

THE THERAPEUTIC PULSE

Summer 2010

The Story So Far...

As many of you know, we have now taken over the general running of UIUK from John and Carol. While we officially started from 22 March, fate managed to arrange that we also completed on a house the same day! We moved later that week and as we gradually got settled we were able to organise the office and start to get all our ducks in a tidy row...

While it may have appeared quite quiet on the UIUK front for the last few months we have actually been quite busy! A key priority was getting the new website up and running, which is no simple task I fast discovered! However, it is now live and ready for visitors. We decided to develop an e-commerce site that enables you to book courses online, purchase books and other CST resources while, of course, having all the info on UI, UIUK, UIUK-Overseas (the non UK courses that John continues to run), the core training and additional training courses, our 2010 / 2011 programme, links to the CranioSacral Society website, a blog spot and more...

This all started from me asking Carol why she didn't email people and make more use of the old world wide web and resources that were available online... so I felt somewhat duty bound to deliver on what she would have started to do, if wanting to retire, do her doula training and enjoy her new grandchild hadn't been more of a draw at this point for her! Carol, I hope you like it!

Email Sign Up

So in the above vein, you can also now receive newsletters by email. If you have not had an email from us then we don't have this contact for you. But if you would like the slightly more frequent email updates please go to the website's 'Finger on the Pulse' page and sign up. Or, drop us an email and we can add you to the list. We will still continue to mail Therapeutic Pulse to those that prefer, or you can be on both lists.



UPLEDGER
INSTITUTE
UNITED KINGDOM

Upledger Institute UK
Porch House
Chestnut Avenue
Axbridge
Somerset BS26 2BS
01934 733611
www.upledger.co.uk
mail@upledger.co.uk

The Upledger Institute is 25!

The Upledger Institute was started in 1985 which makes it 25 this year. When you look at the tomes Dr John Upledger has written, the courses that are run, the training that has been developed and the people that have been touched by the work it really is quite inspirational.

While his health prevents him from teaching any longer he does still pop into classes to crack a joke or two! The Institute's classes and clinic are being run again by John Matthew Upledger and his team. Some new procedures are being developed to keep the work evolving, from an international curriculum board to updated bibliographies for the workshops...



Something to Blog About?

One of the pages on the new UIUK site contains 'Things to Blog About'. Nothing fancy and flash but just a place where – I hope - we can keep each other updated. It is an easy way to share what is going on, and share experience / thoughts / ideas...

For example, Rachel Harrison has given us a brief update on the research project she has been working on for a few years and will post when it is published (in the Journal of Alternative and Complementary Medicine later this year); someone else is doing a talk on using CranioSacral Therapy with autism and was interested to know of anyone else's experience. networking shares in Glasgow, volunteering while travelling... these will be posted so please take a look.

More to the point, please add to them! There are a lot of you doing interesting and productive work so it would be great to hear about and share it. The community is as alive as we make it so please do send an email, pick up the phone or drop us a line with anything to tell, report back on or ask about and I will post it and you can respond with comments.

The Training Journey...

The Upledger Training programme is very much a journey, without deadlines and set time frames, and because of this requires self motivation and application. The rewards from the successes of the work are a big inspiration and encouragement as are the chances to participate in some of the 'extra-curricular' activities. So.... (can you feel it coming...?)

Some of you are interested in becoming a TA and many already have. As UI expands around the world there can be opportunities to TA in other places, especially if you speak another language (the language of the place concerned is obviously the most useful...!). If you think there might be a match let me know and I can pass it on.

While the examination system is not at all obligatory it is quite thorough, requiring both written and practical demonstration. The **Techniques** level calls for a clear understanding of the CST work, the **Diplomate** of the SER process; this level also requires case histories and experience precepting / assisting and presenting.

A few more of you are signing up for the Techniques - fantastic! But there are only a handful of people in the UK who have done the diplomate level – some instructors and Carol Wells. There must be a few more of you who would like to take the leap...?

(Go on... then we can have a congratulations box in the next issue or two!)

Voluntary Self Regulation

As you will have read during the last few years the CSS has been working for a long time towards finding a format for self regulation. As John explained in the last TP, the board decided after much work to offer the opportunity presented by the GRCCT, the General Regulatory Council for Complementary Therapies to CSS members at the AGM in May for their approval. After a fascinating presentation by Barry Tanner, of the GRCCT, with an incredibly illuminating explanation of what has happened in the UK in the last 25 years, members voted unanimously to take this route.

What does this mean to members?

It means that now, those who want to be qualified and on a national register can be. The CSS set the 'regulatory standards' (hence 'self-regulation'), obviously in line with the certification protocol from Ull. CPD requirements will be in place to maintain standards of Upledger certification and registration. While our courses are post-graduate and most participants have a therapy already through which they can be insured and draw core competence, you can now possibly become a craniosacral therapist with UI and be on a UK regulator's register. Over time, as this is advertised to the public they can check your registration before receiving treatments should they wish to. Ultimately this process is to safeguard the public as well as build the recognition and reputation of the work we do. So, while not compulsory it is a great benefit for all of us.

It has ended up that this has happened independently from other craniosacral organisations as the Upledger approach offers significant differences from the other versions of CranioSacral Therapy. Because of this you may have become aware of the gradual introduction of the term Upledger Therapy



to describe what we uniquely do, though it will take many years for this to become as recognised as, say, Alexander Technique.

CSS Admin

There is a new CSS website in progress that will include opportunities to actively support members' practices and education. This year membership included the usual low rates for insurance and the workshops put on around the AGM: some cranial anatomy, techniques updates and a CST & pregnancy workshop which were all really well received. To find out about joining the CSS please contact Joe Gore on the number below; if you are inspired to work towards Techniques or Diplomate certification then please get in touch with us here at UIUK.

CSS Contact: Joe Gore 01209 211078

mail@cst1.org • www.cst1.org

Caroline Barrow

"I originally trained as a Shiatsu practitioner and used that for a number of years before I 'found' CranioSacral Therapy in 1999. I have trained up to SER2 and in Visceral Manipulation up to VM6. My ongoing training plans got a bit scuppered 3 years ago when I found I was pregnant with Max (now 2) and then again with Theo (now 10 months), so instead I have taken on the whole of UIUK..? Perhaps an Advanced workshop was all I really needed...! No, just kidding. I am truly thrilled and delighted that John and Carol saw fit to trust us with taking UIUK forward and building on all the hard work they have put in over the last 15 years.

"Alongside my practice, I have also run the College of Body Science for the last 10 years, which teaches both advanced anatomy and physiology for therapists. My experience from that helps in the numerous aspects of running any kind of training establishment, but is particularly useful as the audiences and contacts are very similar. In fact many of you know me already from this so I hope to see you in the UI world too!"

Alasdair Morrison

"My background is in a variety of things: from farming to art and photography to teaching. I first came across CranioSacral Therapy when I had a treatment, recommended by a mutual friend, from Caroline and left wondering what exactly she'd done and whether I had just been fleeced... Half way home, I felt I'd been hit by a bus and I then slept all afternoon. Next day my back was amazingly better!

"While the therapy world is not my background I have a great respect for these treatments. I have participated in CST1 so I would have a better understanding of what everyone is talking about (at least some of the time!) and did really enjoy it. I hope that once the kids are older I may be able to work with it more. For now, you may get me on the other end of the phone and will see me at the workshops, taking turns to keep the boys occupied and the classes running smoothly!"



Max and Theo

"You may hear us on the other end of the phone too, usually making some degree of noise, we're particularly good at crying, shouting, falling over or demanding something just as the phone rings – isn't that our job? But we go to a fantastic childminder in the afternoons so don't call then or you'll miss us!"

Maddy Casey



"I have been working with Caroline & Al for about 2 months, helping with the admin - apparently I got in touch at just the right moment. So far I am finding my way around the office and getting to grips with

the bookings systems and course structure. It is exciting to see the new website go live and help to get the on-line shop doors open too!

"I am a therapist myself: my background is Bowen and I specialise in Canine Bowen Technique. As I am learning a bit more about the CranioSacral work it is whetting my appetite to find out more, so I look forward to meeting some of you on CST1 in Bristol in November."

You will see the schedule for the rest of this year and next on the back page. We will be running the usual selection of CST1s, CST2s, and SER1s as well as...



SER2 & TID1 with Stan Gerome



We have an **SER2** this October in Bristol with the acclaimed Stan Gerome is coming over to teach. I have yet to meet him but am really looking forward to it – and hope I make

a good impression as I have also asked him to come again next year in December to do a **Therapeutic Imagery and Dialogue** course. Coming from Florida, I don't think it was the prospect of Coventry in December that persuaded him (which I confess had not been a consideration in the scheduling). Luckily, his passion for the work overcame the concerns about grey days, hurricanes (in a Florida winter) and volcanic ash so if you want to take your dialoguing to a new level Coventry in December 2011 is the place!

Pre-requisite: SER1

Advanced classes

We have also scheduled **Advanced 1 and 2** in Somerset next February. When we run two classes together we can have the majority of the venue to ourselves which makes it a doubly fantastic place to work. Hank Meldrum and Sanno Visser will be teaching the 1 and 2 respectively and we are really pleased to be welcoming them back. I inherited a waiting list for both of these from Carol and some of the places are already taken, but if you're up for it let me know asap.

Pre-requisite: SER2 / Advanced 1

The Brain Speaks



A perk of the job for me was the opportunity to slip **The Brain Speaks** into the schedule – I have been wanting to do this for years – so next May in Bristol it is! Diego Maggio is coming over from Italy to teach it for us, with his Liverpoolian – Italian English accent... There's been quite a lot of interest in this already too so let me know if you want in.

Pre-requisite: SER2

2012: CST for Paediatrics

We would like to schedule the CranioSacral Therapy for Paediatrics courses for 2012 and a number of you have already asked for one asap. I will do a poll early next year to see if it should be a Peads 2 and then another Peads 1 & 2, or just the latter. Any early preferences?

Pre-requisite: SER1

Study Groups

When I was first training I was very lucky to have met a group of people on various initial courses who were interested in practicing regularly. We met weekly for at least a few years and it really helped ground my understanding, get the practice in and support my learning. I was also lucky enough to be near a regular study group and went as often as I could. I really encourage anyone to do the same. Don't be shy about it – it is good for all of us.

There are a number of study groups meeting regularly and going strong. While they do not cover all the parts of the UK, they are worth travelling for as they do cover many of the things it is important to review. You get the

chance to practice, ask questions, be asked questions and get better at the work, which is of course the main point.

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

Group Leader	Location	Telephone
Carolyn O'Neill CST MCSS	Holsworthy, Devon	07717 400152
Joe Gore CST MCSS	Redruth, Cornwall	01209 315701
Maggie Gill CST MCSS	Rottingdean, E Sussex	01273 308158
Ann Whittle CST MCSS	Frimley Green, Hants	01252 834784
Carol Wells CST-D MCSS	Long Ashton, Bristol	01275 463769
Rob Williamson (N)	Chelmsford, Essex	01245 283251
Caroline Barrow (N)	Axbridge, Somerset	07958 993007
Jo Crill MCSS	Wandsworth, London	0181 8770127
Janet Hiller CST	Abbots Langley, Herts	01923 265370
Jackie Finegan	Latimer, Bucks	01494 765951
Maggie Silverston	Andreas, Isle of Man	01624 816807
Sheila Hoy CST MCSS	Banbury, Oxfordshire	01295 780027
Pinal Patel CST (N)	Didcot, Oxfordshire	01238 206615
Lesley Stratton CST	Pixley, Herefordshire	07957 435276
Rachel Harrison CST MCSS	Edinburgh, Scotland	0131 6698966
Fiona Gilbraith CST MCSS	Perth, Scotland	01738 551682
Mary-Clare Scragg CST	Ulverston, Cumbria	01229 586000

***THANK YOU SGLs - you are a great support to the work!
Please support them - they are a great support to your work!***

Other Training Opportunities

Developing the Listening Space

21-22 August with Maggie Gill & John Page • £150

Organising ourselves in the therapeutic space for which we are responsible is the key to enjoyable, stress free sessions. Controlling the session without controlling the client, working efficiently while listening, bringing the session respectfully to a timely conclusion all require groundedness and clarity about our role. On this weekend we discover more about why this may be difficult and what to do about it.



Introductory Courses

Brighton 25-26 September Belfast 9-10 October with Maggie Gill • £150

Open to lay people and practitioners, this course is appreciated by both clients who want to learn more and health professionals who want a more relaxed taster before committing to professional training.



College of
Body Science

Real Anatomy Courses

What, *just* anatomy?

A workshop on ANATOMY (of the cranium or otherwise) is obviously going to be dull and boring as the subject matter is dry and tedious, the words to learn long and unpronounceable and the pictures complicated and... or is it?!

No! Because once you link the anatomical structures to the techniques that we do in cranial work and start to deepen your ability to 3D image the area it will change the way you practice. By improving your understanding you will improve your effectiveness. Your clients will benefit and so will your practice.

Useful for beginners (a basic intro can be sent before the course if you are a real beginner) as well (usually) as past masters who can refine and polish their knowledge, we will spend part of the classes on theory and part in the dissection labs exploring pre-dissected anatomical specimens. Hear it, see it, feel it, learn it, know it and all that.

Know Your Neuroanatomy	14 – 15 July 2010	£220
Know Your Viscera	18 – 20 September 2010	£350
Inside the Cranium	22 – 24 March 2011	£350

Want to see how much you already know?

Test yourself on our free quizzes at www.collegeofbodyscience.com or sign up the free A-Natomy-A-Day emails!

Contact **0845 108 1088** or carob@collegeofbodyscience.com

Workshop Programme 2010 - 2011

Course	Date	Location	Fees
CST2	3–6 September 2010	Coventry	£565
CST1	17–20 September 2010	Perth	£565
SER2	17–20 October 2010	Bristol	£565
CST1	19–22 November 2010	Bristol	£565
CST1	28–31 January 2011	Coventry	£565
SER1	28–31 January 2011	Coventry	£565
ADV1	23–27 February 2011	Somerset	£1050 + board
ADV2	23–27 February 2011	Somerset	£1050 + board
CST2	4–7 March 2011	Bristol	£565
CST1	8–11 April 2011	London	£565
The Brain Speaks	20–23 May 2011	Bristol	£565
CST1	10–13 June 2011	Perth	£565
CST2	15–18 July 2011	London	£565
CST1	19–22 August 2011	Bristol	£565
CST1	14–17 October 2011	London	£565
SER1	14–17 October 2011	London	£565
CST1	2–5 December 2011	Coventry	£565
Therapeutic Imagery & Dialogue 1	2–5 December 2011	Coventry	£565
CST2	9–12 December 2011	Perth	£565
SER2	February 2012	TBC	

UIUK-Overseas 2010

Course	Date	Location
CST2	26–30 July	Poland
CST1	30 Sep – 3 Oct	Athens
SER1	22–26 Oct	Poland
CST1	6–9 Nov	Cape Town
CST1	12–15 Nov	Johannesburg
SER1	18–21 Nov	Johannesburg
SER1	6–10 Dec	Poland

UIUK-O John Page: eastercottage@live.co.uk

Athens Eliza Maglari: +30 21 0814 2218 • info@pedin.gr

Poland Alek Kucza: +48 71 799 0041 • biuro@bmk.com.pl

South Africa Joanne Enslin-de Wet: +27 11 883 3422 • jomad@mweb.co.za

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INSTITUTE
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