from his brother so we were really lucky to see them!

## Presenters

**Chas Perry** considered some of the essence and unique aspects of Upledger Therapy and talked about how these are woven in and through each class of the curriculum: we learn to approach any treatment with the respectful understanding that the inner physician is the one that will know more about that person than anyone; our ability to meld is the key - with their tissue, their rhythm, their guidance. Dr John always said that the majority of his work developed from what he learned from his clients and each 'discovery' could be attributed to a session or other from which ideas developed. Dr John's approach to a twist in the body for example was not to correct it, rather to go further into that twist, find out what it is about, what is at the bottom of it, then we can find the release...

# Rhythm & Resonance

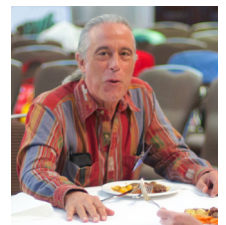
When our physical twists blend with our emotional or psychological twists (my image, not theirs!) that are rooted in the unconscious, Jung said 'the most direct way to communicate with the unconscious is to talk to it'. Dr John has us take this right on board to use alongside intentioned touch. **Stan Jerome** expanded on the importance of taking responsibility for ourselves and that using the imagination in our SER 'conversations' is the key. The imagination is a huge, almost unacknowledged power, enabling us to transform ourselves, so the more we can get comfortable with it and use it, the better. He also gave us that hugely important reminder that the best thing we can bring to the table is a 'more integrated therapist'. Getting our own work done is the most important job, so that wherever we need to go with a patient we can go. Then, as we exit a session, 'we leave no footprints'. Beautiful.

Their shared treatments in the afternoon were very different, but both gave us gems of insight.

**Carol McLellan** started by asking everyone to ground, draw unconditional love in, down their dural tube (liked that one!) out through their cells and body to create a beautiful space in the room - turning the conference room into a conference womb... Great image for her talk!

She told some beautiful stories of the work and research she has been able to do while working in a military hospital, with mums, dads and babies. She and the other therapists were able to have such a positive influence that when a group of servicemen returned from Afghanistan and were sent to this hospital, the commanding officer was keen to use the intensive programme format that had been used with the veterans and invited Dr John as well. He was so supportive of what Carol had been doing that he asked her to develop the CST for Conception, Pregnancy and Birth course, which is now up and running.

*'I found it so inspirational and as a result have decided to go for my Diplomate exam. I learned great conversation techniques that came in useful immediately with my clients. I really enjoyed catching up with friends and making new ones. An awesome weekend!'*



*'Thank you all for being so welcoming at the Symposium for my big introduction to CST. Can only really describe the last 3 days as a totally profound experience! Today was especially humbling being part of a group treatment as a giver and receiver despite being at CST level zero. Felt very welcome and blessed. My heart is beaming, body is processing & brain is whirring away taking it all in still. So looking forward to CST1 for the next steps.'*

*I really enjoyed the symposium. As I sit in my lone consulting room I can visualise that room full of people and remember how many great therapists are out there doing CranioSacral Therapy.*

*One of the highlights for me was watching Chas and Stan work together, alternating as lead therapist. It was a great illustration of how we each develop our own treatment style. Stan's quick, direct questioning and Chas's gentle, patient facilitating seem so different yet both produced touching releases, surely felt by everyone watching the sessions as well as the lucky clients on the table.*



# Rhythm & Resonance - Round-Up *cont'd*

Carol shared a number of stories which showed just how potent this CST approach can be for communicating with the baby in utero, bringing Dad into the process, treating families together so that many issues can resolve. One baby she worked with at 6 months in utero had a tumour on the choroid plexus, threatening lifelong disabilities; after working and dialoging with Mum this area relaxed and at the next ultrasound no tumour could be found....

**Ken Frey** was my wild card! Only because not many people over here knew him. He delivered a great talk about how to access the different structures in and around the brain and got everyone hands-on connecting to brain structures and experiencing what these, and releases within them, feel like. He was engaging and had us all laughing and relaxing into the possibilities of reaching further in.

My friend and colleague Boyd, who took the photos shown here, was sitting at the back of the room on the Sunday after lunch, and leaned over and said to me: 'This is a great room that is really working. I have been in a lot of workshop rooms and this one really feels amazing.' The energy in the room was incredible; the openness with which the speakers shared their thoughts, ideas and what they have learned over the years was truly supportive for practitioners new and experienced alike.

## R&R In Practice

The third day, Monday, was set up to allow us to share treatments and put into practice some of what we had learned about and heard over the previous two days. People took to the tables with gusto and seemed to get great benefit from the energy and passion that surrounded their shared treatments.

## Honouring the Essence Whilst taking the Work Forward

As many of you are no doubt aware, part of my motivation in organising the Symposium was to enable us to have the opportunity to witness the essence and core of the Upledger work as it was developed, and is how it is being maintained now Dr John is no longer teaching.

Each course now has an 'ombudsman' responsible for working with the teachers of that course, and the feedback from students, to continue the development with the essence at the centre. There are also new courses being developed - including a Brain Speaks 2, Immune Response courses for specific issues (cancer, autoimmune diseases, alzheimers...), CST for Longevity, as well as the Advanced 3. We will gradually get them here...



*'My first client this morning needed to be her pain! Used what I learned from the Symposium this weekend. We had great conversation both verbally and mechanically - this work rocks!!!'*



## After-thoughts

*'It goes without saying that for me and, indeed for everyone I have spoken to since, the Symposium was inspiring, thought-provoking and served to raise awareness of the scope of Dr John's work. That sounds rather trite, but I know it is a huge undertaking to create such an event.'*

*'When a large group of therapists engaged in Dr John's work get together, just as at the 'Beyond the Dura' Conferences in Florida, something very special happens and the energy and general buzz is extraordinary.'*

*'So what I really appreciate are those things that are 'invisible' and make such an enormous contribution to the success (or otherwise) of events like these. What do I mean? Well choosing a good venue for one thing, that must have involved traipsing round London, because until you see a place you just don't know. Then all the stuff around coffees, good food, sorting out hotel staff, scheduling breaks, lectures, demos, workshops, fitting in social events, Study Group Leaders meeting etc. It all takes time and a lot of effort. The publicity, the styling, even the title!'*

*'Then the sympathetic booking terms so that folk could come for a day or more according to time, finances and so on. I wonder if anyone appreciated the booking-in procedure, the attendance certificates, the badges - I am sure they must have done, but I am remarking on it, because it is those things that mean everyone is welcome, relaxed and starts off feeling appreciated. AND THAT LOT TAKES HOURS!'*

*'So thanks Caroline and your team for the INVISIBLES. Oh and when is the NEXT?'*

*With love, Maggie Gill*



**P.S.** For your ongoing enjoyment I have begun posting excerpts from the presentations on the website - find the links to them on the Symposium page!



## Research, Talking Pigs and A Call to Action

As was talked about at Rhythm & Resonance, as well as Beyond the Dura, Upledger Institute International is committed to pursuing the call for Research and is doing so in a 4 fold way:

- 1) Pooling relevant and related research to build a more extended database
- 2) Getting articles published - they have set a goal of 10 this year
- 3) Keeping up with and contributing to others' research efforts where applicable and
- 4) Clinical Case Reports

In medicine, published anecdotal evidence is called a case report. Noted Neuroscientist Dr. Vilayanur S. Ramachandran has written that too often science sees no value in single data points. If they were shown a pig who could speak they would say "show me 20 more just like it and I'll believe it", ignoring the remarkable fact that there's a talking pig!

Anecdotal evidence is of value, but has not yet been compiled. We want to give the necessary tools and guidance to our 100,000 plus CST trained therapists worldwide to be able to effectively create case reports

which we can then begin to compile. As an on-going project we would like to create a series of peer-reviewed case reports for submission for publication, stepping stones to further research projects, and for a database of case reports for the UI websites. Our goal is to have 250 quality case reports by the end of 2012.

### Call To Action!

We need your help to compile these case studies. Rather than start out by requesting specific categories, we would like you to submit what you feel are your best results or outcomes. We will then evaluate what categories might be the most appropriate for us to focus on. In order to help get things started, we will give a £35 tuition voucher for the first 250 case studies that are submitted in the proper and acceptable format. You will find this format on the upledger.com website. Our goal is to develop a worldwide database of case studies that will help us build the credibility and recognition we are working towards. Please submit your studies to [casestudies@upledger.com](mailto:casestudies@upledger.com).

If you would like to do this and want a bit of help and direction then please call the office: I am happy to talk you into - I mean through - it!

## Help.

We are expanding the published outcome study (you can access it from the CSS website). (Journal of Alternative and Complementary Medicine January 2011, 17(1): 13-17))

Have you taken SER2? (or SER1 but regularly go to a study group?)

Commit to taking the NEXT 10 NEW patients who come to you for CST, ask them to complete a questionnaire before and after their series of sessions and send them in when completed. That's it. Questionnaires are on the website's research page.

It's actually great practice to get into anyway. We are also exploring how we can look at the effects of CST with specific symptoms. Please contact Caro O'Neill to get involved: [carooneill@btconnect.com](mailto:carooneill@btconnect.com)



Six years ago this course was hugely restructured by Rebecca Flowers and included more information on sensory integration issues and reflexes for example. It has since been developed yet further, as the instructors realised there was a lot of information to get across but not enough practical experience as is usual for Upledger workshops for 'transference' of understanding of the key points into hands and body.

So now we have a Paeds 1 and 2, and CST for Conception, Pregnancy and Birth (Or OB1 if you keep the more formal 'obstetrics' in the title!). Responding to many requests we held Paeds 1 in July while Paeds 2 will be in January 2013. We are lucky - our very own Nikki Campbell teaches both of these courses so I persuaded her down to Shipham, Somerset for the course - it needed to be local to make it easier to get volunteer kids required for practice sessions - more on the success of that in a moment!

We had a fantastic group of students who all revelled in many of the early exercises that are set up to help you understand what it might be like to be a small child coming for treatment (to a strange place with an - initially at least - strange person putting their hands on you). We played with the idea of treating kids who are getting you to chase them all over the place as well as the older more nonchalant ones who may be seemingly disinterested, as well as exploring different levels of touch.

There is more emphasis on some of the issues and complications of family dynamics and Nikki certainly stated the usefulness and even importance of treating more members of the family than just the child - maybe treating together with Mum, or siblings and Dad, as made possible within your clinic of course. We talked quite a lot on the last day about a variety of issues and 'diseases' it is not uncommon to be asked to treat when kids come to us and what we may need to look for and may find as we work with our beautifully gentle set of techniques.

We had two demos of Nikki treating small babies. In one amazing moment, 8 month old Iona, who had had limited arm movement, took hold of Nikki's hand and drew it to her shoulder, where Mum remembered she had had bad bruising after a tricky delivery. She had been rolling to one side but never the other. The next day she rolled fully over her second side and has not looked back!

We had 3 sessions, treating in pairs, practicing what we were learning on volunteer children. These were broad in age range, issues and previous experience of CST but what an experience... One Mum commented on the energy in the room - 'if we could bottle and package that...' It was quite amazing at times. Another, after being on the table with her son said: 'why didn't you tell me it was this good?' (I had of course.... but there ain't nothing like finding out for yourself!) One 10 year old receiving treatment decided that she wants to be a CST therapist when she grows up - can't get much better feedback than that!

These sessions are followed by reflective time in small groups to really help us consider and consolidate what we learned from the sessions. This seemed to prove really helpful for the students.

There is real emphasis on the importance of getting our own work done if we want to treat kids in our practices both because they deserve us to be as 'clear' as possible and because if we have our own stuff 'in the way' it will affect our work and the unspoken ability of, especially small children and young infants, to trust us. The unspoken stuff that speaks louder than words... To that end there is an opportunity in the Paeds 1 for a personal session on your own birth experience and there will be one on the completion of biological process in Paeds 2 (this is also presented in SER2 but is with a slightly different focus here).

Also in Paeds 2 will be 8 new treatments techniques, especially useful for infants and bigger little ones, more on family dynamics, the cranial nerves in greater depth, more on working with reflexes and again the practice sessions, reflective opportunities and more pathology.

The overall message that Nikki stressed and re-stressed was our need as practitioners to be **Grounded, Blended, Neutral** and I think practically every single one of us have taken this away as a mantra and find it of great benefit to all our treatments, as well as with the children we treat.

Paeds 2 will be 25-28 January 2013, again in Shipham Village Hall, and is for grads of Paeds 1 or the old Paeds course.

## Exam Congratulations

A big WELL DONE to those who have followed the process to completion and passed their Techniques Certification this year:

Alison Williamson

Sheila Camino

Lea Miller

Helena Noble

Anna Young



## From the student perspective....

Hosted at an exceptionally beautiful venue looking across the Bristol Channel to the Welsh countryside beyond, and catered masterfully by Al and Jake, Paediatrics 1 was a great course in every way.

Nikki Campbell blended demonstrations, practical exercises, reflective sessions with informative, first-hand experience and theoretical material in a clear and memorable way. She created a safe space for us so that when the babies and young children arrived, we were grounded, blended and neutral....and the magic happened as she promised!

We had 10 tables working with two or three therapists at each, with babies and toddlers and children of varying ages up to 14 years old. There were parents and grandparents, siblings and childminders.....the potential for mayhem was huge, and yet there was a quiet hum of voices and everyone was gently focussed on listening to what the children needed. It was a privilege to be in that space.

The highlight for me was being able to feel the cranio sacral rhythm so clearly (I had heard it was difficult to feel) and witnessing the great wisdom of tiny bodies at work. Our lively and at times fractious 2 and a half year old, had had a difficult time in utero and during her delivery. We were able to connect her cranium and sacrum simultaneously with Mum's sacrum, and we could feel her little body unwinding and releasing tensions, guiding us. This went on for many minutes until a point where she became very still and lay gazing just like a newly delivered baby. Then she crawled up Mum's body until she lay quietly for a moment heart to heart and reconnected with her Mum. Magic!

Even if you don't see many young clients, I would highly recommend this course because it was packed with so much material that applied to adult clients too. I am amazed at the new dimension it has given me surrounding the whole nature of sensory integration and particularly the importance of the quality of our touch.

*Chris Hoswell, Belfast*

## Techniques exam...

***cue shoulders moving protectively up to the ears as the knot of self doubt screws up the stomach***

by Alison Williamson CST MCSS



Something changed during SER2; I blame Stan Gerome. If you haven't met him think part Robert De Niro, part Indian Navaho, but he kicks ass and takes freakin' names! It was during Stan's course that I met my 'warrior' and found some self belief. I decided to apply for the certification, to give myself a year to write the essays - one a month - and if I passed those then I would take it from there.

After receiving my essay titles I picked one that seemed straight-forward, got my books out and started typing... If you are wondering why you would want to put yourself through the exam process, here's a good reason: you learn so much! Sitting down and being very lucid about the what, why and how we do what we do made it very clear in my own mind, and I re-remembered things I had learned seven years previously on my first CST course.

I was also lucky enough to TA on CST1, and seeing a different instructor teach in a slightly different way turned light bulbs on in my head. There were a few sticky moments where I thought, "hang on, they didn't teach us this on my course", only to look at my study guide and see I had taken notes on it!

I then decided to re-sit CST2, which again was invaluable, and unlike TAing, you get to lie down now and again. It is well worth the £200/£300 regardless of whether or not you are taking your techniques; it's impossible to absorb all the information first time around, and it's really easy to start doing your own special techniques. But "Williamson CranioSacral Therapy" doesn't quite have the same ring to it.

I had a wobble listening to different people give their version of what the examiners wanted from the essays: "you can't take it from the books"; "you have to give your own experience"; "you have to do 3000 words per essay", but John Page gave some great advice: "I'm not giving you any advice about the essays," he said, but followed this with "other than, read the essay title and how many points it is worth", which I felt was the key to figuring out where you need to keep things technical and where you can add your own experience.

I followed revisiting CST1 and CST2 by attending Caroline's *Inside the Cranium* course. What a depth of knowledge that woman has, I have attended her courses before and if you fancy making the digestive system out of plasticine and naming bones via touch while blindfolded then check out her college. *Inside the Cranium* was the perfect course to give me some idea of what was happening under my hands, to see a real membrane system in the dissection lab was a privilege indeed and completely changed my tactile skills as I could be very specific about the structures I was working on.

After finishing my essays in 10 months (a couple were only one page essays), I sent them off with a cross of the fingers, and soon found I had passed, and passed with a mark that would make mum proud. So now to the practical exam, I found out you could go for Techniques preparation which I did, and have to say my teacher (Nikki Campbell) was amazing, putting me at ease and explaining what they were looking for. So when it came to the actual day of the multiple choice and practical I was ready to go through the transition, to go there as a student of CST and to come away as a CST therapist. I wanted to know what I knew and what I didn't, and I wanted confirmation that I wasn't making this stuff up, so it's really positive when you arc onto an area then the teacher arcs onto the same area, it quelled all the little voices in my head.

So if you have just started studying CST or have been doing CST for a decade I would say drop your shoulders down away from your ears, breath into your belly, and get writing, it's a worthwhile experience.

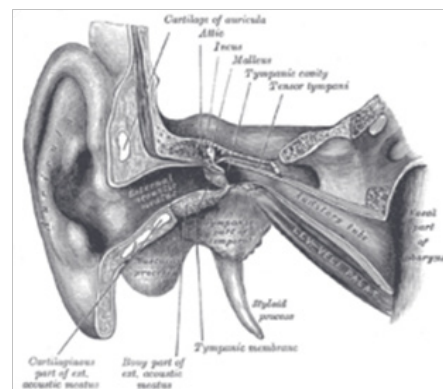
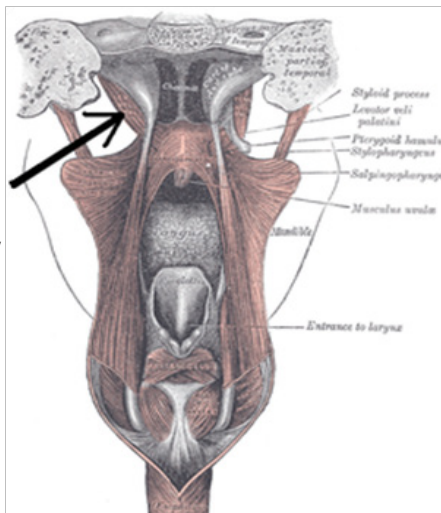
Diplomate next... uh-oh, there go those shoulders...

## Study Group Adventures

by Nikki Campbell

Have you had your diaphragma sellae rotated around your infundibulum? It is the little specialist piece of dural membrane around the infundibulum and the pituitary. It's a lot of fun as it unwinds in circles! Your Circle of Willis opened? How about a gentle unwind of your levator veli palatini?

The levator veli palatini is the elevator muscle of the soft palate. During swallowing, it contracts, elevating the soft palate to help prevent food from entering the nasopharynx. It is innervated via the pharyngeal plexus, primarily by the pharyngeal branch of the vagus nerve (CN X), just imagine how this is impacted in a traumatic physical and/or emotional event?



External and middle ear, opened from

Dissection of the muscles of the palate from behind.  
(Caption for Levator veli palatini visible at right, second from the top.)

These are a couple of the things we have got up to in our study group. We enjoy exploring our neurology in a 3-dimensional and experiential way, both as a way of learning and developing new techniques. We will look at the pictures and the diagrams etc. and discuss the function of the area we are interested in, but the main part is the hands-on listening, mobilising, unwinding, deepening our understanding of how it sits in a 3-d way in the body, how we can access it, become aware of it when we have our hands on and how we can facilitate its optimum functioning.

It also informs the practitioner's hands and enables them to be really specific with their intention if it is appropriate. Interestingly old emotional issues or events have come up from these often small and often overlooked structures in the brain or body which have

remained hidden in the tissue memory in spite of many sessions of SER work and Advanced courses...which just goes to show tissue memory is just what it says on the tin and if that part is not accessed or listened to, the information stays put.

It is a great way of learning anatomy and developing palpation skills. It is the way I teach the cranial nerves in CSP2 and I often think I would like to devote a whole weekend to teaching the cranial nerves like this.

We will be exploring another structure in the brain at the next study group... not sure what yet... something will inspire me or one of my study group and we will spend the day understanding and experiencing it on ourselves and in each other.

## Current Study & Networking Group Leaders

Group Leader	Location	Telephone	Next meeting
Nikki Campbell CST MCSS	Marlow, Bucks	07989 416237	Contact Nikki
Jo Crill CST MCSS	Wandsworth, London	020 8874 9601	By request
Fiona Gilbraith CST MCSS	Perth, Scotland	01738 551682	16 September 2012
Maggie Gill CST MCSS	Rottingdean, E Sussex	07967 046943	22 September 2012
Joe Gore CST MCSS	Redruth, Cornwall	01209 315701	7 December 2012
Rachel Harrison CST MCSS	Edinburgh, Scotland	0131 6698966	25 November 2012
Janet Hiller CST MCSS	Abbots Langley, Herts	01923 265370	Contact Janet
Sheila Hoy CST MCSS	Banbury, Oxfordshire	01295 780027	5 October 2012
Mags O'Brien CST MCSS	Telford, Shropshire	07939 049218	Contact Mags
Carolyn O'Neill CST MCSS	Holsworthy, Devon	07717 400152	7 December 2012
Kiera Petersen CST MCSS Contact: Gloria Vahid	London	07788 598212	Contact Gloria
Mary-Clare Scragg CST Contact: Chris Langham	Ulverston, Cumbria	01768 774601	3 October 2012
Lesley Stratton CST MCSS	Pixley, Herefordshire	07957 435276	29 September 2012
Carol Wells CST-D MCSS	Long Ashton, Bristol	01275 463769	Contact Carol
Ann Whittle CST MCSS	Frimley Green, Hants	01252 834784	2 November 2012
Jo Wilson CST MCSS	Hilperton, Wilts	01225 754853	By request

There is a very reasonable charge of £15-£25 depending on the length of the meeting and often a prearranged topic for discussion and practice. Networking Groups (N) are led by those who have experience in leading groups but have not (yet!) done their techniques exam. An updatable list of the dates, locations and topics of the groups they are holding (as far as I have been let know!) is on the 'Training Calendars' page of the website but I have included those I know about above. Please let the group leader know in advance if you are coming.

We really do encourage you to get in touch and get involved, both to support the leaders who are giving their time and to support your own practice and development – it would be a rare thing not to learn anything or gain from getting stuck into a session.

### INTRODUCTORY CST WORKSHOPS

#### Want to lead them?

To be able to teach the Introductory courses, in line with U11 (US) requirements, you need to have completed the following (in any order but within a reasonable time frame!):

- Advanced 1
- Techniques qualification
- Successfully assist on a CST1
- Successfully assist an experienced Intro Instructor on an Intro course
- Attend a day and a half course to prepare you for the teaching part

We have scheduled the latter - the Introductory CST Course Leaders Course - for

**2-5 pm Thursday 27th & 9am-5pm Friday 28th September 2012**, in Bristol. Cost is £150.

You need not have completed all the above requirements to attend the course part, but you should be in the process of it! Please call the office to find out more if you are interested.



### Quiz-tastic...

Tried the quizzes on CST1 & 2 yet? Good prep before coming on the next class, to a study group or as a reminder.

Go to **www.upledger.co.uk**, the **Finger on The Pulse** page and see how you do!

There are also a variety of anatomy and physiology quizzes available on the College of Body Science's pages: [www.collegeofbodyscience.com/quizzes](http://www.collegeofbodyscience.com/quizzes) Feel free to try them out too - a new Visceral Anatomy one will be up especially for those folk who have recently done the Know Your Viscera course. Anyone want to help me do another?

### Special Price Retakes for Exam Bravehearts

REMINDER: If you have signed up to do the techniques exam there can be huge value in redoing CST1 and/or 2 as a participant.

We are still offering a **special retake fee of £200** (instead of the usual £300) which will also include some time with a qualified TA to ask any specific questions and help you out personally.

This is only available for CST1 & 2 to those who have committed to the techniques exam process (or SER1 & 2 if you are mid-Diplomate). This will not take you off the TA waiting list. Book online, selecting the deposit amount as the fee or get in touch to sign up.

Course	Date	Location	Fees
CST2	24 - 27 October 2012	Brighton	£610
CST1	23 - 26 November 2012	London	£610
SER1	23 - 26 November 2012	London	£610
CST for PAEDS 2	25 - 28 January 2013	Shiphham, Somerset	£610
CST1	8 - 11 February 2013	Perth, Scotland	£610
Advanced 1	18 - 22 March 2013	Somerset	£1050 + accom
Advanced 2	18 - 22 March 2013	Somerset	£1050 + accom
Advanced 3	18 - 22 March 2013	Somerset	£1050 + accom
CST1	17 - 20 April 2013	London	£610
CST2	17 - 20 April 2013	London	£610
CST1 & 2 REVIEW & CLINIC DAY	22 - 24 June 2013	Shiphham, Somerset	£240
SER REVIEW & CLINIC DAY	22 - 24 June 2013	Shiphham Somerset	£240
CST1	5 - 8 July 2013	Shiphham Somerset	£610
CST2	5 - 8 July 2013	Shiphham Somerset	£610
CST1	11 - 14 September 2013	London	£610
CST2	11 - 14 September 2013	London	£610
SER1	11 - 14 September 2013	London	£610
CST for the Immune System	TBC November 2013	Bristol	£610



College of  
Body Science

LOVE ANATOMY

## Inside the Cranium

### Anatomy for the CranioSacral Therapy Student

EXPLORE, LEARN & UNDERSTAND:

- the bones, details of the ways they articulate, the foramina, fissures and fossas (holes, crevices and dips!);
- the meninges, connective tissue and inter-related fascial features;
- blood supply to the head and its drainage, along with production and reabsorption of cerebrospinal fluid and its function;
- how the cranial nerves exit the skull and spine and the structures they supply;
- complete the picture with the attachments and actions of the muscles of the jaw, hyoid and upper neck.

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

Have a great time, learn *a lot* in a small amount of time, and understand it *in relation* to what you do in CST - get inspired enough to keep learning so you have it when that certain client needs you to know it... .

**Hear it, see it, feel it, learn it, know it... and all that jazz.**

**26 - 28 February 2013 London Bridge £350**

Interested? Questions? [www.collegeofbodyscience.com](http://www.collegeofbodyscience.com) or call **0845 108 1088**

## To book

As usual, bookings can be made on the website or by contacting us for a registration form. Any questions just get in touch.

Also, just to say... it is really useful from our point of view if we have an idea that you are planning to do a course at least a few months in advance. While we can of course take late bookings, if you are likely to be signing up we would love to know...



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[mail@upledger.co.uk](mailto:mail@upledger.co.uk)

## Introductory Courses

Our one or two day Introductory courses are run by trained and qualified practitioners. They set the dates themselves so keep an eye on the study group calander of the website if you are interested.

Sat 29 - Sun 30 September in Shropshire £160  
taught by Mags O'Brien

Sat 10 - Sun 11 November in Brighton £150  
Taught by Maggie Gill

## 'Developing Confidence' A Clear focus on Techniques

Sat 20 - Sun 21 October in Brighton £160  
Taught by Maggie Gill

A two day workshop for anyone who has taken CST2 or above, to help you develop your understanding of your work and communicating skills.

Put on by Brighton and Surrey / Hants Border Study Groups

## MERIDIANS AS COMMUNICATORS



Explore the Heart of the  
Meridians

**Developed & presented by Carol Wells**

9:00 to 5:00 **Saturday 29 September 2012**

At the Guide headquarters, Long Ashton, Bristol

An exciting day supporting your craniosacral therapy. There will be lots of practical work, demonstrated and taught in simple units, interspersed with key information and knowledge for you to use and try within your work.

Guest speaker, Simon Fowler, will show us some unwinding of the meridians and a few acupressure points for first aid use.

COST: £70 – this does not include lunch.