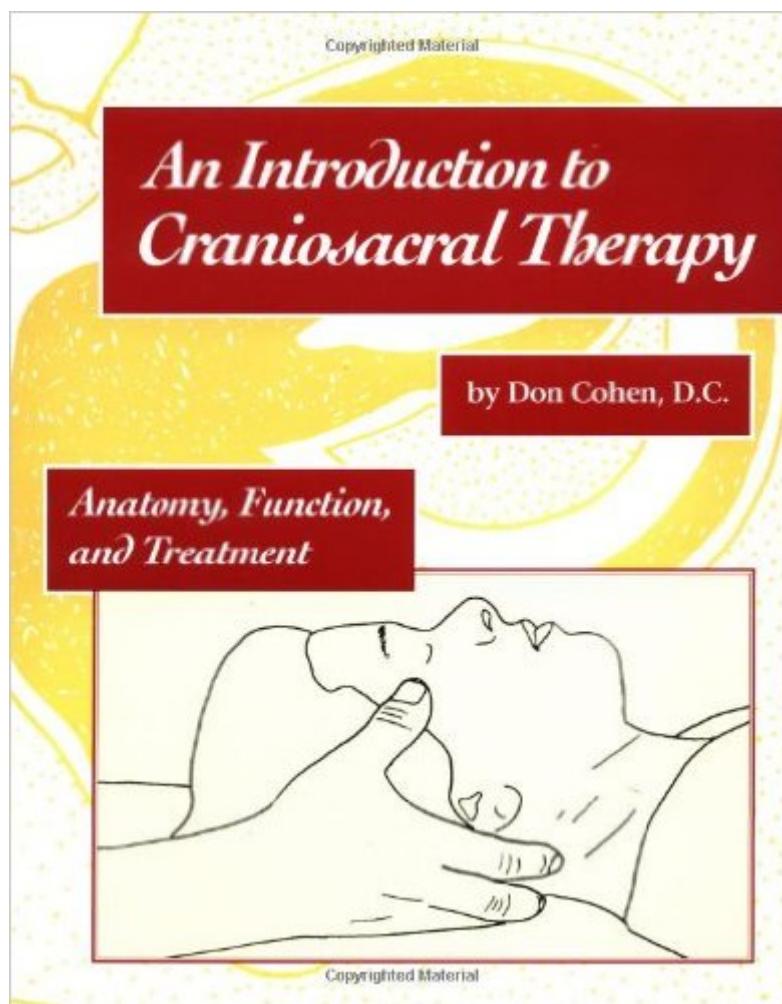


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# An Introduction To Craniosacral Therapy: Anatomy, Function, And Treatment



## Synopsis

Grounded in ancient hands-on methods of diagnosis and treatment while encompassing the innovations of the early experimental osteopaths, craniosacrally-based treatment is now one of the most successful and fastest-growing approaches to mind-body healing. Providing access to the unity of structure and function in the organism, such therapy offers a simple, direct, and non-dogmatic means for tapping the body's inherent intelligence in a fluid and spontaneous way. We should not presume that the techniques in this book deal solely with the bones of the cranium, the spine, and the lower back. The craniosacral system is no less than the structural aspect of the central nervous system. Its methods originate in neural behavior and emotional energy and include their manifestations throughout the tissues and organs of the body. Both a medical system with precise anatomical criteria and a therapeutic art requiring a practitioner to feel, interpret, and move energy, modern craniosacral therapy offers a unique way to perceive and influence the structural configuration of the brain itself in its relationship to the body's architecture.

## Book Information

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## Customer Reviews

Originally a manual for a relicensure seminar for chiropractic doctors, it was published at the request of John Upledger, D.O. Not intended as a full textbook, it was meant to be a brief workshop introduction to clinical practice for doctors and worked quite well in that context. The book does offer some insights that weren't presented anywhere else, such as the "lymphatic" function of CSF circulation through the brain, which might be the most compelling reason to seek craniosacral work.

There is also an interesting discussion of the neurology of palpation. People who criticize one book over another are missing the point. The various craniosacral books aren't competing with each other; it's best to get as many as you can and cull what you can from each of them. Sometimes a short course is easier to digest. The Heart of Listening, which is a phenomenal and vastly more comprehensive work, can also be overwhelming and confusing for the beginner. If you actually do the exercises in this book, you will have a good start on what should prove to be a long journey of developing skills.

Blood brain barrier, cerebral spinal fluid circulation, the layers of dura, locations of vesicles and other structures...all the things my anatomy/physiology professors spent not-quite-enough-time on. Putting it all together at a level that someone with a reasonable knowledge of anatomy can absorb, this book resembles a textbook in some ways. Vague on actual practices of this therapy, but personally I don't care because the a/p is the meat of the book and it's very interesting and enlightening.

I found this book to be very helpful when doing my certification exam. It clearly explains the anatomy of the system and broadens one's understanding of what this therapy is about. I don't believe that this therapy is something that can be learned from a book, so I didn't have that expectation from it. The techniques that he does share are simple, basic techniques that one can begin to play with. If it stirs your curiosity for more, get yourself to a class. I've also found it helpful for clients of mine that want to know more about the nuts and bolts of the technique in a readable and clear form, without the length of a textbook.

I'm in a class for Cranial/Sacral with a teacher who isn't very good at teaching. Frustrated with the lack of materials, a general disorderly method of giving what he does know, and his very slim instruction in palpation, I began a search for a book to help me get what I wanted. This book is fantastic! It clearly lays out the 10 step protocol and gives great tips for discovering the rhythm through palpation. The illustrations are helpful as well. I was quickly losing any interest in a subject (CST) that I have been wanting to learn for years but this book saved the day! I showed it to my teacher and he said that it would be a good text book to use for his classes in the future. I hope, for their sake, he does.

The print was large enough for me to read and was not complicated reading. To the point without all

the filler verbiage.

Very good and educational. Wanted to further my knowledge for my massage practice. Well written.

Dr. John Upledger has made great strides into gentle loving effective healthcare. I want to learn as much as I can of what this man is teaching! I have already tried some of his more simple techniques with amazing results. I have been an active massage therapist for 27 years. I am impressed with what this man is teaching! He is right on, as far as I'm concerned!

excellent!

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