

THERAPEUTIC PULSE

2015... What's in it for you?

Many of you will be aware that we have moved into a new venue for the office and also for some of our teaching, especially the Foundation and smaller classes. It took a while as these things can do but we are at last pretty fully ensconced in 'the Studio'! It really is quite exciting. Please do make a note of the new number.

We will be trying to have enough intriguing events that will inspire you to pop in when you are passing and make special trips, so keep an eye on the calendar...

We already have quite a lot of things planned for this year, many of which you will find teasers and tasters for in this edition of Therapeutic Pulse. My thanks to those who have contributed articles and stories. It includes:

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Thank you in advance for your continued engagement and support and we wish you all a joyful and growth-filled start to 2015!



January 2015



UPLEDGER
INSTITUTE
UNITED KINGDOM

Upledger Institute UK
The Studio
Westward Court
Wrington
Somerset BS40 5JY
01934 863600
mail@upledger.co.uk
www.upledger.co.uk

Core Curriculum News

What's been going on and what's coming up

CST1

Congratulations to Joe Gore who has just taught his first CST1 - with great aplomb it was confirmed! He will be repeating the performance in March in Solihull at the Ramada Inn, a venue which worked well for us last June... (well apart from a slight hiccup re the SER1 class from which the hotel recovered admirably thanks to Maggie Gill's flexibility!). Thanks to Fiona for holding strong in Scotland with another full class in September, and Karen Revivo for opening up her Therapy Life Centre for a class in Southend-on-Sea. We are repeating all of those next autumn with the aforementioned Solihull and new venue Wroughton before that. If we need any more classes we will schedule them in...

CST2

We had two CST2s this year, both in Bristol as it happened. So to ring the changes Maggie Gill will be flying north in February, before returning to the BSO London venue for another in April. That they ended up sitting so close together was just how it worked out! The Perth venue is limited in numbers so April will probably suit those who are south of the border. Later in September there will be another in Somerset.

SER1

March 2015 will be the next class at this level and, depending on numbers, it will either run in the new office, or alongside the Paeds 1 in Somerset, at the Webbington Hotel and Spa, near Axbridge. Then, because some of you keen beans from the CST1s this autumn didn't want to wait until next year, we have added another class in September, again at the new venue in Wroughton. Enrolling earlier rather than later if you are interested would really help!

SER2

These run every 18 months or so and we have just had one this November so the next one will after Easter in 2016. Seems ages away but keep us posted if you are really keen and we will keep an eye on numbers...

Advanced 1 and 2

We ran the recent Advanced 1 at a new venue called Hurdshill House near Taunton. It was very successful and the students loved the venue. That was a relief as we had also scheduled an Advanced 2 for May 2015 and November's Advanced 1 at the same place! All the rooms are singles and decorated originally and slightly quirkily! The food was lovely and the hosts warm and welcoming. Sanno will be coming over to teach the ADV2 for us and Stan Gerome will be holding the space for the November ADV1, after the TIDI / SERTIP the week before!



Don't forget...

Our CORE PACK PAYMENT PLAN is proving popular for those who want to sign up for CST1-SER2, stage payments and save some ££. The first tranche of folk have just completed their SER2 and many have simply continued the plan to cover the Advanced 1.

AND... for those who missed the chance because they started training earlier than the plan began we have been able to arrange a similar deal for a different pre-agreed set of four four-day courses. Get in touch if you would like to see if this is possible for you.

Equine CST Level 1 or Eco-Somatics 1

3 - 6 July 2015 nr Bristol £610

We successfully ran this class in July 2014 and participants had an incredible time, blending and melding with the horses and each other as they worked. The class is a four day opportunity to develop and expand palpatory experience, learn to listen with your hands, hearts and inner wisdom and apply what you know to the animal kingdom.



There will be an introduction to equine anatomy, physiology and biomechanics, as well as CST techniques for horses. You will love the lectures in the mornings, and afternoon practice sessions entirely on horses.

Topics & techniques covered include: feeling the craniosacral rhythm, listening stations, tissue release, safety, diaphragms, cranial vault techniques, equine behaviour, energy and awareness, dural tube, TMJ, scapula, sacrosciatic ligament and more.

Pre-req: CST1, or equivalent CST training, and prior horse experience or already working with horses. The Equine syllabus is currently being redeveloped to suit a broader range of people so please get in touch if you do not have the above.

Developer & Instructor: Dr. Sandie Howlett, DC, CST-D, Certified Veterinary Chiropractor, EFLC (Equine Facilitated Learning & Coaching with Horses).



And introducing the new

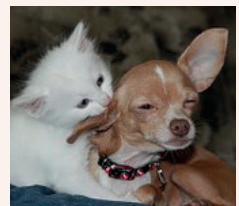
CST for Small Animals Course

8 -11 July 2015 Wrington, Somerset £610

Also developed by Sandie this course will teach you how to adapt the CST techniques for a variety of small animals. In this class, students will learn how to safely approach, handle, and offer CranioSacral Therapy to small animals, especially dogs, of all variety of shapes, sizes, and breeds; we will have the opportunity to treat cats and dogs at a local animal sanctuary.

The emphasis is on the core principles and practice of Upledger CST, and includes listening stations, diaphragm releases, cranial vault anatomy and techniques, anatomical differences amongst breeds and species, clinical considerations, including pathological processes and diseases transmitted from animals to humans or humans to animals, gait analysis - normal and faults, as well as a multi-step protocol for offering CST for small animals. Class time consists of lectures with plenty of hands-on lab time note that practice is on animals only.

Pre-req: CST1 (available March or June) or equivalent CST training.



Cranio Sacral Society Update

Message from Ann Whittle, CSS Chair

2014 takes the CSS onwards and upwards

Greetings to everyone for the New Year!

First, a date for your diary:

Next year's CSS AGM is on **Saturday 30th May 2015** and the weekend will again will be filled with workshops, networking and fun! We warmly invite you all - members and non-members alike - see the page opposite.

2014 has seen lots of developments. Those of you who came to the AGM will remember you were asked to vote on two major issues:

The changing of the Rules to allow new categories of Student and Associate membership of the CSS;

The changing of the registered address at Companies House from Scotland to our mailing address in Cornwall, England, where the Company secretary Joe Gore has his office.

Both have been successfully accomplished and I was absolutely delighted to present our first three CSS Student members with their certificates in October. They had just completed their Foundation Course and were already on their way through the Core Curriculum via the Training from Scratch programme.

As you may remember at the AGM we also had a special guest, Barry Tanner, to speak about the future plans of GRCCT, (our regulatory body) and we inspired him to speed up work on the GRCCT website to make it more reliable and user friendly to members like us, and to tighten up the administration of the membership process. We continue to be a regular and reliable presence at the Federal Council meetings.

Board members continue to work hard on your behalf and we look forward to seeing you all again in 2015.

As Dr John would say 'Let's Keep On Truckin'!

On behalf of the Board:



Joe Gore,
Company
Secretary



Mark
Woodgate,
Treasurer



Wendy
Langridge,
Secretary
to the
Board



Maggie Gill,
Study
Group &
CPD Co-
ordinator



Caroline
Barrow
(who you
might have
heard of!)



and myself,
Ann Whittle.

Cranio Sacral Society Update

You are warmly invited to the:

Cranio Sacral Society (AGM) Weekend of Workshops

Saturday 30 & Sunday 31 May 2015

Saturday morning: CSS AGM (members only)

From 12 noon, lunch (members & non members),
workshops & a networking soiree...

Sunday: 3 / 4 workshops on relevant and useful topics,
to be confirmed at our January meeting, posted on the
website & emailed out soon after.

Members attend Saturday free of charge &
Sunday for a minimal charge.

Non-members pay a small amount for Saturday after
noon and / or Sunday, lunches included.

We hope to see lots of you there!

Contact Joe Gore on hello@craniosacralociety.co.uk
or call 01209 211078 to reserve your place today.

*Comments on the 2014
weekend :*

'The AGM this year was so much more than a business meeting and a chance to catch up with lots of friends from all over the UK. I came home with lots of new information and ideas to incorporate into my work. I even repeated some of the mini workshop ideas with my study group and they loved them too. It was REALLY worth going!'

'I always enjoy the AGM. I'm not always good with staying connected to Upledger colleagues so it's a time for me to do so. The talks and mini workshops always provide me with little nuggets to take home or jog my memory about a technique or a piece of information. This years soiree was fun and rounded off the day. I always go home feeling reconnected on so many levels.'

Other news: the CSS has a new website! Please do take a look:

www.craniosacralociety.co.uk

We hope it is more informative, clear about the society's purpose and the benefits it offers, supportive to our members and helpful to the public. Let us know what you think and what more you want to see there - the society and by extension its website exists for the benefit of its members! We have also changed the email address to **hello@craniosacralociety.co.uk**.

Congratulations to:

Christine Hoswell and Gail McPherson for successfully passing their Techniques Certification (have I missed anyone - I don't automatically get informed!)

Maggie Gill and Sheila Hoy for successfully completing all the pieces of the Diplomate Certification & Maggie for becoming a Techniques practical examiner.

Joe Gore for qualifying as a CST1 instructor. Well done everyone... I know there are more of you nearly done so this section will be even bigger next time!

Musings On The TBS1 Class...

by Tim Hutton PhD, LMP, CST-D
our teacher for March's The Brain Speaks 1



Dr. John Upledger's CST career spanned about 30 years. The first part, starting in the mid '70s, was when he was at Michigan State University and participated in that research study to investigate Sutherland's cranial osteopathy. Out of this work came the material we teach in the CST1 and CST2 classes. Dr. John then started to notice the SER process, and out of these observations came the material we teach in SER1 and SER2.

As Dr. John was exploring the SER process and in particular exploring dialoguing, he became intrigued with parts of the body that were very complex, where there was a lot of room for confusion, for miscommunication and for conflict. The two parts of the body that he felt fit most into this category were the brain and the immune system, and it was out of this interest that The Brain Speaks and the Immune Response classes arose. Coming as they did in the latter part of his CST career, they represent a culmination and a drawing together of all Dr. John's earlier work.

When Dr. John initially became interested in exploring the brain, he was particularly intrigued by how the brain experienced itself. Thus, when he was treating someone and utilising dialoguing, if he had a few minutes left in the session, he would ask: "Can I talk to your brain? Is there some part of your brain that would like to come forward?"

As he began to dialogue in this way with brain parts he discovered that there was amazing consistency in how different peoples' brain parts described themselves. Cerebellums all described themselves a certain way, hypothalami all described themselves a certain way, etc. And, the way the brain parts viewed themselves were very different from how neurologists viewed the brain.

Dr. John found that brain parts had distinct personalities. Cerebellums often felt that they were not being respected and to dialogue with one Dr. John found he had to be somewhat deferential. Hypothalami, on the other hand, were very busy and very practical. If he was dialoguing with a hypothalamus it would become impatient if he did not quickly get to the point. Deeper parts of the brain were often quite upset at the cortex, which it became apparent often tries to micromanage all the other parts. Dr. John found that often brain parts were not even aware that they are parts of a greater whole. Getting them to 'look around' and begin to coordinate with the other brain parts was often very helpful.

The precision and specificity of Dr. John's palpation was amazing. I have studied with many therapists over the years, including the developers of several well know modalities, and Dr. John was by far the most specific and precise therapist I have ever met. He would often assume that students could easily feel what he could feel. After all, by the time they got to these classes they were advanced therapists and should have good palpation skills.

Musings On The TBS1 Class... *cont'd*

Unfortunately, over the years, we have found that this is not always the case. Thus, a few years ago we changed the TBS1 class. While palpating the various structures of the brain was always a part of the class, we have placed even more emphasis on palpation and somewhat less on dialoguing. Accompanying this change, we reduced the prerequisite for the course from SER2 to SER1.

TBS1 is an overview class, where you learn to navigate around the various parts of the brain. Applying all the basic skills gained in CST1, CST2, and SER1, you learn to palpate the various brain parts and recognize if there are fascial restrictions, poor blood or CSF flow, energy cysts, etc., affecting each part. You then treat the brain parts using our process-oriented CST approach.

Let me say a bit more about what I mean by process-oriented. To my mind, CST is unique among manual therapies. Most modalities are technique-oriented and therapist-directed. The client comes to the session expecting the therapist to do some sort of evaluation, determine what the problem seems to be, and then to do something to fix that perceived problem. The entire therapeutic experience is predicated on the assumption that the therapist is the one with the expertise and in control of the session.

In CST, on the other hand, the client is the one with the expertise, not the therapist; the client is the one in control of the session, not the therapist. The foundational principle that underlies all of CST is the concept of the Inner Wisdom (IW) - the idea that there is a non-conscious part of each of us that knows everything about our health. The IW knows what the problems are, how they got to be that way, what the resolution of any particular problem would be like, what resources are needed for that resolution to occur, and when is the appropriate time for that change to occur.

The IW has infinitely more knowledge and awareness of what is happening with the client than the therapist ever could, no matter how much evaluation the therapist does. The role of the therapist therefore becomes that of a facilitator, providing a resource to the IW so that change is, perhaps, now possible. Thus, CST can be said to be process-oriented and client-directed.

The anatomical knowledge that you learn in the TBS1 class, and the practical experience of palpating and blending and melding with the various parts of the brain will both enhance your general ability and provide you with an experiential basis for treating issues within the central nervous system - and give a client's IW another tool to make use of should it so desire!



The Brain Speaks 1

**18 - 21 March
2015**

Solihull, UK

£610

Pre-req SER1

***The TBS1 or the
old TBS is the
pre-requisite for
2016's TBS2, which
will be held in
London 20-23 April
2016 and will be
taught by Avadhan
Larson. We will ask
if she will write
something for us
for the next Pulse!***

From Training from Scratch...

From Training from Scratch...

You may recall that in the last newsletter we announced the new Training from Scratch Programme. This is the way that we can enable people with no prior background to train, use the classes we already have in place (which we happen to think, with their many years of development, are pretty good!), add the Building the Foundation course which offers the anatomy, physiology, pathology, introduction to palpation and 'How to be a Therapist' pieces, with the additional requirements that students should attend study groups and work with a mentor during the period of their training.

Most of those pieces were already in place, with the exception of a specific Mentoring Programme, including training and support of Mentors, though we had a sense of who some of them would be.

...to a Mentoring Programme

In beautiful synchronicity what should occur but one of our US colleagues, Eric Moya, has been developing a mentorship programme specifically, for both training mentors and to get menteeship recognised as an additional course equivalent when enough of it is undertaken. He has a background and a lot of experience in the psychology world where these methods are more developed and had already spent time adapting what he felt to be the best practices to suit our Updelder work. Fantastic timing from our point of view!

...to Becoming a Mentor

He initially put together a training for CST teachers, on the grounds that having been through the challenges of the apprentice training and with teaching experience a number of steps would have been covered. I am thrilled to say that all of the UK teachers have gone through this training and can now offer 'official' mentoring should it be desired. Let me come back to that in the box on the next page...

Become a Mentor 2 Day Workshop

29 - 30 June 2015 Wrrington £200 + VAT

Eric has now developed this training into a 2 day workshop & I have invited him over to teach it! The dates (and it took a while to coordinate!) will be **29 - 30 June 2015** in the Wrrington Studio. Study Group Leaders are invited and anyone else who would be interested in becoming a mentor. You will need to:

- already be qualified (ie have completed at least Advanced 1, the Techniques exam and be a member of the CSS)
- be working towards your Diplomate and Advanced 2 - he had given us a year to complete that. (I hope the reasons for that are obvious - mentoring will involve support of all aspects of the CST curriculum and it is often around the SER work that we get stuck for a while so we need to have demonstrated a full understanding of this part of the work to have the knowledge behind us.)

Please call the office to book a place so you can be ready to add this to what you offer!

For us the next exciting step is to train up more Mentors to be available, as well as to support the Training from Scratch students as they go through their training. We are hoping that the first group of those wanting and willing to become Mentors will be the Study Group Leaders as they are already in this type of role. The training will give us greater awareness of our parameters, many ideas of ways to assist mentees, what to look for in how to support them and how to be clear about the best ways to support them.

And seeing as he will be here...

Eric has also developed a course using **CST for Chronic Depletion** - of which I have heard very good reports. So it seemed daft not to get him to offer that too while he is here. The pre-req is CST2 so it is open to many of us. How busy is the summer getting!

...to a NEW Mentoring Programme

Using CST for Chronic Depletion taught by Eric Moya

2 - 4 July 2015 Writington £455 Pre-req CST2

This course focuses on the patterns and challenges which arise in the cranosacral system from sustained long-term stressors. When body systems are operating within healthy limits, they have ample resiliency and capacity for self-regulation and health. Traumas, injuries and stressors tax a body's resources as it attempts to heal and to regulate.



When stressors or traumas are ongoing to a bodily system, however, new difficulties arise. Instead of local compensations and injury responses, the body's entire system begins losing its capacity and resiliency for health and healing because of the chronic demand on precious bodily resources. In a sense, the body begins demonstrating ongoing patterns of trauma and depletion which create unique challenges to the cranosacral practitioner. The focus of this course is to understand, assess, and design treatments to work with long-term patterned depletion of body resiliency and capacity for change.

The Ull Mentoring Programme - aka How to get Credit for Receiving Mentoring

Receiving mentorship is a very important part of the process towards being the best practitioner you can be. The key part of the programme is to give credit for the activities that we undergo within the mentoring framework. You will receive credit equivalent to a class by undergoing 24 'hours' of mentoring, where 6 hours must be from each of the following categories and the final 6 can be from any of them:

Category A: Receiving treatment from a CST or CST-D

Category B: Small group or large group work

Virtual or in-person, eg study groups, skype study sessions, virtual study groups, Clinical Applications classes, conferences etc.

You can count 1 hour for each study group you attend, up to 6 hours for attending a Beyond the Dura or Rhythm & Resonance Conference, 1.5 hours per day for acting as a therapist in a Clinical Applications class or Ull endorsed Intensive Therapy program.

Category C: 1x1 mentorship

Virtual or in-person. 1x1 mentorship looks different depending on your learning needs and goals. It could involve reviewing and practicing techniques, tracking and having discussions about clients you are seeing in your practice, co-treating with the mentor one of your clients or one of theirs, to name a few. Almost everything in the mentorship arrangement is about a supportive and collaborative discussion process between you and your mentor.

Why?

Becoming a skilled and magnificent practitioner of CranioSacral Therapy is about more than the techniques of CranioSacral Therapy. It is also about the art of doing the work. The mentorship program is designed to give you the support and the flexibility you need to help you improve your art and your practice of CranioSacral Therapy. No matter what your level of skill, training, or experience, the mentorship program can be modified to meet your needs. We will have the full details available on the website soon... For now, if you would like to begin this process please get in touch today!

What is the point in re-sitting a SER course?

by Alison Williamson CST MCSS



My motivation for re-sitting SER2 was because I am (slowly) studying for my Diplomate essays. I had spotted Sanno Visser on another course and thought he had that 'thing' that teachers have when they have worked through all of their stuff and operate from a really clean space. So I was more than happy to leave my family to spend 4 days with this twinkly-eyed wise old owl. Having already done SER2 with Stan Gerome which was also amazing, I thought I knew what to expect. How wrong; the course couldn't have been more different and I wouldn't even know it as the same course!

Imagine you have been going to your yoga class for a while, your teacher has given you a great understanding of where to place your hands and feet and you've got a good feel for the postures. Then you go to see a new teacher who gives you a different perspective on the postures you already know, so maybe now you are rooting down to enable you to lengthen up or you are opening the heart chakra as you rotate through the chest – it's still yoga but it's a more rounded practice that you now have.

So even though all our teachers have the same lineage in Dr. John, they have all travelled their own paths and so bring a different experience and perspective. Lucky for us we then get a taste of all those years of wisdom and insight which we can try on in our own practice. The time spent away from family, the loss of earnings, the cost of the course and accommodation and the travel time are all an investment in you.

Of course, the first time we sit a course we are wide-eyed and most of the information is quite new to us. Second time around we are different people with our own depth of knowledge and experience that we bring to the table, for me it certainly made the class a far more integrative experience.

So don't wait until you are studying for essays, if a different teacher is coming over to teach a course you have already 'done' seize the opportunity to really deepen the knowledge you already have.

Note from the office:

Thanks Ali! Great point. Just so you all know... re-sitting costs are less than half price at £300, or £200 if you have signed up for exams: ie If you are completing the Techniques exam it is £200 to resit CST1 or CST2 and if you are completing the Diplomate it is the same for SER1 or SER2. We also offer £300 repeat fees for the additional classes and if there is a new version of the class (eg Paeds 1 or TBS1) and you took the previous version of the class then that is available at a £300 repeat fee too. The new second level ones (ie Paeds 2 or TBS2) are not! Unfortunately Advanced classes cannot be offered at a resit fee. But we think these are offers worth taking up when you can!

How Many Treatments Will it Take?

by **Fiona Gilbraith CST MCSS**

I'd like to tell you a story about how many treatments it can take to help somebody get to where they want to be. Several years ago, I saw a new patient/client who (for the sake of confidentiality) I will refer to as David. He was in his early twenties.

David had been suffering the same unremitting (although hugely variable) headache since he was eight years old. He had been sent to every specialist person imaginable, both on the NHS and privately. He had taken countless drugs prescribed by every medical speciality from neurologists to psychiatrists. He had been to many different complementary therapists. He had undergone extensive tests including MRI and CT Scans. Nothing had helped at all. In his teens he had attempted suicide twice, because of the headache. He was unable to work and lived with his parents because he couldn't function on his own.

After his first treatment he phoned me to report that he had experienced between ten and fifteen minutes of no pain at all. Then the pain returned as before. He attended weekly for the next six months with no repeat of the episode of pain relief. As is my practice, we never made more than one appointment in advance. On many occasions during that time I severely doubted my ability to help him and asked him repeatedly if he was absolutely sure he wanted to continue coming for CST. He said he was, because he had had a glimpse of what was possible, for the first time. He was convinced that if anything could help, it was CST. So we kept going with weekly appointments for two years.

Very, very gradually he began to notice changes. On palpation his intra-cranial

membranes began to feel less like well-tanned hide and more like something that had the potential to be elastic. We briefly touched on SER issues a few times (mainly using imagery to visualise changes intra-cranially) but never got to the origin of his headache. After two years he had become more functional, with significantly less severe pain which was now intermittent.

For family reasons he had to discontinue treatment and I never saw him again. Several years later, the person who had referred him initially, re-appeared in my practice for treatment. They said that David's mother had asked them to pass on how he was doing. He had moved to the other end of the UK, was working full-time, had his own flat and was getting married! He was well.

This gave me cause to contemplate what he had taught me. He had taught me to trust the inner physician of the person on the table, who had given him a taste of what was possible to keep him engaged and trust the process. He had taught me to have no expectations – I could never have predicted how long the process was going to be and what course it would take. He taught me to be 'open' to allow whatever needs to happen to happen. On this occasion, there was no 'AHA!' moment (at least nothing he shared with me). But most of all he taught me patience. Any 'need' that I had about wanting to make him feel better, was completely and utterly irrelevant. It took as long as it needed to take.

Since then, I have seen many people with severe, intractable headaches. Some have experienced almost 100% reduction in symptoms after just one treatment. But, you never can tell how any individual is going to respond to treatment. So, for me, the only answer to "How many treatments will it take?" is "I have no idea. Let's see how it goes".

CST for Conception, Pregnancy & Birthing

The Class Experience and a Story

by Carol Wells CST-D & Grandmother!



I completed the above course in September 2012 in Ireland. Carol McLellan was our teacher. I so enjoyed this course and found good transferable skills on treating women who had back problems, which sometimes related to birth years ago. The techniques we learned were very appropriate and some good results and resolutions were reached. It always feels good to ask what is it I need to learn about myself during this course? I learned a good deal.

The follow up was to TA on this course in Shipham in June 2014. The experiential aspect was rewarding to bring to the role of TA. Carol McLellan is very good at bringing the work to life, with all her great experience.

My granddaughter Naomi was expecting her second baby. The due date was during the course which made her a bit nervous about attending as a pregnant mum. Towards the end of her pregnancy she had severe pain in her back and groin due to the ligaments stretching. CST helped her resolve that well. Now, being overdue and having the prospect of being induced hanging over her, she asked for some treatment.

Carol McLellan was strong in her belief and taught us to talk to the baby pre and post natal. So I encouraged Mum to talk to the baby, connect with him well. We told him about his choices of birthing in his own time which he might consider a better option! We also told him that although his brother was hectic he would be well taken care of and be safe! Mum also reiterated how much love there would be from his whole family.

Keeping the expectation simple for our story and referring to Chinese Medicine (my background is a Shiatsu practitioner), I was drawn to the conception vessel (or directing vessel). This runs medially down the front of the body. We also have the governing vessel which runs medially down the back. There is a point on the conception vessel which regulates the uterus. The governing vessel originates from the uterus, or lower back in men. It is the connecting channel pathway. My deep sense was of disconnection in these vessels both in mother and baby. It was a profound moment and with gentle facilitation and melding to feel the connection and to support more sense of fullness, encouraging Mum to be part of the process, changes took place for both mother and baby.

The next evening labour commenced. A hurried drive from Weston-Super-Mare to Bristol to St Michael's Hospital, five minutes in the delivery suite, and Sebastian entered the world, named after Sebastian Vettel the Formula One driver - both enjoying quick starts! Mother and baby are doing well and big brother is being very gentle.

All the pregnant mums that attended the course stated how much more they felt connected to their babies after CST treatment. It is such a valuable course for anyone to add to their paediatric repertoire.

My deepest thank you to Naomi, William and Sebastian and to all the mothers, families, children and babies that I have been so privileged to treat. You are my greatest teachers.

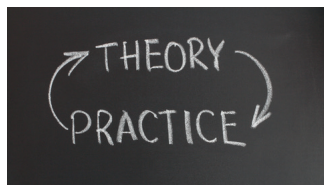
Clinical Applications Classes

Clinical Applications Classes

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 or Nikki. We will likely assign places pretty much on a first come first served basis. Please note you cannot pay through the website but will pay the instructors direct.

Clinical Applications for CST1 & 2 15 - 19 Jan Brighton £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.

Taught by Maggie Gill CST-D MCSS

Clinical Applications for SER 24 - 28 Sept Brighton £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.

Taught by Maggie Gill CST-D MCSS

Clinical Applications for Paediatrics 16 - 20 Feb Marlow £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 (!), review the SER process as it is applicable to children, including non-verbal dialoguing and use of imagery.

Taught by Nikki Campbell CST-D MCSS

What's going on...



Conference Alert!

Beyond the Dura 22 -25 April 2015 30th Anniversary: Pearls of Wisdom

There are quite a few of us going to the UII conference in Jupiter beach, Florida this year. There are lots of interesting speakers and it is always a great time to network and learn. And boy do they throw a good party on the last night! Interested? We have some flyers I can send you or have a look or book on the upledger.com.site.

Note re Practitioner Listings on Website

Since we have listed practitioners on the main UIUK website we have had a few enquiries as to why someone is not there. We made the challenging choice to list only the practitioners who are qualified - ie who have completed their Techniques certification, Advanced 1 and are members of the CSS. This is so that we know that anyone using the website for a referral will get the full Upledger CranioSacral Therapy treatment including SER if appropriate, as far as possible. It is not to suggest that others are not great therapists! Some people are on there who we know are nearly qualified and actively working on their exams and /or have been on recent courses. If you have any queries or would like to take your training any further to get listed on there please get in touch!



We did look recently and saw from google analytics that over 1000 viewings went straight to these pages and many more accessed them from within the website. Also, average viewing time on these pages was about 2 minutes - that's ages for a web page so people are obviously reading them!

Can you help? CST / AUTISM RESEARCH Survey Participants Needed

Are you able to help the research efforts of a team investigating how Upledger CST affects the symptoms of Autism Spectrum Disorders? They are using a descriptive survey method that takes less than 5 minutes of your time.

This survey is sponsored by the Upledger CST Team at Special Therapies, Inc. of Waukesha, Wisconsin, USA.

They are seeking survey participants for 3 separate surveys:

1. **Therapists:** Upledger Institute alumnae who are:
 - qualified to provide at least the 10 step Protocol of Upledger CranioSacral Therapy and have worked with at least one client with Autism Spectrum Disorder
2. **Parents** of clients who have sought Upledger CST for their child with Autism Spectrum Disorder
3. **Clients** with Autism Spectrum Disorder who have received Upledger CST

Please go to this website to complete your respective survey: www.specialtherapies.com

They also need our help in letting clients and family members know about it if they are interested in participating in this research. Let me know if you have any problems accessing the survey - they are quite straight forward when I had a look at them!

MERIDIANS AS COMMUNICATORS



Explore the Heart of the Meridians

Developed & presented by Carol Wells

9:00 to 5:00 21 - 22 February 2016

At the UIUK Office, Wrington, Somerset

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.

COST: £160 For further details please contact:
Carol Wells on 01275 463769 or 07527 631372
Email carolfwells@yahoo.co.uk



Building the Foundation

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 palpation, and our new 'How to be a Therapist section.

Lots of details and explanation on the website.

Just starting now: January - June 2015, then again October 2015 - February 2016

Know Your Nerves

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!

24 - 26 February 2015 London Bridge £350

Know Your Viscera

The organs, their fascias, blood and nerve supply and how they all sit together. Again, two days of theory consolidated by a third day in the lab. Really know your stuff.

23 - 25 June 2015 London Bridge £350

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

November 2015 London Bridge £350

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

collegeofbodyscience.com or call 0845 108 1088

WORKSHOP CALENDAR

2015-16



UPLEDGER
INSTITUTE
UNITED KINGDOM

Course	Date	Location	Fees
CACS +	16-19 January 2015	Brighton	£625
CAPP +	16-20 February 2015	Marlow	£625
CST2	20-23 February 2015	Perth	£610
SER1	5-8 March 2015	Somerset	£610
Paeds 1	5-8 March 2015	Somerset	£610
CST1	18-21 March 2015	Solihull	£610
TBS1*	18-21 March 2015	Solihull	£610
CST2	15-18 April 2015	London	£610
Beyond the Dura	22-26 April 2015	Florida!	see .com
Advanced 2	12-16 May 2015	Somerset	£1050 **
CST1	17-20 June 2015	Wrrington	£610
Become a Mentor Class	29-30 June 2015	Wrrington	£240
CST for Chronic Depletion	2-5 July 2015	Wrrington	£455
CST for Equine 1	3-6 July 2015	Nr Bristol	£610
CST for Small Animals	8-11 July 2015	Somerset	£610
CST1	4-7 September 2015	Perth	£610
CST2	10-13 September 2015	Somerset	£610
Paeds 2	10-13 September 2015	Somerset	£610
SER1	16-19 September 2015	Wrrington	£610
CASR +	24-28 September 2015	Brighton	£625
CST1	7-10 October 2015	Southend	£610
SERTIP (old TIDI)	18-21 November 2015	Bristol	£610
Advanced 1	24-28 November 2015	Somerset	£1050 **
CST1	2-5 December 2015	London	£610
TBS2	20-23 April 2016	London	£655

* TBS = The Brain Speaks

** SERTIP = old TIDI =
SER & The Inner Physician

** Advanced classes are
+ accommodation, at
£450 full board for five
days - in an amazing
venue with incredible
rooms and space!

* CACS, CAPP & CASR
are Clinical Applications
classes of CST, Paeds &
SER respectively. The set
up is different - get in
touch to find out more
(or see page 13).
NB. These classes, unlike
all the others, are not
subject to VAT.

How do you book?

Online at upledger.co.uk

By calling the office
01934 863600

By emailing and
we can call you!