

THERAPEUTIC PULSE

What An Extraordinary Year...

Have you missed the TP? It has been on my list of things to do for the longest time & finally it has come together, phew!

I think it is fair to say that it has been an extraordinary year in many, many ways... I would like to share some of the really positive things that we have been able to move forward with this year (the Upledger Therapy Foundation, the Rhythm & Resonance Symposium, more Technique and Diplomate qualified therapists) as well as some of the successes the institute is achieving worldwide (the concussion and PTSD programmes with research protocols attached, new classes & classes in more new countries!). I hope that you will find much of what has been going on inspiring & exciting & perhaps a quiet tonic to the shifting sands 'out there'.

It feels like the neutral, non-judgemental space we learn to hold as therapists is ever more important in the world right now. Not from a place of inaction but from strength & knowledge that 'the action will arise of its own accord' (Tao Te Ching). And when it does we know what is needed of us to stay true to ourselves & our principles.

We have quite a lot of things planned for next year many of which you will find teasers and tasters for in these pages. We hope you will join us in being part of it!



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DEC 2016



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The Importance of the Stepping Stones



I am often asked how long it will take to train in CST. Having the privilege to be a therapist on a couple of intensive programmes this year, the 17 years since I first started seemed paltry when working alongside some others who have been using this work for 30-40 years. Of course we each bring our uniqueness to our clients, incorporating our own life experience & what we have learned about this work & ourselves along the way. We focus a lot on getting our own work done within our courses & it becomes very evident the extent to which this had been embraced as a part of our training!

Our Stepping Stones:

CST1

CST2

SER1

SER2

ADV1

Techniques exam

CSS membership

Best-price way to do it?

Sign up to the **Core Pack Plan** & save £.

Not-a-Therapist way to do it?

Sign up to our **Training from Scratch** programme, with the Certificate in Body Science if you need it.

Or pay-as-you-go...

Then delve sideways into our additional courses once you have the appropriate pre-req courses!

Yet for all the years that we may have practiced & the hundreds & then thousands of people we may have had the honour to put our hands on, we do so from the same essence & paradigm that we learn day one, morning one in CST1! All our building blocks are there from the very beginning - which is also why we always ask students to start with this course even if they have done other similar training... Because there is something about the subtle differences in the way we work that begins right from the start. And we cannot move strongly forward into incorporating the SER work or working with the brain or immune system, even children without the basics in place.

Both the CST1 & CST2 are so rich. So full of information, techniques & the unusual essence of this work that as teachers we try our best to transmit on every level. The changes that can occur for students in these early classes are no less profound than the shifts people make in intensive therapy programmes. The SER classes open us up to communicate about ourselves, when we are on the table, & with others, as the 'therapist', in new ways that place the client at the centre of the conversation. It can be a huge shift to understand how to allow it to be all about their experience & never about what we think they should do or where we think they should go. All of the classes build on each other & every piece takes time to learn, to integrate, to develop.

Each of our classes are deeply important stepping stones, full to the brim of so much learning. We do not need to rush through them & yet we are often pulled to want to learn more soon... This is partly why we place so much value on our study groups, encourage you to meet up & practice with colleagues, get treatments from experienced practitioners & take advantage of various support classes be they reviews, exam prep, anatomy... whatever. So take the time to squeeze as much out of each class as possible. Practice, practice, practice & 'serve your apprenticeship thoroughly' - it will likely bring you much joy & your clients many possibilities! I am learning that becoming a CranioSacral Therapist takes decades, yet the essence of our practice & the good that can be done with it is there from day one.

CST Listening to the Second Brain

This new course, developed by our very own Nikki Kenward, will take your hands and minds on a fascinating journey into the cells and tissues of the enteric nervous system. Applying the CST skills we know and love, and the essence of the way we practice to this complex area, will give us a range of new options for working with anyone with gut challenges.



You will learn about some of the new research that is shedding light on the intricacies of the nervous system, how it communicates within the tissues of the digestive system, how the feedback loops include the brain and when they don't. We had a 2 day trial version of the class earlier this year and a workshop at the symposium - all of which has wetted our appetite (boom boom) for the full 4 day class.

6 - 9 July 2017 in Shipham, Somerset £610 + VAT

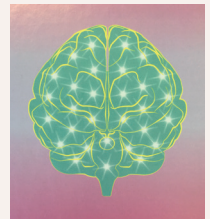
Pre-req: SER1 Instructor: Nikki Kenward CST-D

You will find a short video on the class enrolment page of the website of Nikki telling us a bit more about it. Have a look!

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 part of a family of 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...we can gently touch them. How do craniosacral therapy (CST) techniques reach into the brain or spinal cord? How do they help Central Nervous System (CNS) 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 & treatments. ***This course is simply not to be missed!***

18 - 21 April 2018 in Brighton £640 + VAT

(yes I know, well over a year away - but Tad is in such demand this is as soon as we could persuade him across the pond!)

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

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

2017 Classes

You may have noticed from the back page that we have been busy planning the schedule of classes through to the end of 2018!

Firstly you will spot that the prices have increased. Having kept them pretty much the same for the last 5 years we have finally had to increase them in response to Upledger International raising the teachers fees for the first time in about 15 years! We hope you will agree that our teachers are all extremely amazing and deserve this recognition!

As many of you know we are also happy to help with payment plans whenever we can if that is useful - there are a few of you lovely folk who just leave standing orders running knowing funds can then be applied to the courses you want over time!

A plea: it is really helpful to know in good time if you are planning on coming to a course.. so please do let us know before the last minute whenever possible as some of the upcoming courses are in venues with limited space and we hate to turn people away...



Congratulations since our last Pulse to:

Anna Barrick, Hattie Williams, Nic Harman, Soraya Coyte, Liz Chudleigh, David Mason, Sarah Taylor-Jepp for successfully passing their Techniques

Certification (if I have missed you let me know - I don't automatically hear from the US.)

Also to Joe Gore, Rachel Harrison, Mary-Clare Scragg, Lindsay Coker Davies, Francesca McCluskie (nee Marcari - congratulations on your marriage too!), for achieving Diplomate status!

Francesca McCluskie, Anna Barrick and Marina Farrington for qualifying as Intro Course leaders.

Maggie Gill for becoming our first SER2 teacher.

Nikki Kenward for having her class CST Listening to the Second Brain approved by UII - we are running it first in the UK 6-9 July 2017!

NEW! Source Therapy Foundation

Jane Kerr & colleagues in West Lothain, Scotland, has started an exciting venture, the Source Therapy Foundation, granted charity status in March 2016. They initially aim to provide Upledger Craniosacral Therapy to autistic children in mainstream education in their area. They hope to show that the provision of ongoing CST treatment will have a positive impact on these children, their families & the local community. In parallel they will carry out a 3- year research project investigating behavioural improvements attributable to the CST intervention. The initial research project, focusing on changes in behavioural markers, will be supported by Professor Jonathan Delafield-Butt of Early Years at Strathclyde University, Glasgow. Next they would like to investigate potential changes in biomedical markers using metabolomic analysis. In time the charity also aims to set up a sensory integration gym, provide regular after school evaluation & treatment of basic sensory integrative processes. The charity aims to begin the initial project of treating autistic children in mainstream education in January 2018 and sensory integration evaluation and treatment by 2020.

Dr Upledger makes reference to his work with autistic children in all of his own literature, however none of his research made scientific publication... He stated that he 'simply ran out of time and resources'. At present there is no universally accepted cause or cure for autism; however Dr John showed us there is a way to connect with and meet these children (or adults) where they are at. In his book *Lessons Out of School* Dr John reminds us that 'blending in to the energy of patients and doing just what that tells you.....usually blending is just what they need to happen'. Maybe as therapists treating autistic children with CST we simply provide a connection that they need just to be themselves?

Cranio Sacral Society 2106 Update

June 14th 2016

As I write this I am fresh from the AGM and it was a lot of fun!

This year we were treated to a talk by William Bloom on self care which he framed in a very interesting context of the spirituality of medicine. He shared the deep historical link between these two fields - at times they have not been seen as separate fields at all - and the fact that they are today in our general medical model costs us dearly. He reminded us that finding what it is for us each individually that helps us connect is more important than following any set of exercises or practices and that it can be simply connecting with the wonder of nature or the things we are in awe of. To take care of ourselves is vital as if we haven't, how can we offer care to anyone else? Interestingly, this had come up a few weeks earlier in the Brain Speaks 2 class, the importance of giving ourselves the same level of care, neutrality and consideration that we would give to our clients.

Of course seeing colleagues is a wonderful part of it and despite it being only one day this year it was no less special to meet a few new faces, see some not often seen ones and enjoy again those I had seen recently!

Mark Woodgate resigned at the AGM board meeting and Sheila Hoy has since stepped up to take over as treasurer.

DATE FOR THE DIARY - NEXT YEARS AGM:

10 - 11 JUNE 2017 at the Ramada Inn in Solihull

Self Regulation, the Society and Acronyms...

All the work we did around self regulation brought us to the point where qualified members may use the letters CST-(D) MCSS after their name on appropriate literature. MCSS cannot be used by network or non-members - only those qualified who retain membership. That we all honour this is important for our ongoing evidence of self regulation.

Thinking about becoming a member?

We now have 4 categories of membership - **associate** is for anyone who has not done any training or who has, but is not qualified in anything else, **student** which is *solely* for those enrolled on the Training From Scratch programme, enabling us to offer student insurance as they train. **Network** membership remains the one for those who practice under another licence but also use CST in their practice, and **qualified** is for those Techniques / Diplomate qualified members who have also done their Advanced classes.

You can now join or renew your membership online on the CSS website '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:

Ann Whittle
CSS Chair



Joe Gore,
Company
Secretary



Mark
Woodgate,
Treasurer



Mary-Clare
Scragg,
Secretary
to the Board



Maggie Gill,
Study
Group &
CPD Co-
ordinator

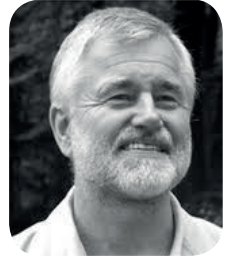


Caroline
Barrow
UIUK Liaison



10 Questions... put to Sanno Visser

Many of you will know Sanno Visser from SER2 or Advanced classes, for those of you who do not imagine a cross between Obi Wan Kanobi and the wisest teacher you have ever experienced. He has officially retired from teaching partly due to some health challenges so I thought it would be nice to bring his wise voice forward and invite anyone who cares to to offer some love over the ether. Here are his responses when we put our 10 questions to him - his words are unedited!



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

S: You can call it a coincidence but it wasn't. When I heard that John Upledger was coming to Germany to teach a CST1 course. Knowing already a little bit about CranioSacral Therapy. I think that was the key moment.

2: What makes an Upledger CST treatment unique?

S: I think it makes it unique because it's listening to the body instead of knowing what needs to be done. I think that's the unique thing.

3: What has been your most remarkable experience using CranioSacral Therapy?

S: They are all remarkable. There is no one... they are all remarkable. Each and every one.

4: Who is the wisest person that you know and why?

S: I don't know him, but I think the Buddha. For me he was a wise figure.

5: Which famous person would you like to treat with CranioSacral and why?

S: Perhaps Putin; to see what moves him and what is moving him to do what he is doing.

6: Doctor John was an innovator. What's the best thing his work has taught you?

S: That everything is possible if you allow it. And I think that is the best thing he brought for me, to me. Everything is possible. Just follow what is. And see what can happen and will happen.

7: What is your biggest mistake?

S: Not to believe that everything is possible.

8: When did you last shout and why?

S: I don't have any idea. Really none.

9: Hands-on training is key to CranioSacral treatments. Can you describe your hands in a few words?

S: It is what the other one is feeling in my hands and I don't know what that is. But I would like them to be sensitive and trustable.

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

S: Perhaps it is that people have that same intention of allowing people to become aware of their own power. I think that's what is common in the family... I hope that is common in the family!

Review: Beyond the Dura 2015

In April 2015 it was the UII 30th Anniversary conference, at Jupiter Beach Resort, Florida

The BTD is an important event in the UII calendar, it is only scheduled once every few years. Therapists and Instructors from all over the world meet to celebrate all things CranioSacral, catch up and swap ideas.

This was the first time that I have attended, and what a great experience it was!

The 3 days are packed with lectures, and presentations, and lots of fun too... more about that later.



John Matthew Upledger , Chas Perry, Tad Wanveer

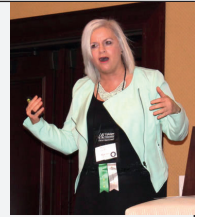
This was the first BTD since Dr John passed away, so there was much thought and reflection among all the delegates about what an inspiring and amazing man he was, and pride that we are all taking the work out into many corners of the world.

Also of interest was a report on the Ricky Williams and Upledger Foundation pilot concussion and research programme. This was an intensive programme run at the institute in July 2014 (and has since been run again last August). The intensive programme was designed for football players with a predisposition to Chronic Traumatic Encephalopathy (CTE).

The players were treated by 23 therapists from the USA, Canada, France and Australia, using CST, VM, and Neural Manipulation.



The object of the study was to demonstrate that these therapies, administered by certified and licensed therapists would help to alleviate the symptoms of post-concussion syndrome.



Marianne Sisco -Passionate about research

Ricky Williams, who played professional football for 12 seasons, suffered repeated trauma to his head and body, strongly supports this pilot programme.

The results from this study are far reaching – not only can these manual therapies help people with sustained repeated trauma, such as professional football players, but also those who have been in many types of accidents.

Finally...no conference would be complete without a bit of fun too, so in normal tradition the Institute hosted a fancy dress party on the last night. The theme was to go in national costume, and being the slightly unconventional lot that we are the British contingent did a grand job as a bunch of Punk Rockers...we certainly raised a few eyebrows with our wild and ripped clothes, you might have spotted a picture or two flying around...!



Party time

Beyond the Dura is a remarkable and wonderful experience, I would highly recommend going along to keep up to date with what is going on with CST around the world, but also to meld and blend with fellow members of the International Upledger Family. While our Rhythm and Resonance symposium has a different focus it is similarly fantastic for a chance to revel in this work that we do.

Rhythm & Resonance Symposium 2016 Review

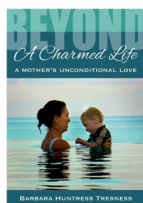
Why We are the Champions, My Friends....

The most overwhelming part of Rhythm & Resonance for me was the 'feeling' in the room. The warmth, the love, the support, the friendship, the common purpose. John Matthew Upledger opened with a heart warming talk about the focus UI International has had been to grow the field and support us as therapists: Credibility, Acceptance, Research & Education - to take **CARE** of us all!

Champion:
someone who
actively supports,
defends or
speaks publicly
in support of a
person, belief,
cause etc.

He talked of the importance of those people who become Champions for the work, often from the place of having been helped so much, they will put themselves out there to say so. There are more and more people who are willing to do this, be it someone who recommends our approach to their neighbour or a 'well known' person who will speak out about their success story. Many of us, both here and in the US on my recent trips, have commented that 'it feels like we are on the crest of the wave'... things are a-changing...

Have you seen the movie 'Concussion' yet? Watch it. Please. Know we have a place in the future of a solution. This pic is Melinda Roland and Sally Fryer at a TBI conference with Dr Bennett Omalu, the researcher who blew the lid off the issue of post-concussion syndrome. (They would have come to this weekend - we were all in the Bahamas in July - except that they were at another conference presenting the results of the concussion programme!) We are standing up to too.



We also had a last minute surprise visit from Barbara Huntress Tresness, another champion mum turned CST practitioner (among many other things!). She shared the beautiful tale of the success and healing Dr John, CST and the dolphin programmes brought to her son Graham who had been born with numerous health challenges. She has written a book about her story, had it plastered on-screen in Times Square earlier this year and also let us play the short movie she had made to tell it. There was not a dry eye in the house...

Copies for sale! £15 - call the office

John Matthew also shared a little of his personal journey with a very challenging diagnosis of pancreatic cancer a while back, for which he has undergone (pretty heavy-going) traditional treatments mixed with a daily dose of CST and other alternative modalities. He has wowed his doctors and his very presence with us said it all.

He finished with a little chap Bash & his Dad singing the praises of CST... Hear the tune? Change those words just a little... (it's in full on the website!)

DVDs on
sale soon!

We are the Champions, my friends....
We'll keep on healing til the end
We are the champions, we are the champions
No time for doubting coz
we are the champions... of the work...!

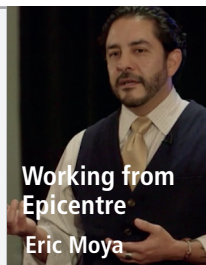
*Rhythm
& Resonance*



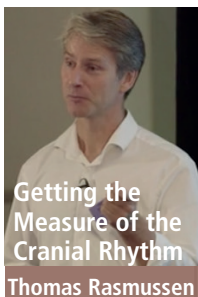
**Building
3-d Awareness
while Treating**
Susan Steiner

'I always wanted to be an artist and now I'm an artist of touch.' 'Can you feel the difference between bone, organ and muscle? Bring your perception and awareness out layer by layer.' 'Ask for the bone to come into your awareness. Yes, it's imagination. Yes, just do it!' 'Treat according to where the person is coming from; dialogue in the way that works for the person on the table' 'You will begin to modulate your touch according to the structure that you are in contact with.'

'Part of systems theory is understanding that we are all dynamically interrelated...' 'We're trying to find out how to treat the underlying system that's having a hard time regulating itself.' 'The inner wisdom prioritises radically differently when you work with patterns rather than individual restrictions.' 'There is information contained in the relationship or pattern, not just the individual restrictions.' 'Main benefit of #epicentre - it allows therapist to stay in present moment; what you sense changes not as linear process but as pattern shift.'



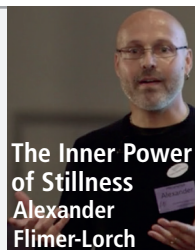
**Working from
Epicentre**
Eric Moya



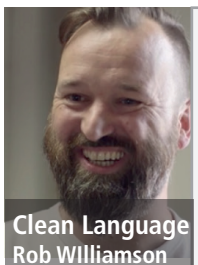
**Getting the
Measure of the
Cranial Rhythm**
Thomas Rasmussen

're Direct measurements of cranial movement - a study in 1971 showed "inherent motion does exist within the living cranium". ' 'But until now there hasn't existed any software to handle the data - how do we isolate the movements?' 'New research places sensors used in robot technology (10g pressure) on mastoid processes, sensors move with rhythm' 'Real-time measurement of CSR is isolating heart and breathing measurements and tracking how it affects movement in the skull' 'This software means that we can get information on symmetry, quality, amplitude and rate.' 'Is the CSR a constant physiological phenomenon or dynamic? Could it be linked to the consciousness state of the client?'

'There is not enough being in our knowledge.' 'The oldest evidence of stilling practices date back approximately to 5,500 BCE' 'In philosophy there is a profound scale to stillness, ranging from dynamic stillness to stillness that transcends itself, giving rise to the pure self.' 'On the research: In absolute terms, silence resulted in statistically increased levels of neurogenesis.' 'Two hours of silence per day prompted development in the hippocampus.' 'Neutral...what more respectful place to work from could there be?' 'Upledger CST puts the essence of all of this into modern form.'



**The Inner Power
of Stillness**
Alexander
Flimer-Lorch



Clean Language
Rob Williamson

'Clean language allows us to create a deeper rapport and level of trust with the client;' 'It allows us to keep our client's experience intact;' 'It keeps us grounded blended and neutral - it's basically 'neutral' language.' 'Some clients may not be able to talk, may not have words to describe feelings, may be resistant for many reasons;' 'Nonverbal clients may have brain injuries, developmental or sensory processing issues, trauma, or it may be a coping strategy.' 'If our clients aren't willing to give us words, we can use gestures, movements, expressions' 'if we mirror back movement, gestures, noises, patterns, we can create the sense for the person of being heard.'

The Upledger Therapy Foundation...

We are
delighted to
announce the:



We are delighted to announce the start of the UK's version of the Upledger Foundation. Many of you will know that we launched at the Rhythm & Resonance Symposium in September, with a raffle that consisted of some amazing prizes - thanks to our donors and congratulations to all our lucky winners. We were absolutely delighted to raise our first £6060 from all our efforts and your generosity!

We planned to call it the Upledger Foundation UK.... until we realised the effect that the acronym would have.....!! While that caused a lot of amusement (plus bemusement that we hadn't noticed before!), it also called for a brainstorm from which grew the **Upledger Therapy Foundation** - a new logo will follow shortly! .

Our three key aims are running **Intensive Therapy Programmes**, finding places where we can offer '**Therapy in Residence**' opportunities and incorporating **publishable research** around these offerings. We are starting out as a Social Enterprise business, rather than a charity, where profits are invested not distributed. And while the key point is to create social impact by offering treatment for those who would not otherwise be able to access or afford it, we feel that some social impact can also be created by developing a business model where those that can afford to pay or contribute are able to, while we can still apply for grants and funding from relevant sources for those that cannot.

Among our aims and objectives the first is to run our initial Intensive Programme (though we may not call it that!) in November 2017. In the US they have been running the Concussion & PTSD programmes: these are 5 day, 3 therapists per client, treatment sessions that help facilitate so much change. Chas and Kat Perry who run them for the Institute are coming over to hold the space and teach us the ropes.

Caro O'Neill, Nikki Kenward and myself have just returned from participating in the one in Florida. This meant we were able to meet and work alongside those who are coordinating the research and developing the methodology to assess the impact of the intervention - 'craniosacral processing' rather than therapy as one of the attendees preferred to see it! We are now actively on the look out for the most appropriate group of folk for us to support in this way and are really excited to get these up and running over here. Watch this space...

The WHY

These are the words of two of the veterans from November's PTSD programme. I think they help explain why we want to do this, the difference it can make and why you might also care to get involved sooner or later!

'You all mirrored unconditional acceptance to me in a way that in itself became part of the healing process. You helped me open my voice, express my feelings, expand my heart. You are helping me better prepare for expanding my work with suicide prevention. I feel ready now; energized, motivated, courageous. For this I am grateful. You are more than healers to me, you are friends.'

'The mukthar of a Kurdish village of about 300 people held a ceremony where he wrote my name in the village book of memory. I am welcome back any time as a friend of the village. You are all in my book of memory.'

'No words can explain the phenomenal regenerative healing process that took place inside my body this week through your healing hands; thank you! The experiences were fascinating, amazing, mesmerizing and humorous on so many levels and I thank each one of you for making us feel 'accepted with no judgement'. For the first time in decades, I feel centred, balanced, grounded and calibrated from head to toe, inside and out!'



The HOWS

We have got off the ground with our first raffle!

We will now be applying to various grant making bodies who are looking to support these kinds of projects. We are also compiling some detailed information about the difference that these projects can make - incorporating the research we have, case histories and results from on-going outcome studies.

How else can we Raise Fun-ds?

- Caro O'Neill & Joe Gore who run the Devon & Cornwall Study Group are going to charge a few £ extra per study group day to donate
- Fiona Gilbraith has offered to donate the fees for treatments paid by clients who come to her clinical applications classes
- Caro also had the great idea she would invite no-show clients to donate at least a portion of the fee
- We will get donation boxes prepared in the new year for anyone who would be willing to have them in their clinics - this could also incorporate some 'pay-it-forward' opportunities for happy clients!
- We will start a just giving page in the new year
- Do you want to climb a mountain.... surf the seas.... run a marathon.... take part in a CST-A-THON (we are working out what this could look like)... creative hats on!

Any other ideas you can think of? Get in touch!

Who do you know who...? Please also get in touch if you think of anyone you know who might be able to benefit from our projects and / or help them happen. We are still in the general phase of exploring all options at the moment so are following up all leads! Thank you.

Reviewing the Brain Classes - TBS1&2

A Review of... The Brain Speaks 1

by Jane Kerr

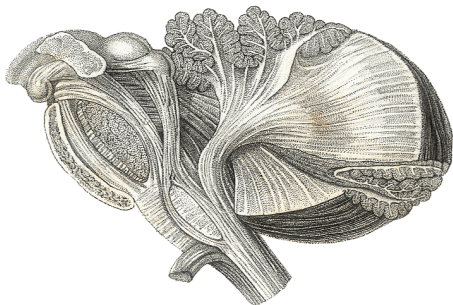
Having completed SomatoEmotional Release 2 with Sanno Visser and just when I thought Upledger Craniosacral Therapy could not possibly get any better I attended 'The Brain Speaks 1' with Tim Hutton. Not only is Tim Hutton an extremely experienced CranioSacral Therapist of 21 years, he was once a Quantum Physicist...



I attended the course with a very open mind. Having come from a Musculoskeletal Physiotherapy background most of my days (pre-CST) had been spent treating everything and anything below C2. You can imagine my complete surprise on day one when Tim explained that we would be spending 4 days learning about different structures of the brain, palpating them, treating them and dialoguing with them where appropriate. In my complete MSK Physio naivety I thought "Really??? How can you possibly palpate through the bones of the skull???" Accepting that the cranial bones were not fused, actually move and we can treat them was one thing but palpating and treating brain structures seemed, to be honest, completely bonkers!

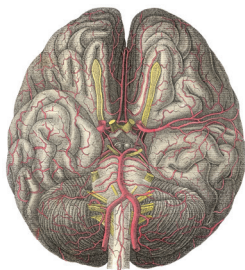
In fact it was completely mind blowing. Both the course structure and content were perfect in every way and just what I needed to boost my confidence in treating above C2. We learnt about the brain from a cellular to structural level. We were taught the major landmarks of the brain which was very useful from a clinical point of view. We also learnt about the vascular system, neurons and neuronal impulse conduction. Tim explained anatomically and physiologically the different structure and function of each brain part and then demonstrated how to individually palpate each structure. This was phenomenal and when Tim was demonstrating I felt as if I was actually palpating the structures with him... this was most surreal.

The most valuable thing I learned about palpation from Tim was about being aware of my own body whilst treating and keeping it as relaxed and as open as possible. The more relaxed you can keep your entire body when palpating the more information you will perceive through your hands. It was amazing to learn how to set the intention of palpating each individual brain structure and how it would suddenly appear in your hands, each different structure feeling completely unique with its own distinct personality.



We learnt about the evolutionary layers of the human brain in the Triune Brain Model. The reptilian, mammalian and neomammalian (neocortex), the brain structures that make up each layer and the behaviours associated with each layer.

Reviewing the Brain Classes - TBS1&2



We learnt about the 12 pairs of cranial nerves, their anatomy, innervation and function. We also learned how to palpate and treat them all. Finally the most intriguing of all the brain structures for me was centrum. This structure appeared to Dr John via dialogue and certainly does not show up in any medical textbooks. Centrum is essentially energetic in nature and works with the medulla to release past life experiences. Only Dr John's open mindedness has allowed this brain structure to come forward, have a voice and be heard.

As with every Upledger CST course I have attended to date I was completely blown away. It is humbling to think we are in fact all just energy - even our highly evolved brains!

Upledger CST is like a box of chocolates... you never know what you are going to get next!

The Brain Speaks Too (2)

aka 'To Infinity and Beyond...'

by Caro O'Neill

For me, this course brought yet more depth to the work - just when you thought you couldn't get any deeper! TBS 1 brings the anatomy of the brain together and familiarises us with the major players of the brain. The Brains Speaks 2 is about discovering the 'missing resources', the bits that we somehow didn't learn along the way or were taken from us on our journey. I am talking about trust, safety and security. Discovering why they are missing and then facilitating their reconnection. When a client presents with issues and symptoms that have roots in developmental deficiencies we are taught to use our palpation, evaluation and imagery techniques to help the client identify the missing resources and find those connections. As Avadhan Larson, our inspirational teacher, so succinctly put it: 'if the Inner Wisdom had the missing resources, it would have healed already.'

One of the opening quotes grabbed me immediately: *"Our brains are built in the enigmatic interface between experience and genetics, where nature and nurture become one"* (Crabbe, Phillips and LeDoux, 2003.)

This is such a big quote it makes my brain hurt thinking about it! But that's what we did for four days and it was wonderful. We looked at: the social aspect of brain development, how the developing limbic brain is moulded by external influences - our primary caregivers, our social environment; the anatomical structures of the social brain and the conditions that support or inhibit its development. In a 'normal', safe upbringing, healthy boundaries are established that protect us from harm and help form our moral compass. If these boundaries are ruptured or undeveloped due to lack of care and nurturing at an early age this may lead to attachment/anxiety issues which pattern out to establish a dysfunctional or insecure adult. When taken 'to the table' these absent links can be palpated as missing attachments between the limbic and cortical brain. Extraordinary. We worked again with RAS, the reticular activating system, with the HPA axis (hypothalamic-pituitary-adrenal axis), with the importance of glucocorticoid receptors - all key in the fight, flight and freeze response and for stress management.

cont'd...

Reviewing the Brain Classes - TBS1&2 *cont'd*

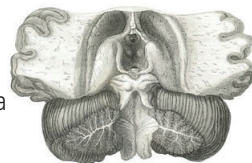
The Brain Speaks Too ...cont'd

We looked at trauma and its effect on the brain and how prolonged trauma can lead to a disordered and dysfunctional autonomic nervous system with a plethora of symptoms. Dipping into Levine's work on trauma and observing the overlaps with our completion of biological process. We agree that *'the best way to break the cycle at the neuro-somatic level is to allow the body to complete the response'* (Levine). And of course, we looked at the wonderful, wandering vagus nerve and Stephen Porges' Polyvagal Theory with its social nervous system. The manual is literally heaving with fabulous information about Autism, Traumatic Brain Injury, PTSD, Dementia, Parkinsons and MS and areas of focus during the treatment of these conditions

However, I think my favourite piece was working with the third ventricle. A key player in the HPA axis. What a cool place that is to hang out! I don't think you can get deeper into the brain than that.

Thank you, Avadhan Larson, for bringing us this gift of a course to the UK. We are gushing with Oxytocin for you!

I have it on good authority that at least 4 of us, when asked in the post course evaluations "Where do you see CranioSacral Therapy taking you in the future?" wrote "To Infinity And Beyond" ! I think this says is all.



***We loved it so,
we want more!***

***Latest Brain Class
is***

***CST Touching
the Brain***

***With Tad
Wanveer***

coming soon (ish!)

18 - 21 April 2018

£640 + VAT

Pre-req SER1

see page 3

Quotes from the other Buzz Light Years on the course with me:

My favourite part of the brain is the bit that is just a 'space'... you'll know of course I'm talking about the VENTRICLES. Where the magic all happens. When instructors talk about holding the 'space' I get it now;-)

Robert Connolly

Know your anatomy, review your anatomy regularly... so that when you touch a client and their Inner Wisdom reveals itself, you know exactly what it's talking about. I have been spurred on to get whatever tools, models, pictures I can find, so that I can really 'get' what the Inner Wisdom is showing me. Loved it.

Linsday Coker Davies

I feel like suddenly all that brain anatomy makes sense! Possibly because my own is working so much better... Thinking is clearer/ sharper, sleep is better. And as for the patients, well they seem to be arriving in droves at just the right time!

Fiona Gilbraith

Best part for me, apart from the top quality teaching, depth in understanding, growth in cranio, is ... feeling closer to my own brain, kind of coming home, sensing the sincere welcome. My brain is no longer that far away, a big scary universe. This is such a relaxed, safe cocooning. I definitely now go for the Touching the Brain course.

Jan Camus

Anthroposophy, Salutogenesis & Research

by Gabor Vajnai CST MCSS

Some readers might have heard of or interested in the philosophy of Rudolf Steiner known as Spiritual Science or Anthroposophy, which inspired biodynamic and to some extent organic agriculture, Waldorf education and some other, lesser known, initiatives. In medicine, anthroposophy promotes a phenomenological* approach and a holistic view of the human being as an integration of four aspects: the physical and the life (etheric) body with the soul (astral) and spirit (ego). All these levels can be addressed in therapy and with remedies that were developed similarly to homeopathic medications.

A few months ago I became involved with an international initiative to explore the connections between craniosacral / cranial osteopathic principles and of those that are fundamental to Anthroposophic medicine and therapies such as Rhythmical Massage Therapy & Curative Eurhythmmy. We aim to deepen our understanding of what we experience during craniosacral therapy treatments in the light of Spiritual Science but keeping the open and respectful approach to the belief system of the individual. This is an open group of doctors and therapists involved in Anthroposophic medicine and experienced in one of the various schools of craniosacral therapy, osteopathy, chiropractic, physiotherapy or other.

Salutogenesis – what it is and how do we relate to it?

Some of my earlier studies in Anthroposophy lead me to read about the work of Aaron Antonovsky and his theory of Salutogenesis. The word translates to the origin or creation of health as opposed to Pathogenesis, the study of the origin and the spreading of diseases.

Antonovsky - a professor of sociology – while researching the state of health of the older generation of Israel in the 1970s found that Holocaust survivors were amongst the healthiest. This led him to fundamental questions in relation to what contributes

* the study of subjective experience

to health and to remaining healthy in stressful environment, and in extreme cases what contributes to the possibility of the survival of the individual in adverse conditions? He developed and published his concept as Salutogenesis. His findings tie in beautifully with CST and also relate to or supported by the works of Abraham Maslow, Eric Fromm and others of the Humanistic school in Psychology.

How trauma is integrated or not in later life depends on the support given to the person affected by it but also on the preparedness of the individual.

At the heart of Salutogenesis lies Sense of Coherence (SOC) a concept and a tool to measure the "inner strength" of the individual, the possibility of coping with challenges and trauma. SOC depends on what resources we have and how we are able to use those.

"The SOC is the capability to perceive that one can manage in any situation independent of whatever is happening in life. SOC is flexible, not constructed around a fixed set of mastering strategies, like the classic coping strategies (Antonovsky, 1993b). One could say that SOC functions as a 'sixth sense' for survival and generates health promoting abilities.

"People have to understand their lives and they have to be understood by others, perceive that they are able to manage the situation and deepest and most important perceive it is meaningful enough to find motivation to continue."

Following this brief introduction would anyone be interested to study and explore these ideas further and consider the possibility of applying the Sense of Coherence Scale (SOC-13) as a possible research tool in CranioSacral Therapy?

If so I would really love to get in contact and see what we could do. You can reach me, Gabor Vajnai, at csthealing@gmail.com.

Ref: "Contextualizing salutogenesis and Antonovsky in public health development" by Bengt Lindstrom and Monica Eriksson <http://heapro.oxfordjournals.org/content/21/3/238.full.pdf+html>

Ways we offer Support

1. Study Groups

Many of you are regular study group goers and I hear time and again how useful you find them. Whether its to go over the more intricate pieces of the material presented in our four day courses that you may have missed, to check your pressure or technique or even to practice something you are not so sure of you say they are valuable and fun. Our study group leaders are all qualified and experienced and many have been doing it a long time now - we are very proud to have this resource available to you.

Newer leaders, getting a group going can be challenging to start with so please support them if you are in their area - you will get lots back in return! You can attend as many different groups as you can get to and it is a great way to build relationships with colleagues.

New Groups: Francesca McCluskie (nee Marcari) in Glasgow.

When are they? We now have a dedicated website page with all the study group leaders and all the dates and details of the upcoming meetings. www.upledger.co.uk/study-groups.html

2. TA-ing

You can request to TA after completing SER1 and we welcome your interest. We are not able to accommodate everyone but still need ongoing volunteers so please keep us aware of your interest! We value our TAs hugely and it really is a win-win opportunity! Get in touch if you are available - especially TAs for the higher level classes. You need to TA two classes at any level before you can TA the next level up. You need to be able to stay neutral, hold a 'clear' space and be willing to support the class whatever the instructor may need!

3. Mentorship

We talked about the new mentorship programme in the last newsletter but I hear there has been some confusion! 1:1 Mentoring is now available from a group who have reached a certain level of experience and did some additional training with Eric Moya, who developed the mentorship programme.

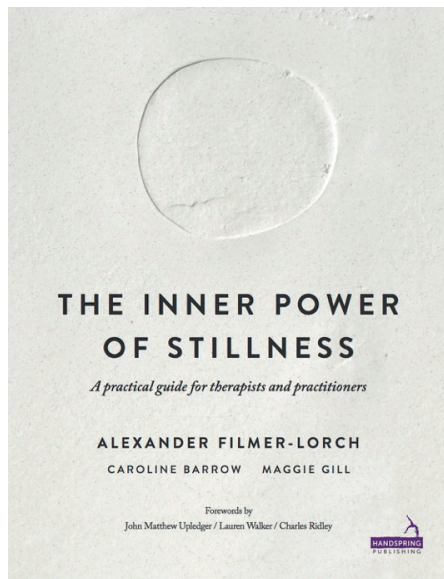
Joining the mentorship programme is a way to get recognition for the ongoing CPD that you probably do already. There are 3 main areas of this - small group study groups, large group learning and 1:1 mentoring. You can do any of these pieces individually without signing up for anything. Or you can sign up for the programme and get recognition equivalent to another class if you do a certain number of hours of all the pieces. See the website for what we hope is a pretty clear explanation... if not please do ask!

4. Training from Scratch

Don't forget we now offer you the chance to train even if you have had no previous therapy background. We call it Training from Scratch & is made up of a combination of the courses we already do, repeating some, requiring attendance at study groups & a few other pieces. The Certificate in Body Science presents anatomy, physiology & pathology tailored for what we need, as well as introduction to touch & becoming a therapist. (see page 19 & the website).

What else do you need? Let us know and we will see what we can do...

Stocking Fillers and Gifts Galore...



A Collaboration for YOU the Practitioner by your very own Alexander Filmer-Lorch, Caroline Barrow and Maggie Gill

Why Might you Like this Book?

Learn all about the relevance of the ancient philosophy to your life as a practitioner today. Blend many simple practices that help connect you to your own source of inner stillness, neutrality and potency so that a 'working memory' of this is deepened. Explore some of science's cutting edges that may help explain some of the phenomena we experience and delve into other ways to keep yourself open and receptive as a therapist and in tune with your inner power. In a nutshell.

We would of course be thrilled if you bought it - but more so if you found help and resonance in it.

You can call the office or go to the website shop pages.

The cost is £29.50 postage free!

You can also see www.innerpowerofstillness.com

Gift Ideas....

No skull yet? Maybe Santa Would Help?!

(clockwise...)

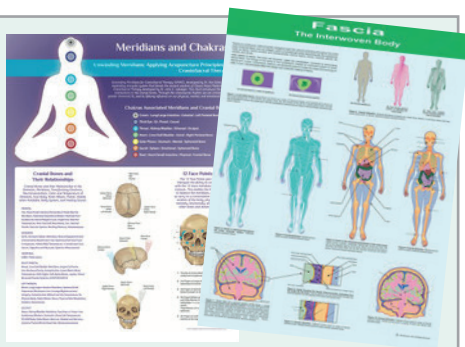
Plain White skull £60

White didactic magnetic skull £150

Painted Skull on Cervical Spine £220

Gorgeous Coloured Paediatric Skull £135

Coloured Didactic Magnetic Skull £215



New: Meridians and Chakras Poster and Fascia Poster
£28 Size: 26.5" x 20" - good for long stockings!!



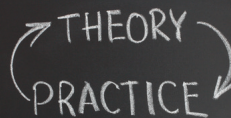
**All these are much more including
Gift Vouchers also available on the website -
and we are pretty good at talking to people who ring
not quite sure what they are ordering!!**

Clinical Applications Classes 2017

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, Nikki or myself. We will likely assign places pretty much on a first-come-first-served basis. You will pay the instructors direct.

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.

1 - 5 February Perth

Taught by Fiona Gilbraith CST-D MCSS

16 - 20 May Wrigton (tailored for Training from Scratch folk) Taught by Caroline Barrow 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.

9 - 13 February Brighton

Taught by Maggie Gill CST-D MCSS

22 - 26 March Perth

Taught by Fiona Gilbraith CST-D MCSS

30 June - 4 July Brighton

Taught by Maggie Gill CST-D MCSS

Clinical Applications for Advanced CST £625 (no VAT)

15 - 19 June Brighton

Taught by Maggie Gill CST-D MCSS

Clinical Applications for Paediatrics £625 (no VAT)

The Paediatric Clinical Applications class will explore the characteristics and qualities needed in a therapist to support children and their families in this work. The class will also let you explore any baby or child issues you may have, fine tune your palpatory skills around the active and mobile nature of many paediatric patients (!) and review the SER process as applicable to children, including non-verbal dialoguing.

13 - 17 February Marlow

Taught by Nikki Campbell CST-D MCSS



College of
Body Science

LOVE ANATOMY

Certificate in Body Science (aka Foundation Training)

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 'How to be a Therapist' section.

Lots of explanation on the website. Still time to sign up & start the journey...

Starting again in 2017 January 11-13, February 8-10, March 8-10

May 10-12 & June 8-10 2017

Inside the Cranium

the anatomy for the serious CranioSacral Therapy Student

- LEARN the bones & details of the ways they articulate, their foramina, fissures & 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 spend a day in the Dissection Lab looking at all these structures in real specimens!

21 - 23 February 2017 London Bridge £350

Know Your Nerves - ONLINE + A Day in the Dissection lab

A series of 6 webinars to take you on a journey through the body learning the routes and pathways of all the main spinal nerves. Then a day in the Dissection lab finding them in pro-dissected situ! Really know your stuff. Please email if you are interested.

Available from January 2016 - Your home & London Bridge! Dates Soon! £250

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

www.collegeofbodyscience.com or call 0845 108 1088

WORKSHOP CALENDAR 2017 -18



UPLEDGER
INSTITUTE
UNITED KINGDOM

Course	Date	Location	Fees
CST1	1 - 4 March 2017	Brighton	£580+VAT
CST2	15 - 18 March 2017	Wrington	£580+VAT
SER1	22 - 25 March 2017	London	£580+VAT
CST1	10 - 13 May 2017	Perth	£580+VAT
Advanced 1	20 - 24 June 2017	Somerset	£1150 + accom
CLSB*	6 - 9 July 2017	Shipham	£610+VAT
CST1	12 - 15 July 2017	Wrington	£580+VAT
CST1	4 - 7 October 2017	Brighton	£580+VAT
CST2	4 - 7 October 2017	Brighton	£580+VAT
SER2	11 - 14 October 2017	Solihull	£610+VAT
Advanced 2	17 - 21 October 2017	Somerset	£1150 + accom
CST2	29 Nov - 2 Dec 2017	Perth	£580+VAT
SER1	29 Nov - 2 Dec 2017	Brighton	£580+VAT
CST1	1 - 4 December 2017	Launceston	£580+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	Brighton	£580+VAT
SER1	19 - 22 Sept 2018 (STC)	Brighton	£580+VAT
CST2	10 - 13 October 2018	Solihull	£580+VAT
CSTCD***	10 - 12 Oct 2018 (TBC)	Solihull	£460+VAT
Advanced 1	October 2018 (STC)	TBC	£1150 + accom
CST1	November 2018	London	£580+VAT

Plus:
CST1 & 2 Review
1 - 3 February '17
Wrington £260

SER Review
to come next year

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

* CLSB = CST Listening
to the Second Brain -
Nikki Kenward's
new course

** 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
01934 863600

By emailing and
we can call you!

Or by dropping in one
day if you happen to
be passing!