

What is Craniosacral Therapy?

Craniosacral therapy works on the principle that our body possess innate intelligence to restore connections to the healthy self. The internal physiological world of the body (organs, nervous system, cells, etc.) knows exactly what needs to be done to stay healthy and the intention of the craniosacral treatment is to facilitate this.

Craniosacral therapy was founded by Dr William Sutherland (1870-1954), an American medical doctor and osteopath. Dr Sutherland's many years of research revealed underlying the more obvious bodily rhythms such as respiration and heart beat, lay more subtle rhythmic motions which involve a network of interrelated tissues and fluids at the core of the body; including cerebrospinal fluid (the 'sap in the tree'), the central nervous system, the membranes that surrounds the central nervous system and the sacrum. Dr Sutherland concluded these subtle rhythmic motions reveal an expression of life at a cellular level and crucially, are fundamental to the healthy functioning of the body. Disruption of these rhythms occur when the body experiences physical injuries, prolonged periods of emotional and psychological stresses, trauma and toxicity. Notwithstanding this, it was further discovered that the body is fully able to counteract this disruption, and reconnect using a specific treatment without the use of any external mechanical force; Alternatively, the innate intelligence within the body is trusted to carry out the healing processes under the sensitive hands of a trained Craniosacral practitioner.

Craniosacral therapy is a gentle, non-invasive, hands on, light-touch approach that supports physical, mental, emotional and spiritual well being. It has been demonstrated to have a profound effect on balancing and calming the nervous system to stillness, which underpins health on all levels. The still moments provide space and facilitates the body to go into its parasympathetic system, where it is able to reorganise and make changes. Ultimately this allows an individual to reconnect with themselves and their surrounding environment. In today's modern and stressful society these still moments are undoubtedly invaluable; they promote the calming of the nervous system, which in turn assists the body to function more efficiently both mentally and physically, and activate inner resources to bring forth an optimal state of peace, health and vitality.

How does Craniosacral Therapy help?

Craniosacral therapy is an effective form of treatment for a wide range of illnesses and conditions, both acute and chronic. It acknowledges that emotions can become locked in bodily tissues eventually manifesting as emotional memories and pain. It can help resolve physical trauma, reduce tension, stress and anxiety. Conclusively it is often a welcome last resort for people who have tried everything else but have not been able to find a solution to their illness or discomfort.

Who is Craniosacral therapy suitable for and what does it involve?

Craniosacral therapy is suitable for people of all ages including babies, children and older people. In a treatment session, the client remains fully clothed, lying on a treatment couch (or sitting if lying is difficult). The practitioner may start the session by placing their hands on the client's feet and thereon be led by the client's body to other parts, often the sacrum at the base of the spine or to the shoulders or the head. The practitioners feels and is guided by patterns of restrictions held in the tissues and fluids of the body. The practitioner does not lead the treatment but is led by the client's physiology containing its own natural priorities for healing. A typical Craniosacral treatment session last 40-50minutes.

Throughout the session the client may feel a range of sensations such as tingling, pulsing, buzzing, rumbling of the tummy. They may feel small subtle movements or adjustments taking place, or

sometimes, the client may feel nothing. A treatment session may bring up issues/emotions from the past experience which maybe held unresolved. Often a client will experience a deep sense of calm and relaxation or may sleep deeply. Any or all of the above is normal and welcomed as part of the healing process.

From my own experience some of the words and phrases that people have used to describe their experience of Craniosacral Therapy:

“Comforting, inner peace, a sense of relief, deep stillness and relaxation, connection, got more clarity in own personal circumstances and able to make decisions, feeling more focussed and ground, feeling whole again.”