

## Craniosacral Therapy for Children with ADHD

The number of children that are being diagnosed with attention deficit hyperactivity disorder (ADHD) is increasing. ADHD is a psychiatric disorder that is characterized by either hyperactivity or inattention and sometimes can be a mixture of both. The disorder is the most diagnosed psychiatric disorder in both children and teenagers and is believed to affect about seven percent of children. ADHD is most common in boys than in girls and affects them two to four times more than girls. Most people who are diagnosed with this disorder as children continue to have its symptoms as adults. It is believed that two to five percent of adults live with this condition.



For those who have heard about craniosacral therapy and adhd should know that this is basically a light touch approach which will create massive improvements for people who suffer from ADHD or ADD. Those who suffer from ADHD also exhibit a pattern of behaviors and problems, including relationship problems, mood swings, depression, difficulty concentrating when reading, addiction or substances abuse problems, difficulty controlling anger, employment problems, low self esteem and anxiety. These symptoms can be mild or they can be severe and they may be present all the time or vary with the situation.

For a child to be diagnosed with this disorder an observation of six months or more is required. This is because ADHD symptoms are very difficult to define. It is normal for human beings to have some level of hyperactivity and inattention, therefore making it hard to draw a line between normal and not normal. It's also easier to notice a child who is hyperactive and cannot sit still for long as opposed to a one who is inattentive.

### **CranioSacral therapy**

Craniosacral therapy is an alternative therapy which was developed by William Sutherland in the 1930s. This therapy uses primary respiration and therapeutic touch to regulate the flow of cerebrospinal fluid. The therapy is loosely based on the cranial field of osteopathy. This therapy is used to relieve excess tension and the restricted motion of both the membranous regions and the osseous. When the excess tension of the meningeal membranes is relieved the function of the nervous system that had been impaired is restored. The therapy restores bone mobility on the spinal column, skull,

pelvis and rib cage therefore removing the restrictive anchorings. With the restoration of individual skull bones mobility the joints between the bones can now resume normal pumping and activities.

For any organ or tissue to function properly whether it's the bone, muscle or brain, there is need for proper movement of physiological fluid. The body delivers necessary antibodies and nutrients through fluid it also uses the fluid to remove the waste. This therapy enhances the movement of fluids in the central nervous system.

### **Causes of ADHD**

There is no consensus on the cause of ADHD some scientists believe it is hereditary others say that it is caused by toxins while others think that environmental influences have something to do with it. All experts however believe that the brains of ADHD affected individuals function differently compared to the brains of those who are unaffected. Research has shown that children who are affected by ADHD have a smaller brain volume of up to three to four percent in some regions.

### **How does Craniosacral Therapy help in alleviating ADHD?**

The good news is that there are a few treatments available for those who suffer from ADHD and one of the most effective ones is called CST or craniosacral therapy. The one who founded this treatment is Doctor John Upledger and he has studied at the Michigan State University from '75 until '83, where he also worked as a clinical researcher and a professor of biomechanics. He is firmly convinced of the effectiveness of his method and stated that by complimenting the natural healing processes of the body, craniosacral therapy has become a more preferred preventive health measure, because it can easily bolster resistance to disease and it also shows positive effects for a great range of medical problems that are associated with dysfunction and pain.

For those parents who don't like the fact that their children have to be on constant medication to keep this condition in check, the Craniosacral therapy may be what they need. This therapy has been used to treat ADHD since 1975. Studies suggest that a significant number of children suffering from this condition is due to restriction of the membrane layers and bones that surround the spinal cord and the brain. The restriction therefore interferes with the movements of fluids which bring in the vital nutrients that the spinal cord and the brain needs. For a person to operate normally the integrated pathways and sites of the brain must function properly. But in cases where the person has ADHD, some areas of the brain function at an abnormally high or low rate. The dysfunctions may be caused by lack of or restricted movement of fluids in the brain.

The Craniosacral therapy addresses the problem through a light touch therapy done on the craniosacral system. The craniosacral system consists of the fluid and membranes that surround the nervous system. The system extends from the tailbone and sacrum up to the face and skull. The gentle therapy is very effective when it comes to relieving the strain and restrictions placed on the craniosacral system. The therapy therefore improves the movement of fluids in the spinal cord and brain. This improved movement of blood helps the cells in the brain to get the required nutrients needed for normal functioning. It also helps to flush out waste and toxins from the brain cells therefore the overactive or under active parts of the brain are normalized.

### **Proven results with CranioSacral Therapy**

[CranioSacral Therapy](#) has been proven to be greatly effective for problems like learning disorders, anxiety disorders, stress, acute pain, other bodily chronic pain, neck aches,

back aches, migraines or headaches, just to name a few. What makes this type of therapy so special is the fact that it manages to reach to the core of the problem and because of that, it's extremely efficient at relieving the dysfunction and pain people are experiencing.

Practitioners who are properly trained in order to use craniosacral therapy range from individuals who just want to learn more about the techniques in order to help their family and friends, to physical therapists and massage therapists. Professionals who are trained in CranioSacral Therapy can immediately locate areas of the human body that experience energy blockages or there are restrictions in the fascia or muscles that need to be released. When imbalances are found, they are treated by helping improve the flow of the cerebrospinal fluid. As a result, the bodily processes will function with greater efficiency, thus reducing dysfunction and pain and helping individuals get rid of their stress levels.

CranioSacral Therapy is a full body treatment and when people consider it, they'll have to lie on a massage table without taking their clothes off. Next, therapists will place their hands on the specific areas of the body they feel imbalances exist with a touch not greater than 5 grams, waiting for the fascia to release. The fascia is basically the connective tissue that surrounds nerves, bones, organs, muscles and so on.

In what regards the release, it's mostly felt as pulsing, softening, heat coming off from the body, etc. Restrictions in the cranial bones may cause learning difficulties, emotional difficulties, are aches, neck aches, migraines or headaches, but also other problems. CST basically shows that everything is connected and by stimulating the tissue, these imbalances can be finally fixed.

The fact is that many people who struggle with various problems that life throws at them, will generally hold on to their emotions. Yet by doing so and not finding an efficient way of letting them go, pain or restrictions will be created in their bodies. Everyone realizes that this is true, but so few people will pause from time to time realizing just how much stress, painful memories and unexpressed emotions they hold within their body.

That is why as an exercise, people should take a moment right now and think about a previous painful memory or something that causes them a lot of stress. They should be very attentive to how their body reacts when doing so and see if they can feel the not so subtle or maybe subtle tightness anywhere in their body.

The good news is that by using Somato Emotional Release, which is a component of CranioSacral Therapy, they'll finally be able to release those emotions and restrictions and regain their inner balance. Somato Emotional Release allows people to let go of past traumas by unwinding and finally releasing what was ready to be released a long time ago.