



Craniosacral Certificate Program

Updated 3-12-15

Health care professionals may take one, two or all three craniosacral classes. Practitioners who wish to further develop their skills under the guidance and supervision of certified craniosacral practitioners can complete the certificate program as described below. You can technically complete the certificate program within a 12-month period. However, you need to take into consideration your ability to fulfill the requirements due to personal, professional and financial circumstances. In order to optimize your skill development, it is recommended (although not required) that you complete the program within three years of registering in the Certificate Program.

To complete the entire Certificate Program (earn the CST-C designation), including all classes and other requirements, the investment is approximately \$3,300 (estimate based on professional “early bird” rate).

Certificate Program Details & Fees

Courses & Course Fees: Fees: \$1,425 (3 classes @ professional “early bird” rate of \$475)

You must take the classes in sequential order.

- Craniosacral Therapy Level 1: Fascial System of the Body & Head
- Craniosacral Therapy Level 2: Bones of the Skull, Face & Mouth
- Craniosacral Therapy Level 3: Somato-Emotional Release

The fee for each 23-hour course is based on the number of in-class contact hours. Those who register by the “early bird” deadline (approximately two weeks prior to class start) will receive a discount.

	<u>Early Bird</u>	<u>Regular</u>
Professional:	\$ 475	\$570
Bastyr Alumni:	\$ 425	\$510
Full-time Student:	N/A	\$345
Retake	N/A	\$175

Texts

Required for the Classes:

- *An Integrative Approach to Craniosacral Therapy - Fascial Connections*, by Faith Christensen and Masahiro Takakura (for CST-Level I) (approx. \$24)
- *An Integrative Approach to Craniosacral Therapy - Cranial Connections*, by Faith Christensen and Masahiro Takakura (for CST-II) (approx. \$24)
- *Rhythm and Touch*, by Anthony Arnold (for CST-I and II) (approx. \$35)

Required Additional Texts for the Certificate Program:

- *Netter's Clinical Anatomy* (or other comprehensive human anatomy atlas for self-study during certificate prep) (approx. \$69)
- *Waking the Tiger* or *In an Unspoken Voice*, by Peter Levine (approx. \$24 each)

Recommended Text for the Certificate Program:

- *Cell Talk*, by John Upledger (for CST III) (approx. \$22)

Supervised Practice Sessions: \$250 (minimum of 10 sessions @ \$25/two-hour practice session)

Supervised practice sessions will be held at least monthly either at the Bastyr campus or within the local community. You will practice on one another under the supervision of an instructor or Certified TA. You will also be required to give treatments to the instructor or Certified TA. Sign in and out sheets will be required at each session to document the hours. Note: Student TAs can earn up to eight hours toward this requirement by serving as a Student TA in the classroom.

OVER

Two-Way Trades: Minimum 20 hours (no additional fee)

At least 10 trades of at least two hours in length with another participant. During the trade session each participant will take a turn as the “client” and then as a “therapist.” At least five must be with the same partner. Both the “therapist” and the “client” will document each treatment session. The therapist will use the SOAP chart format and the client will use a progression and insights document format.

Client Treatment Sessions: Minimum of 100 hours (no additional fee)

50 of the sessions can be of any modality which will include at least 50% craniosacral therapy (CST). The other 50 must be 100% CST. (SOAP charts are not required.)

Personal Treatment Sessions: \$750 (minimum of 10 documented treatment hours @ \$75/hour)

Receive a treatment from an instructor, Certified TA or other Certified Practitioner. At least five sessions must be with the same practitioner. Payment is made directly to the practitioner.

Self-Study: (no additional fee)

Besides the 10-20 hours of self-study relating to the class preparation, you are expected to read, review and research in the texts as needed in order to prepare yourself for the treatment sessions and testing.

Certificate Program “Certificate-Prep” Registration: \$345

The fee includes instructor mentoring during the entire period that you are pursuing your certificate. This includes instructor feedback on practical technique, SOAP notes and progress on skill development, It also includes feedback on the results of the written exam (as described in the requirements listed below). Any additional fees associated with these requirements are listed as “Additional Fees”.

Certificate Program – “Final Exams” Registration: \$335

Practical Exam: Demonstrate CST competency with one of the instructors

Written Exam: Pass with at least 80% correct

Steps at a Glance

- Step #1** Successfully complete Craniosacral Levels 1 and 2 (in Sept. 2012 or after) - an exception to this requirement may be made by “instructor permission”
- Step #2** Receive at least one full session from an instructor (or one of our Certified Practitioners)
- Step #3** Complete at least 50 hours of client treatment sessions of a variety of clients (providing CST for at least 50% of the treatment)
- Step #4** Participate in at least three supervised practice sessions
- Step #5** Meet with an instructor to assess readiness for enrollment in Certificate Prep
- Step #6** Once the instructor deems you ready, register for “Craniosacral Certificate Program Certificate Prep” in the Course Calendar section of the web site
www.Bastyr.edu/Continuing-Education or call 425-602-3152
- Step #7** Your instructor/mentor will contact you. With her guidance, complete the remainder of the Certificate Program requirements
- Step #8** Register for “Craniosacral Certificate Program – Final Exams” in the Course Calendar section of the web site
www.Bastyr.edu/Continuing-Education or call 425-602-3152
- Step #9** Your instructor/mentor will contact you to set up a date/time to complete the testing

Further questions? Contact us:

Certificate, Community & Continuing Education

ContinuingEd@Bastyr.edu

425-602-3152