

BASTYR UNIVERSITY

Department of Continuing Education

Craniosacral Certification Program Overview

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. 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.

Students must be Department of Health licensed professionals with manual therapy included within scope of practice:

LAc
ARNP
Chiropractor
Colon Hydrotherapist
Dentist
Dental Hygienist
EMT
RN
Midwife
LMT
MD
PA
PT
OT
ND

Students of these professions

It is the student's responsibility to determine if Craniosacral Therapy falls within scope of practice. The Craniosacral Certification does not in itself give legal permission to touch.

Long-distance students must meet with instructor/mentor prior to beginning extracurricular requirement to assess feasibility of certification

***Continuing Education Craniosacral classes are separate from Bastyr's Naturopathic Degree Craniosacral training.**

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Certificate Program Details and Fees

Courses:

- 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

Class Fees (as of 2/2022):

Professional \$600

Retake (with discount code) \$250

Texts

Required for the Classes:

- *An Integrative Approach to Craniosacral Therapy – Fascial Connections*, by Faith Christensen and Masahiro Takakura (for CST Level 1)
- *An Integrative Approach to Craniosacral Therapy – Cranial Connections*, by Faith Christensen and Masahiro Takakura (for CST Level 2)
- *Rhythm and Touch*, by Anthony Arnold (for CST Levels 1 & 2)
- *Pocket Anatomy and Physiology*, by Shirley A. Jones (for CST Levels 1 & 2)

Required Additional Texts for the Certificate Program:

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

Recommended Text for the Certificate Program:

- *Cell Talk*, by John Upledger (for CST Level 3)

Supervised Practice Sessions (minimum of 10 sessions @ \$30/two-hour practice session)

Supervised practice sessions will be held at least monthly either at the Bastyr Kenmore campus or within the local community. You will practice on one another under the supervision of an instructor or Certified TA. You may also be required to give treatments to the instructor or Certified TA. Sign in sheets will be required at each session to document the hours.

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

At least 10 trades of at least two hours in length with another student in the program. During the trade session each participant will take a turn as the “client” and then as the “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.)

Professional Treatment Sessions: cost dependent on practitioner (minimum of 10 documented treatment hours)

Receive a treatment from an instructor, Certified TA, or other Bastyr Certified Practitioner. At least five sessions must be with the same practitioner. Payment is made directly to the practitioner. Student will document each session with a progression and insights document format.

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 to prepare yourself for the treatment sessions and testing. Joining Seattle Craniosacral Associates on Facebook and reading the articles posted is also recommended.

Certificate Program – “Certificate-Prep” Registration: \$400

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: \$400

Practical Exam: Two-hour session to demonstrate CST competency with one of the instructors

Written Exam: Take-home exam, must pass with at least 80% correct

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Steps at a Glance

- Step #1 Successfully complete Craniosacral Levels 1, 2, and 3
- Step #2 Receive at least one Professional session from instructor or Bastyr Certified Practitioner
- Step #3 Complete at least 50 hours of client treatment sessions on 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 instructor deems you ready, link for “Craniosacral Certificate – Mentoring” registration will be provided by instructor
- Step #7 Once registered, your instructor/mentor will contact you. With her guidance, complete the remainder of the Certificate Program requirements
- Step #8 Once instructor deems you ready, link for “Craniosacral Certificate Program – Final Exams” registration will be provided
- Step #9 Once registered, your instructor/mentor will contact you to set up a date/time to complete the testing

Further questions?

Contact: Continuing & Community Education
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