

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

2015-2017 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. Arrangements can be made with the instructor for paid make-up time or for approval of coursework with another instructor.

Receive 10 sessions from an RCST: Receive 10 sessions from an RCST during the two year training, no more than 3 may be with your instructor.

Give 2 tutorials: Two times during the 2 years of the training, give a 30-minute session with discussion and feedback with a teaching team member. This will be arranged to happen either as part of class or before class/lunch/after class.

150 Practice Sessions: These are with non-paying clients and a session counts as one hour. Please create a form to record your 150 sessions on. This should list your client's initials and the date the session was given. Case Study requirements and Cranial Nerve practices are included within this 150 sessions.

All sessions need to be written up. This is a good habit to begin for your practice. Please include: (1) client's initials, (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.

Case Study:

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.

Independent Study:

Licensed Massage Therapist level of anatomy and physiology and ethics study required: For those who do not have this training, please consult the instructor about equivalent study.

Self-Care Journal: During the two years, you are asked to spend at least one hour per week exploring the work for yourself. This could be doing settling meditations, doing hands-on yourself, session exchange with a classmate, sitting and breathing in nature, tracking the tides in yourself, etc. Include in that hour some time to record what you are noticing, insights, etc.

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

2015-2017 BCST Foundation Training With Robyn Jones, MA, CMT, RCST

Independent Study, cont.:

Reading: There are 7 required texts, including one anatomy atlas:
(all are available on Amazon either new, used, or on Kindle)

First year:

#1: Craniosacral Therapy and the Energetic Body: An Overview of

Craniosacral Biodynamics by Roger Gilchrist 2006 (not on Kindle)

#2: Wisdom in the Body, The Craniosacral Approach to Essential Health by

Michael Kern, North Atlantic Books, 2001

#3: Waking the Tiger: Healing Trauma by Peter Levine, North Atlantic Books,
1997

#4: Atlas of Human Anatomy by Frank Netter, Novartis (There are several
versions, they are now on the 6th edition, older editions are just fine and
available.) Continued use throughout course.

Around the middle of the first year:

#5: Foundations in Craniosacral Biodynamics: The Breath of Life and

Fundamental Skills, Volume One by Franklyn Sills, North Atlantic Books,
2011

For the second year:

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

#7: In an Unspoken Voice: How the Body Releases Trauma and Restores
Goodness by Peter Levine

Drawings: Required anatomy drawings are spread out over the duration of the training. While not always directly related to the content of the module, they do start with the basics and get more detailed as the course progresses. The recommended source for your drawings is Atlas of Human Anatomy by Frank H. Netter. The drawing assignments will refer to page titles in Netter. You are welcome to use other sources as you wish, as long as the drawings closely resemble the bone (or other structure) and the major landmarks are labeled. The drawings can be traced or drawn free hand, and they do not have to be in color.

Cranial Nerve Project: This project is to be a section in your notebook, or a separate notebook, which will contain hand-outs, drawings, and write-ups on practice sessions related to each of the 12 cranial nerves. This portion of our study will begin towards the end of the first year.

Final exam: After all other requirements are complete, you will take the open-book, open-note exam. This is an opportunity to celebrate how much you have learned. No one has failed it yet!