

CST

1. What does CSR stand for?
 - a. Capital Security rate
 - b. Cranial substance rate
 - c. Cranial sacral rhythm
 - d. Cranial sacral pulse
2. What model was used to describe the cranial sacral system?
 - a. Pressure stat model
 - b. Hemostat model
 - c. Tissue model
 - d. All of the above
3. The central nervous system as discussed entails?
 - a. The PNS
 - b. Sciatic and pelvic nerves
 - c. Phrenic and vagus nerves
 - d. Brain and spinal cord
4. What is the “webbing” that holds everything in place and is attached to everything?
 - a. Fascia
 - b. Muscle
 - c. Blood vessels
 - d. Lymph
5. What is the “tube” that connects the occiput to the sacrum as discussed?
 - a. Dural tube
 - b. Sacral tube
 - c. Occipital tube
 - d. Spinal tube
6. Cranial sacral rhythm and pulse is different than cardiac pulse in what way?
 - a. It is faster
 - b. It is erratic
 - c. It can only be felt in the skull
 - d. It is slower
7. How many “listing stations” were discussed?
 - a. 10
 - b. 2
 - c. 3
 - d. 8
8. Placing both hands on the skull and directing energy to the other hand and the fingers spread apart is called?
 - a. Peace
 - b. V-Spread
 - c. An insult
 - d. Catch and receive

9. When placing hands on client or manipulating the bones how much pressure is to be used as discussed?
 - a. 5 pounds
 - b. 1 pound
 - c. 8 oz
 - d. Weight of a nickel
10. In discussing "taking an open view of things" what animal was used with the blind men?
 - a. Cow
 - b. Elephant
 - c. Snake
 - d. Lion
11. What is true about vibrations as discussed?
 - a. They really don't exist
 - b. Travel in only 1 direction
 - c. Like attracts like
 - d. We didn't discuss vibrations
12. What part of the brain as discussed sets us apart from other species?
 - a. Frontal lobe
 - b. Parietal lobe
 - c. Temporal lobe
 - d. Brain stem
13. Which is true
 - a. Heart has a stronger electric field than the brain
 - b. Brain has a stronger electric field than the heart
 - c. Neither have an electric field
 - d. Both are equal
14. Conservation of energy is the
 - a. First law of thermodynamics
 - b. Einstein's theory of energy
 - c. Max Planks law
 - d. Never heard of it