

# CRANIOSACRAL THERAPY



William Sutherland

This full-length certification program in Craniosacral Therapy gives a complete basis for professional practice based on the “Breath of Life” understanding of William Garner Sutherland and his colleagues, and the subsequent teachings of Franklyn Sills, RPP, RCST, of Karuna Institute, Devon England.

Sutherland taught that the basic ordering and healing principle is a vital energetic intelligence which he called the “Breath of Life.” This life force manifests through the fluids and tissues of the body, and can be sensed and felt by the trained practitioner. Essentially, this approach is an art of listening to the deep healing resources of the body and supporting the clients’ natural capacity for healthy self-regulation.

Sills is author of Craniosacral Biodynamics

and The Polarity Process, and a leader in teaching the Sutherland approach. Our instructors are trained and supervised by Sills and our program follows educational guidelines for “Registered Craniosacral Therapist” status with the Craniosacral Therapy Association of North America (CSTA/NA).

For CSTA/NA certification, applicants must complete additional requirements beyond class attendance, including giving and receiving sessions and completing reading and anatomy study assignments. For information on CSTA/NA, visit [www.craniosacralthrapy.org](http://www.craniosacralthrapy.org).

The program format is 50 days, in ten 5-day modules, each about ten weeks apart, over two years.



Franklyn Sills

*"You know from your experience as the patient that the Tide fluctuates; it ebbs and flows, comes in and goes out, like the tide of the ocean. You will have observed its potency and also its Intelligence, with a capital 'I'. It is something that you can depend upon to do the work for you. In other words, don't try to drive the mechanism through any external force. Rely upon the Tide."*

– W. G. Sutherland, DO

*"The cerebrospinal fluid seems to act as a storage field and a conveyor for the ultrasonic and the light energies... It is the liquid medium for life energy radiation, expansion and contraction. Where this life force is present, there is life and healing with normal function. Where it is not acting in the body, there is obstruction, spasm, or stagnation and pain, like gears which clash instead of meshing in their operation."*

–Randolph Stone, DO, DC, ND

## CRANIOSACRAL THERAPY PROGRAM CONTENT OVERVIEW

THEORY: 10%	PRACTITIONER SKILLS: 30%	SPECIFIC STRATEGIES: 30%	ANATOMY: 30%
History Universal Matrix Scientific Validation Breath of Life Ordering Principle Inherent Treatment Plan Three Tides Resonance Remote Viewing Relationship Dynamics Fulcrums State of Balance 3-stage healing process	Skills of Being Neutral Centered Grounded Skills of Relationship Contact Acceptance Skills of Listening Subtle palpation Gentle questioning Skills of Recognition Visualizing anatomy Energy movement Skills of Conversation Dialoguing with tissues States of balance	Tracking Tides Working with Stillness Following shapes States of Balance ——— Disengagement Traction V-spread Lateral Fluctuation Direction of Fluids Focusing & Verbal support ——— EV4 and CV4 TMJ Stacking (SBJ & spine) Venous sinus drain Force Vectors Facilitation Ignition of 3rd Ventricle Trauma resolution Pre- & Perinatal strategies	Each topic includes: Landmarks Mobility & Motility Relationships Bones Cranial vault & face Spine Pelvis Joints TMJ & hyoid Membranes/Fascia Reciprocal tension membrane Diaphragms Neck support Pelvis support Pericardium Fluids CSF & ventricles Neuro-Endocrine Brain & Cranial Nerves Autonomic NS Embryology