

**Portland 2015-2017 BCST Foundation Training Syllabus
with Robyn Jones, MA, CMT, RCST®**

Module 1: Presence and Pacing

CST history; basic anatomy; Inherent Health; resources; practitioner fulcrums; practitioner skills of Being and Relationship; stillness and motion; introduce 3 Tides/3 Fields, Holistic Shift, Inherent Treatment Plan; basic trauma skills: horizontal diaphragms; course overview.

Module 2: Inherent Health

Primary Respiration and Motility of the Craniosacral system; energetic, fluid, and CS anatomy; sacrum and occiput; introduction: cranial base and vault, occipital/atlas, sphenoid; foreground/background; increased practitioner settling skills; introduction to embryology; resonance (fluid being to fluid being relating); basic trauma skills: introduction to Tracking Sensation verbal skills.

Module 3: Balance and Stillness

Listening for balance; anatomy: cranial bones, ventricles, dural tube, reciprocal tension membrane; “Tour of the Minnow”; Dynamic Stillness and Sutherland’s Fulcrum; Inherent Treatment Plan; spontaneous stillpoints; Focusing: “clearing space”; introduction to fulcrums; basic trauma resolution skills: hypo- and hyper- active states, exhalation and inhalation stillpoints; Long Tide exploration.

Module 4: Fulcrums, Shapes, and Space

Refining listening and contact, practitioner skill of Conversation; disengagement and space; joints; foundational triad: lumbosacral, occipital-atlas, sphenobasilar; parietals, temporals, frontal, pterion; natural and inertial fulcrums as energy, fluid, and tissue; Stillness and the resolution of the unresolved; Tutorials.

Module 5: Restoration and Mobilization

Overview autonomic nervous system; parasympathetic nervous system; fluid shock; practice Tracking Sensation verbal skills; introduction to visceral work; sympathetic nervous system; orienting; sympathetic chain; amygdala and locus coeruleus; Vagus and Accessory nerves.

Module 6: Heart of the Matter: 4 hours of Ethics

Review ANS; Social Nervous System (Polyvagal); bonding & attachment and Implantation Ignition; embryology; listening to the blood; Heart as “Organ of Perception”; introduction to Thoracic viscera; Heart Ignition; Facial nerves; Ethics.

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Module 7: Conception and Birth

Conception/Third Ventricle Ignition; exploration of birth imprints/patterns and therapeutic approaches: birth sequences & recapitulations, conjunct sites and pathway, medical interventions; autonomic nervous system stresses; Birth/Umbilical Ignition; introduction to working with babies; Olfactory and Optic nerves.

Module 8: Three Midlines, One Center

Pelvis as foundation of Midline; pelvic anatomy; pelvic diaphragms, joints, and introduction to pelvic viscera; Midline development and anatomy from primitive streak to spine; vertebral patterns; spinal harmonics; Oculomotor, Trochlear, Abducens nerves.

Module 9: The Cranial Base

Anatomy of the cranial base, relation to the whole; occipital triad; sphenobasilar junction, sphenoid, patterns; force vectors; birth imprints: occipital condylar compression, inter- & intra- osseous patterns; venous sinus drainage; Trigeminal nerves.

Module 10: Connective Tissue

Fascial/connective tissue anatomy and patterns; joints; anatomy and introduction to abdominal viscera as 4th midline; working with scars; Hypoglossal nerves; Tutorials.

Module 11: The Visceral Cranium - The Face

Facial anatomy; patterns in the upper and mid face, mouth and hard palate including eye orbits, sphenovomer-maxilla, and sphenopalatine-maxilla; frontal area and implantation patterns; Glossopharyngeal nerves.

Module 12: As Above, So Below - TMJ, Cranial/Pelvic resonance

Whole system as hologram: diaphragm reflections; anatomy and patterns of temporomandibular joint; anatomy of resonant connection between cranium and pelvis; core link: dural tube motility; cranial/pelvic balance & harmonics; Vestibulocochlear nerves.

Module 13: Integration

Questions and review; case studies; deepening stillness and listening; completions.

Instructor reserves the right to adjust this syllabus as needed.