



## Syllabus Craniosacral therapy

Course description for the training in Craniosacral therapy at our Osteopathic School. Please read the full Syllabus Craniosacral therapy.

In this education, osteopathy forms the basis for our approach. It is therefore emphasized that the fully trained craniosacral therapist has insight into the way the cranial concept is placed in osteopathy.

Including knowledge and understanding of the historical background to the concept and how it has evolved since the start of the Osteopathy in the 1800s.

All concepts and techniques in education are based on the basic principles of Osteopathy:

The body is one unit - structure and function are interrelated - the body is self-healing.

The teaching is based on both biomechanical and biodynamic approaches.

In the craniosacral part of our osteopathic education you will learn about the anatomical structure of the craniosacral system and its function, as well as relations to other body systems. The examined therapist should therefore know subjects such as:

- Production, circulation and drainage of the cerebrospinal fluid, as well as the subtle motion patterns it creates.
- All relevant structures involved.
- Evaluate and treat the container for the central nervous system, (membranes, bones and sutures).
- Active and passive techniques for assessing movements of these parts, as well as evaluating and distinguishing between membrane tissue, bone tissue and suture/ligaments between the bones.

- Applying techniques for the softening restrictions that inhibit movement of the above mentioned tissues.
- Fluid techniques for cerebrospinal fluid - still point in both flexion and extension, cerebrospinal fluid pumping, as well as assessment and manual treatment of the brain's ventricles.
- Fascia techniques for relaxation of body fascia, both passive and active techniques.
- Techniques for assessing spinal nerves, and being able to locate external restrictions that prevent their free movement in their surrounding tissues, as well as internal restrictions on nerve tissue and internal swelling.
- Evaluation and treatment of vertebral motility (self-motion), and their correlation with the autonomic nervous system.
- Techniques for the assessment and treatment of cranial nerves and the relevant structures in the brain that may be affecting their function.
- Energy techniques; both the general body energy, but also specific techniques for the assessment and treatment of meridians, chakras and other energy structures.
- Theories about how the body and the psyche are affected by trauma and how subtle techniques can be used in the healing process.

The examined therapist should be able to evaluate and treat the craniosacral system, as well as differentiate between the structures that it affects or are affected by them.

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