

Craniosacral Therapy Certificate Program



Craniosacral Therapy - An Ever Evolving Field

Craniosacral therapy is an ever-evolving field that is used worldwide. The craniosacral non-credit courses include three levels of training, as well as a certificate program for those who wish to take their skills to a higher level.

Craniosacral therapy addresses the body, the head and the nervous system from the point of view developed by early osteopaths. Their treatment philosophy states that the body's structure and function are tightly connected - that health is a function of a body which is free from restrictions. Craniosacral therapy is a very gentle therapy which can benefit people from infancy through the end of life. It is an excellent treatment for musculoskeletal issues to gently release restrictions in movement to restore normal motion to the bones, joints and soft tissue. It is also an effective modality for treating chronic pain, such as migraine headaches and fibromyalgia, as well as addressing the emotional response to trauma which is held in the body.

Instruction uses a biomechanical approach that is deeply rooted in the anatomy and physiology of the body. Techniques focus on developing sensory awareness in the hands, dialoguing with the body as a part of assessment, and developing specificity and efficiency in treatment skills. This approach encourages very precise, light, non-invasive touch to facilitate assessment, treatment and release of restrictions. It focuses on tools of assessment and ways to find what the client's body needs in the moment - following the client's lead to that day's treatment. We train you to individualize treatment for each client, avoiding the need for prescriptive protocols which are often used in other craniosacral training programs.

Audience

Licensed health care practitioners who are licensed to touch, and students in those fields.

Fees (per 21-hour class):

There are a total of three courses, and you "pay as you go" by registering for each course separately. The class fee includes a detailed workbook. Register by the early discount deadline and save. The deadline is typically two weeks prior to class start (for dates go to the Course Calendar at www.Bastyr.edu/Continuing-Education). Required books can be purchased at the Bastyr Bookstore: Level 1: Rhythm and Touch: The Fundamentals of Craniosacral Therapy (\$32); Pocket Anatomy & Physiology (\$30); and An Integrative Approach to CranioSacral Therapy - Fascial Connection (\$22). Level 2: An Integrative Approach to CranioSacral Therapy – Cranial Connections (\$24); Level 3: N/A.

	Early Discount	Regular
Professionals:	\$495	\$595
Bastyr Alumni:	\$445	\$535
Full-time Students:		\$365
Retake:		\$175

Certificate Program Fees:

To complete the entire Certificate Program, including all classes and other requirements, the total investment is approximately \$3,275.

- Courses **\$1485**
- Additional Required Texts **\$110**
- Supervised Practice Sessions: 10 at \$25 each **\$250**
- Certificate-Prep Registration. **\$345**
- Personal Treatment Sessions from a Certified Practitioner: 10 at \$75/hour or higher **\$750**
- Practical Test and Written Open-Book Exam **\$335**
(21 CEUs/CMEs/PDAs per course)

Each of the three courses includes a combination of lecture, demonstration and ample hands-on practice. Health care practitioners who complete Level 1 may immediately incorporate these techniques in their practice, as well as go on to take Levels 2 and 3. Each course is held on a weekend: Fri, 1 - 8:30p.m. and Sat & Sun, 8a.m. - 5p.m.

**For up to date course listings,
visit our website or email us at
continued@bastyr.edu**

Craniosacral Therapy Course Descriptions

You must take the classes in sequential order. Those who do not wish to pursue the certificate program may opt to take the courses individually, and immediately incorporate their skills into their current practice. Each course includes 21 hours of in-class instruction (lecture, demonstration and plenty of hands-on practice). In addition you should expect to spend 5 to 10 hours of reading and review prior to each class.

Level 1: Fascial System of the Body & Head

Prerequisite: Licensed health care practitioners who are licensed to touch, and students in those fields.

This course focuses on patient assessment that includes the musculo-skeletal system, body diaphragms, craniosacral rhythm and cranial membranes, as well as recognizing patterns of restriction. Techniques are taught for joint unwinding, muscle and ligament release, and myofascial trains recognition. You may immediately incorporate your new skills in your practice, continue on to more advanced study in Levels 2 and 3, as well as pursue the Craniosacral Certificate of Competency.

The fascial system and its critical role in health and well-being will be discussed, from the specific to the whole body (including the membranes of the head). You will learn to recognize and assess the craniosacral rhythm at various points in the body, and to use it as an assessment tool. Learn to perform the still-point technique and dural tube glide, and explore the role of these techniques in normalizing tensions throughout the body. Additionally, we will cover the importance of the various membranes within the craniosacral system, including ways to assess restriction within the membrane system, and recognize its implications on general well-being and health. The seminar includes a combination of lecture, demonstration and hands-on practice.

Level 2: Bones of the Skull, Face & Mouth

Prerequisite: Craniosacral Therapy – Level 1

This seminar presents a set of techniques for working with the cranium. Other than osteopathy, most manual treatment programs do not address the mobility of the skull bones, which is so critical to the health and functioning of the central nervous system. Cranial work also is very useful in addressing intra-oral, TMJ, ear and sinus problems.

The focus of Level 2 is assessment and treatment of lesions in the cranium and facial bones. A full set of skills to address 16 bones in the cranium will be presented. The techniques build upon and integrate with Level 1 techniques for working with the cranial membranes, as well as the connections within the entire body.

Healthcare professionals who complete Levels 1 and 2 will have a comprehensive set of craniosacral skills in the biomechanical - structural approach to address restrictions in the body and head. In addition, this seminar provides the necessary skills for massage therapists to apply for Intraoral Endorsement in the State of Washington. Further integration of these skills with a holistic approach to the mind, body, and spirit is presented in Level 3.

Level 3: Somato-Emotional Release

Prerequisite: Craniosacral Therapy - Levels 1 & 2

Most of the restrictions in the body develop as a response to some form of trauma in the life of the client (including prenatal experiences). In Craniosacral Levels 1 and 2, the focus is on a biomechanical/structural approach to releasing restrictions found in the body, the cranium and the face. In Level 3 the focus shifts to another aspect of "restriction" in the body, the emotional response, which can also develop as a response to some form of trauma.

This seminar explores current theory on trauma and its resolution. It provides practitioners with tools that allow their craniosacral practice to address their clients more holistically. Skills taught include creating a safe environment for a client to allow for an emotional release, assessment techniques, listening skills, appropriate dialogue, and use of unwinding of the body. Breathing techniques will also be used as adjuncts to releasing trauma. Additionally, we will address how the practitioner can triage an emotionally loaded situation and determine if outside referral is necessary.

Level 3 serves as a wrap-up of the three-class series, pulling together all the elements that a practitioner has learned to create a comprehensive set of skills to add to their practice.

Certificate Program Requirements:

Those who wish to further develop their skills under the guidance and supervision of certified craniosacral practitioners can complete the entire certificate program. You are encouraged to complete the entire certification process over a one-to-three year period.

Courses: Successfully complete Levels 1, 2 and 3

Supervised Practice Sessions: Attend a minimum of 10 practice sessions (total of 20 hours)

Two-Way Trades: Complete at least 10 trades with another participant (total of 20 hours)

Client Treatment Sessions: Complete a minimum of 100 hours

Personal Treatment Sessions: Receive craniosacral treatments from a Certified Practitioner (minimum of 10 hours)

Practical Test & Written Exam: Pass with 80% or higher

Instructor Bio:



Einat Arian, ND, PhD, CST-D

Einat Arian earned her first doctorate from the Hebrew University in Jerusalem in 1997. She conducted research and lectured in the field of neuro-physiology, and has written several publications in peer-reviewed journals in those fields. In 2006 she graduated from Bastyr University with a Doctor of Naturopathic Medicine. Arian has been practicing naturopathic medicine in Seattle, with an emphasis on craniosacral therapy and homeopathy.

She studied craniosacral therapy in Bastyr's continuing education program under the guidance of Dr. Nancy Soliven, completing the certification program at the Diplomate level from Integrative Body Institute (IBI). In 2007 she began working as a teaching assistant for IBI, and also completed IBI's teacher training and mentoring program.

Dr. Arian deepened her craniosacral studies in advanced osteopathic and pediatric techniques with Dr. Faith Christensen. She also studied Dr. Christensen's vis-palpation techniques using craniosacral in a naturopathic practice to individualize supplement and remedy selections for patients.

Dr. Arian studied pediatric craniosacral therapy under Etienne Peirsman.

Dr. Arian has a private practice in North Seattle where she



CANCELLATION, TRANSFER & REFUND POLICY: Please submit your request in writing (email, mail or fax). Unless otherwise specified in the individual course descriptions, cancellations or transfers made up to 14 calendar days before the first day of the course will result in a full refund, less a processing fee (\$35 or 20 percent of fee, whichever is less). No refunds will be granted for cancellations made with less than the 14-day notice, nor for home study courses once the registration and payment have been processed. Returned checks will be assessed a \$28 fee. Participants registered for full courses will not be refunded for any missed sessions and may not receive certificates of completion for partial completion of a seminar. Bastyr University reserves the right to cancel courses with insufficient enrollment, in which case a full refund will be granted to those registered.