

Biodynamic Registered Craniosacral Therapist
Requirements for RCST® status with the BCTA/NA

700-hour BCST Foundation Training With Robyn Jones, MA, CMT, RCST®

Attendance of 350 classroom hours/ 50 7-hour days: The training consists of 13 4-day modules, equaling 52 7-hour days. Students are responsible for making up any missed material and time beyond 2 missed days (arriving late, leaving early, etc. will also count toward total class time missed). Arrangements can be made with the instructor for paid make-up time or for approval of coursework with another instructor.

Give 2 tutorials: Two times during the 2 years of the training, you will give a 30-minute session with discussion and feedback with a teaching team member. These will happen either inside or outside of class time and are included as part of the training. You are welcome to schedule additional tutorial time with a teaching team member at their session cost.

Independent Study, 350 hours:

Student Project:

Cultivating Embodied Present Moment Awareness: During the two years, you are asked to spend at least one hour per week exploring the work for yourself. Include some time to reflect on what you are noticing, insights, journaling, etc. Some options:

- **Embodiment practice 4 (or more!) times a week for 15 (or more!) minutes:
i.e. Intrinsic Movement, Mindfulness Meditation, Body Scan ...;
- **Your own embodied meditation practice 4 (or more!) times a week;
- **Resting in settling meditations, hands-on yourself, session exchange with a classmate, sitting and breathing in nature, tracking your own tides, etc.

Receive 10 sessions from an RCST®: Receive 10 sessions from an RCST® during the 2-year training. It is recommended that students receive sessions from at least 3 different RCST practitioners.

150 Practice Sessions: These are with non-paying clients (unless you are already a craniosacral therapist) for a minimum of 45 minutes. Please record your 150 sessions on the form given. This should list your client's initials (to preserve confidentiality) and the date the session was given. Case Study requirements are included within this 150 sessions.

In addition, all sessions need to be written up. This is a good habit to cultivate for your practice. Please include: (1) client's name, (2) session date, (3) what the client presented with, (4) the particular BCST work you did, (5) both the client's and your experience of the session, (6) Include anything you want to remember for the next session, i.e. client preferences for lighting & bolstering, issues to ask about, etc., and (7) any questions or comments you have.

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Case Study Report:

As part of your 150 sessions, in the second year, you will do at least 10 sessions with one client. A protocol will be handed out in class which will include client self-assessment at the beginning and the end, forms to use, and guidelines for writing up your report.

Homestudy:

**** Short Writing assignments given with each module.**

**** Reading and Coloring:** There will be hand-outs at each module.

There are 7 required texts:

For first year:

#1: The Breath of Life: An Introduction to Craniosacral Biodynamics
Cherionna Menzam-Sills, North Atlantic Books, 2018

#2: In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness Peter Levine, North Atlantic Books, 2010

Continued use throughout the course:

#3: Atlas of Human Anatomy Frank Netter M.D., Novartis (There are several versions, older editions are just fine and available.)

#4: Netter's Anatomy Coloring Book (softcover) John Hansen PhD, Elsevier
Assignments will be given for coloring & study with each module's homework.

Beginning around the middle of the first year:

#5: Foundations in Craniosacral Biodynamics: The Breath of Life and Fundamental Skills, Volume One Franklyn Sills, North Atlantic Books, 2011

#6: Foundations in Craniosacral Biodynamics: The Sentient Embryo, Tissue Intelligence, and Trauma Resolution, Volume Two Franklyn Sills, North Atlantic Books, 2012.

In addition, for the second year:

#7: The Educated Heart: Professional Boundaries for Massage Therapists, Bodyworkers, and Movement Teachers Nina McIntosh, Wolters Kluwer, (several versions available, 3rd is fine, 2010, which doesn't have Chap. 11 about the internet, I can get you a copy of that chapter.)

Additional co-requisite: Licensed Massage Therapist level of anatomy and physiology study required: For those who do not have this training, please consult the instructor about equivalent study. One option is this course designed for craniosacral therapists:

<https://www.lcocanada.com/training/upledger-health-science-essentials/>