

## **Craniosacral Therapy with Clinical Applications 1**

### **Learning Objectives**

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Hands in Harmony Inc

Through classroom situation with lecture, lab and instructor demonstration, class discussion and hands-on trades students will learn the history of craniosacral therapy, anatomy of the craniosacral system, indications and contraindications. Hands-on classroom experience will guide them in the theory of therapeutic presence, being grounded and balanced and listening with 5 grams of pressure. They will begin combining craniosacral therapy with their regular massage work so they can easily integrate the work and knowledge into their everyday practice.

Identify the physiological response of Craniosacral Therapy(CST) on the Respiratory, Nervous, Skeletal, Muscular and Fascial systems of the body.

Identify specific indications, contraindications & precautions of CST within the scope of practice of massage therapy.

Define & describe the effects of centering, focusing, grounding & breathing on the performance of a CST practitioner.

Describe appropriate assessment & data collection via Client Intake, Practitioner Observation & Tissue Palpation as it relates to CST and detail appropriate SOAP notes for a CST session.

Describe a brief history of CST.

Identify Advanced Training Programs to enhance performance, knowledge & skills relating to CST.

Demonstrate knowledge of techniques & principles appropriate for a CST session including application within endangerment sites.

Demonstrate understanding of effective body mechanics for a CST session.

Identify safe & effective strategies to emotional & behavioral responses during a CST session.