

My Practice in Advanced CranioSacral Therapy

Kathy Lorenz, CST-D, CaCMT

I work with people who are having pain or dysfunction that isn't responding completely to conventional care, or who want a gentle, supportive way to feel healthy. CranioSacral Therapy (CST) is highly effective for getting past recurring symptoms or blocks in one's path to wellness. It is a gentle hands-on method of evaluating and enhancing the functioning of the system comprised of the membranes and fluid that surround and protect the brain and spinal cord. The therapy was developed from osteopathic medicine and western science.

This craniosacral system influences the entire nervous system as well as the endocrine and immune systems, and has a total body effect. I use a very gentle touch to release restrictions anywhere in the body in order to restore the best possible environment for return to wholeness and integration. This directly supports the brain and spinal cord, and helps the rest of the body to self-correct. The everyday stresses and strains that we endure, in addition to traumas from injury or surgery or emotional pain, are compensated for by our structures, and over time these compensations cause our soft tissues to tighten and distort the craniosacral system. With a soft touch that is generally no more than 5 grams, or about the weight of a nickel, these tensions and restrictions are located and released.

There is a wide range of conditions and medical problems associated with pain and dysfunction that CranioSacral Therapy addresses. Commonly, people come in for relief from headaches and migraines, chronic neck and back pain, TMJ Syndrome, post surgery recovery, infantile disorders, nervous system disorders (including PTSD), and a wide range of other conditions. A diagnostic label is not necessary in order to determine if CST will bring improvement and healing, as it works at the source of the problem and complements the body's natural ability to heal.

The modern developer of CranioSacral Therapy, Dr. John Upledger, created a therapeutic process called SomatoEmotional Release (SER), which expands on the principles of CST. It is a way to rid the mind and body of the residual effects of trauma, and it employs therapeutic dialogue while following the body's response. This work is always grounded in the tissues, and what we've found is that all the tissues store memory. When a restriction that has been held in the tissues begins to soften, an emotional component may also surface, as feelings held from the time of the original cause have the opportunity to resolve. SER works to reintegrate stability while releasing old patterns. It is fairly unique in the bodywork world, and it allows a way to move forward in our healing journey.

Additional training that I have done in the field of CST is Biodynamic CranioSacral Therapy. It stems from original work by many developers and contributors in the Osteopathic profession, as well as embryologists, and integrates the latest scientific research in how we heal. The wholeness of our beginning as an embryo informs every cell in our bodies as it relates to and remembers that wholeness. Working with this deep innate wisdom within each of us brings self-regulation back into balance and restores our capacity to grow and enjoy life.

Increasingly, as CST is coming into general public awareness, people are using it as a preventive health measure for its ability to bolster resistance to disease. It is very helpful in integrating other well-being practices, including care provided by medical doctors. An example of this is a client of mine who was experiencing high anxiety and had been on Paxil to help her manage her highly stressful work situation. Her weekly CST sessions over a period of a month and a half had such a positive effect in down-regulating her nervous system, that she was able to gradually decrease her medication dosage. She now comes in every month or two for health maintenance and balance. This is an example of complimentary therapies working optimally for the patient's highest well-being.