



WHAT IS CRANIOSACRAL THERAPY?



- CranioSacral Therapy is gentle, hands-on bodywork that identifies and releases sources of tension, allowing the body and mind to naturally self-correct and heal.
- The craniosacral system consists of the membranes and fluid that surround, protect and nourish the brain and spinal cord.
- The health of this system affects the performance of potentially every cell, tissue and organ in the body.
- “Restrictions” in the craniosacral system are often the cause of dysfunctional physical, mental and emotional tension patterns that impact well-being, dis-ease and pain.
- CranioSacral Therapy is a powerful, yet nurturing approach to health and wellness, and is safe for people of all ages.

CranioSacral Therapy helps with a wide variety of conditions and issues that include, but are not limited to:

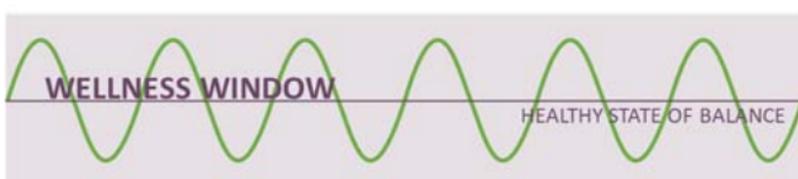
- Headaches/Migraines/TMJ
- Acute or chronic pain
- Fibromyalgia and chronic fatigue
- Sinus conditions
- Grief/emotional trauma
- Insomnia/sleep issues
- Stress/tension related disorders
- Loss of purpose/direction
- Vertigo/tinnitus
- Seizures
- Strains, sprains or injury
- Childhood conditions
- Digestive disorders
- Concussions
- Sciatica
- PTSD

Are you experiencing **PAIN, STRESS** or **TENSION** in your body or in your life? Whether it is physical, mental, emotional, or spiritual, **PAIN** is a call for action – a signal that something is in need of **HEALING. WE CAN HELP!**

WELLNESS IS A STATE OF COMPLETE PHYSICAL, MENTAL & SOCIAL WELL-BEING.

STRESS & WELLNESS

Each of us has a natural state of wellness. When we are in our optimal “Wellness Window,” we can easily handle the normal stress and strain of daily life. We stay balanced, focused, energized and at ease with ourselves and our lives.



However, when a stressful situation occurs, whether it is physical, environmental, emotional, or mental, we bounce out of our “Wellness Window” into a high-stress state.

In this high-stress state, our internal fight, flight or freeze response triggers unconscious reactions that are meant to protect us from danger. We temporarily enter survival mode. Our heart rate and blood pressure rise, digestion slows down and our blood vessels and muscles tighten.

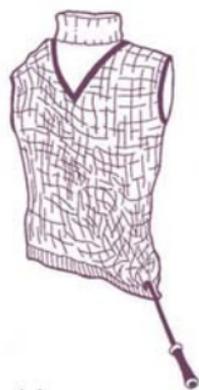
Once a perceived danger is over, our bodies and minds are meant to return to a balanced state (i.e., we return to healthy function within the Wellness Window).



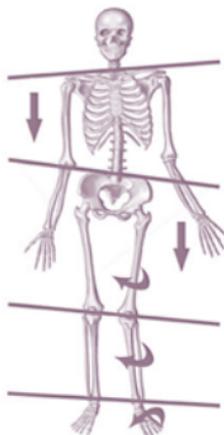
CranioSacral Therapy was pioneered by osteopathic physician, Dr. John Upledger. To date, over 125,000 doctors, dentists, counselors, occupational, physical and massage therapists from 110 countries have been trained at the Upledger Institute International to become CranioSacral Therapy practitioners.

RESTRICTIONS & THEIR IMPACT

Whether from physical, emotional or mental trauma, **STRESS** causes the body to protect itself by guarding affected areas and forcing other systems to work around them. These **“RESTRICTIONS”** have a ripple effect throughout the body... like pulling a string on a sweater. Initial restrictions can subsequently drag other body parts into dysfunction along with it, even though they are nowhere near the initial source of the trauma.



For example, a twisted ankle can lead to shoulder pain as the body compensates to protect the injury.



EVEN LONG AFTER AN INITIAL INJURY HAS HEALED, THE BODY CAN STAY “STUCK” IN A PROTECTIVE PATTERN, ALLOWING TENSIONS TO GET STRONGER OVER TIME.

Prolonged restrictions do more than just cause mis-alignment and imbalances in the body. They drain the body of energy and make the whole system work harder and less efficiently.

BECAUSE OF CRANIOSACRAL THERAPY’S ABILITY TO IDENTIFY AND RELEASE THE SOURCE OF RESTRICTIONS, IT CAN OFTEN TREAT ISSUES THAT TRADITIONAL METHODS FAIL TO FULLY ADDRESS.

HOW CRANIOSACRAL THERAPY HELPS

During a treatment, CranioSacral therapists place their hands in a variety of positions on the body to locate restrictions in the innate rhythm and flow of the craniosacral system. It is a bit like feeling the pulse on the wrist to evaluate the heart and cardiovascular system.

Then, using gentle techniques, CranioSacral therapists help release layers of faulty patterns that have developed as a result of restrictions. Once these restrictions are released, the various systems in the body can return to a more natural state of balance and healing, allowing clients to:

- Heal sources of pain, stress and tension
- Be more focused and improve their energy
- Live life with greater balance, wellness and joy



“CranioSacral Therapy is profoundly helpful in achieving a wide array of healing and wellness goals. Many people experience changes they never expected possible.”

— Robyn Rose, MPT, CST-D
Owner/Senior Therapist
PT18020

WHAT WILL YOU EXPERIENCE DURING A TREATMENT?

You will be made comfortable and remain fully clothed while your therapist gently places their hands on or under different points of your body. At times, you may be very quiet to the point you fall into a deep, relaxed state... even sleep. Other times, you may dialogue with your therapist about emotions, memories or sensations that are pertinent to your healing. Following treatment, changes continue to integrate for several days/weeks as your various systems settle into a more natural balance and alignment.

HOW MANY TREATMENTS WILL YOU NEED?

Each person has highly individualized needs. Initially, a minimum of three treatments within 10 to 14 days is recommended. This is to determine what changes are occurring and to ascertain the frequency/intensity of treatment best for you and your goals. At times, a more intensive protocol may be required to break through long-standing dysfunctional patterns in order to create more efficient and healthful ways of functioning. Our therapists will discuss the number/frequency of treatments they specifically recommend for you at the end of your first session.



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