



CRANIOSACRAL THERAPY FOR MENTAL HEALTH

Craniosacral Therapy and SomatoEmotional Release are gentle, non-invasive, holistic treatments which can help release sources of stress and trauma that accumulate in the body. Our certified CranioSacral Therapists have the advanced skills and experience to enhance physical, mental and emotional balance during critical periods of emotional and mental healing.

CranioSacral Therapy can promote balance in your nervous system to better manage a variety of conditions including, but not limited to:

- Stress management
- Anxiety
- Depression
- Trauma/PTSD
- Grief/Loss
- Abuse
- Life transitions
- Self esteem
- Mental focus/clarity
- Physical pain
- Loss of connection to self

"It's impossible to separate our mental and emotional health from our physical health. The latest research in neurobiology and emotional trauma has revealed the importance of addressing the impact of trauma, depression, anxiety, and stress on the body. CranioSacral Therapy can be an effective adjunct to talk therapy, in order to reduce both the physical and emotional symptoms of toxic stress."

- E. P., LMHC

BREAKTHROUGH “FIGHT|FLIGHT|FREEZE|FEAR” TO EXPERIENCE TRUE CONNECTION WITH YOUR INNER SELF.

IS CRANIOSACRAL THERAPY SAFE?

Craniosacral Therapy is a gentle, hands-on, non-invasive form of bodywork that has very few contraindications. It is considered safe for all ages and most conditions.

WHAT WILL MY TREATMENT BE LIKE?

During your treatment, you will be made comfortable and remain fully clothed while lying on a massage table. Your CranioSacral therapist will gently place their hands in a variety of positions on your body to locate and release areas of tension to help you rebalance into a more calm, peaceful state and connect more strongly to your inner self.

During treatment, you may be quiet to the point you fall into a deep, relaxed state... even sleep. Other times, you may dialogue with your CranioSacral Practitioner about emotions, memories or sensations that are pertinent to your healing.

NOTE: *Craniosacral therapy is not intended to include or replace talk therapy. Our practitioners are not mental health professionals. However, our practitioners have been trained to help you connect with the sensations and feelings that can arise during treatment in a safe way. Often the most profound releases occur without any need for talking and any dialogue during treatment is completely at your guidance and discretion.*

**CALL 407-774-7744 TO BOOK YOUR INITIAL
CRANIOSACRAL THERAPY TREATMENT TODAY!**

INTENSIVES & MULTI-THERAPIST SESSIONS

We also offer combined therapy treatments and intensives. Your mental health counselor can be present during your CranioSacral Therapy treatment to assist you through your healing process, or we can work with them to design a combination of treatments to best support your needs. These combined sessions can be beneficial when it is necessary to calm the body's stress responses to enhance healing and facilitate breakthroughs in awareness and connection.



Center for CranioSacral & Integrative Therapies

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