

New CranioSacral Therapy Programs Launched in New Jersey

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CranioSacral Therapy is becoming increasingly popular in this country as a modality that can help with physical and emotional stress. If you Google CranioSacral Therapy (CST), you will discover that this complementary technique can help with a multitude of symptoms and medical diagnoses. A few common examples include conditions related to pregnancy and infant development, childhood learning challenges, concussions, orthodontics, back and neck pain, headaches, dementia, TMJ syndrome, immune, and endocrine disorders. If you haven't heard of this technique, it is a gentle, safe, noninvasive light touch approach that can create dramatic improvements in your life.

I was first introduced to CST 25 years ago when working in the physical medicine department at Beth Israel Medical Center as a licensed Occupational Therapist. Soon after starting there, I realized that I was eager to specialize in treatment approaches that focused on the structure of the body, with an emphasis on the interconnectedness of various body systems, and how this connection can impact a person's physical, mental, and emotional health. I had the privilege of learning CST while working at the hospital alongside several world-renowned neurologists who specialized in chronic and complex pain syndromes. This laid the foundation for 20 years of private practice and many wonderful experiences. My life passion is to share this information with everyone who is open to improving their overall health and well-being. I continue to be impressed with the results of CST and the nourishment this modality can provide for the whole system, starting with infancy and throughout the aging process.

So, what exactly is CranioSacral Therapy? CST was pioneered and developed by Dr. John Upledger, an osteopathic physician. During his time as a clinical researcher and Professor of Biomechanics at Michigan State University (1975-1983), he worked alongside a team of physiologists, anatomists, biophysicists, and bioengineers to test the existence and influence of the craniosacral system. The results of these studies explained the function of this vital physiological system and its significance in evaluating and treating imbalances in the brain and spinal cord. He then went on to develop CST and other complementary modalities that are currently taught worldwide to healthcare professionals.

CranioSacral Therapy directly influences the Central Nervous System (CNS) - the soft tissues and fluid surrounding the brain and spinal cord. This explains why working with this system can have such a profound effect on an individual's health. In life, a person accumulates stress and strain and over time this tension and tightness can directly affect the CNS and potentially every system in the body. By gently releasing strain patterns using distinctive light-touch techniques, the whole system works more efficiently. This can lead to a reduction in pain and confusing symptoms, and increased resistance to disease and illness. Because the touch is so light with this technique, CST has been shown to be effective for all ages. The gentle touch allows the system to relax, which enhances the innate healing mechanism within the body.

I'm excited to inform you about several unique programs that I'm currently offering in your community. They are based on the model used at The Upledger Institute in Florida and satellite clinics

around the world. I have participated in numerous programs and look forward to offering various treatment options to New Jersey, as I have found this multidimensional approach to be extremely effective.

Multiple Hands Day - This is a special monthly program where several therapists assist me during my treatment sessions. Several therapists working together can access more of the CranioSacral system. For example, one therapist can be treating an individual's neck while another is working on their hip. The rationale is that this can expedite the healing process because more of the system can be addressed simultaneously. The CranioSacral system includes the structures from the top of the head to the base of the spine, which is why the results can be more effective.

Family Day - This monthly program incorporates several therapists treating members of a family at the same time in the same room. This approach focuses on the family system because family members are interconnected. For instance, if one individual in a family is experiencing an issue, it can directly impact the entire family unit.

Pregnancy Day- By applying gentle CST to moms during pregnancy, the babies have the best possible opportunity to begin their lives free of structural restriction and prepare them to develop and mature into well-adjusted children and adults. CST addresses structural issues and stress related to the mother and the birthing process.

For more information, or to sign up for any of these special programs, please visit alyssafreycst.com or call me directly at 917-538-8850. The website for the Upledger Institute is upledger.com. Integrativeintentions.com is another satellite company affiliated with the Upledger Institute. Both sites have information on comprehensive therapy programs, both in the U.S. and internationally. These programs are 4-5 consecutive days and are extremely effective with complex medical or physical conditions.