

Craniosacral Therapy

A complete guide to core training



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Greece & Cyprus

Why Craniosacral Therapy is significant

Craniosacral Therapy is a gentle touch approach. It helps the body release tensions held within and relieves pain and dysfunctions.

The soft tissues, meninges, and fluid that protect the brain and spinal cord consist the Craniosacral System (CSS). The CSS has a huge effect on the functioning of the Central Nervous System (CNS). And in turn the CNS regulates the functioning of all systems and our overall health.

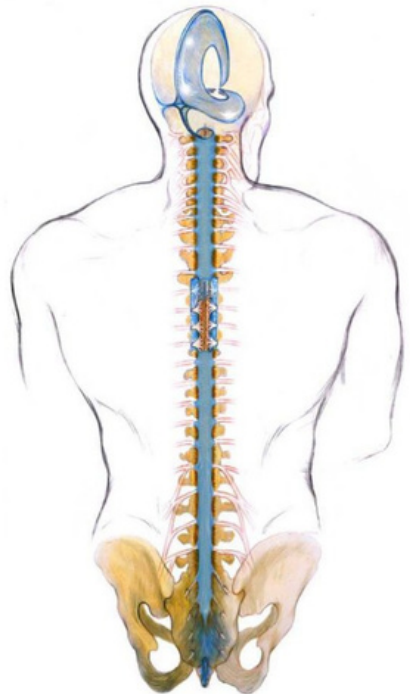
Our body absorbs forces and stress every day. But it can effectively handle a certain amount of tension before the tissues begin to tighten. Unfortunately this has a negative impact on the functioning of the CNS and almost all other systems.

Craniosacral Therapy helps in releasing these tensions to allow the body to relax and repair itself. Craniosacral therapists use a gentle touch Craniosacral healers use a gentle touch about the weight of a 10-cent coin.

With this touch they assess patterns of tension and restrictions in all the structures of the body.

Then, they use gentle techniques to release the restrictions they have identified.

This has an effect on the Central Nervous System which finds its maximum functionality. Thus, CranioSacral Therapy has been proven to reduce pain and stress naturally, strengthen the defense of our body and promote health and well-being.



The Craniosacral System



Dear friends,

It is our great pleasure to present to the public for the first time a concise guide to Craniosacral Therapy. We will look at the benefits, applications and basic training steps in this method. We address healthcare professionals as well as the general public with simple words.

I am Kyriakos Karampatziakis, and I work professionally using the Craniosacral Therapy and Visceral Manipulation.

I am a graduate of the Occupational Therapy department of T.E.I. Athens and I worked since 2001 as an Occupational Therapist in special education centers for children with developmental difficulties, dyslexia and autism.

In my professional path as an Occupational Therapist I took part in many seminars to learn new techniques. Some were theoretical and others more practical.

But what changed my life and my worldview was the Craniosacral Therapy course I participated in 2010. Immediately after that I started doing treatments of Craniosacral therapy with the children at my practice and I had incredible results. Myself, I was surprised, except of the parents of these children, This led me to Florida, USA at the Upledger Institute International, where I completed the core training in Craniosacral Therapy.

In 2016 I was appointed as the sponsor of the Upledger Institute in Greece. In 2018 I took over the management of the Barral Institute in Greece. I was appointed as the Satellite sponsor for the Upledger and Barral Institute in Cyprus in 2020.

And two year later, in 2022, I became an Instructor of the Upledger Institute International.

Personally, I am a big fan of the Craniosacral Therapy, I use the techniques with spectacular results in my patients. I hope you also find value in the techniques and have success in your treatments. The biggest reward will be the "recognition" from your customers.

All the best,

Kyriakos Karampatziakis, OT, CST-D

Benefits of Craniosacral Therapy

Research has proven that Craniosacral Therapy can effectively help with conditions such as:



Musculoskeletal disorders

- Headaches and Migraines
- Cervical syndrome
- Low back pain and Sciatica
- Joint pain
- Connective Tissue Disorders - Fibromyalgia
- Temporomandibular Joint (TMJ) Syndrome

Other Conditions:

- Postoperative conditions
- Tinnitus and Dizziness
- Disorders of the Autonomic Nervous System.

Pediatric Issues:

- ADHD and Autism
- Colics
- Plagiocephally
- Developmental Disabilities

Emotional Issues

- Stress , Insomnia
- Depression
- Post Traumatic Disorder



What is Craniosacral Therapy?

There is an innate ability of the human body to heal itself. Some call this the Inner Physician. When the skin has a wound, the self-healing mechanism responds, with a complex process, to close the skin. Immune reactions and inflammatory responses in this area are also indicative of the body's self-healing abilities.

The gentle touch of 5 grams has a calming effect on the central nervous system



Craniosacral Therapy involves facilitating or enhancing the body's natural ability to heal itself when trauma or disease processes have disrupted the system.

How is a session?

A typical CranioSacral Therapy session takes place in a quiet, specially designed space. You remain fully clothed as you relax in a comfortable massage table, usually in a supine position. If this is not convenient for you, the therapist can make adjustments to the massage table, or the client can lie on their side or even remain seated if necessary.

The therapist begins by gently touching various places on your head and body to feel the rhythm of the fluid flowing through your central nervous system. It uses a soft touch that weighs no more than 5 grams, or the weight of a 10-cents coin.

What does the therapist do?

Using his hands, he carefully "listens" to the tissues and locates areas of weak fluid movement or areas of tension in the tissues. By following these areas of weak flow and increased tension in the body, the therapist can find the primary source of dysfunction. He then uses gentle techniques with his hands to release the impacted areas and improve the functioning of the Central Nervous System.

What you will experience in your session is highly personal. Sessions generally provide deep relaxation and create a feeling of warmth and pulsation where your therapist is working

The training of the touch

“No one disputes the wine taster who, using his palate, can tell us the characteristics of a wine - the region, its vineyard, or even the year of production. Training of the touch skills could go at least as far.”

Jean-Pierre Barral, D.O.



Who could teach us the
Craniosacral Therapy better
than the founder himself,
John E. Upledger?
The Upledger Institute
International organizes
seminars all over the world
from 1985

The American Osteopath Dr. John E. Upledger was the one who discovered Craniosacral Therapy. He worked from 1975-1983 as a clinical researcher and Professor of Biomechanics at the University of Michigan. A team of anatomists, physiologists, biophysicists and biomechanics conducted experiments to test the existence and function of the Craniosacral System.

In 1983, Dr. John E. Upledger wrote his first book, "CranioSacral Therapy". In 1985, he founded the Upledger Institute International in Palm Beach Gardens, Florida, USA. The Upledger Institute has since continued to train therapists in CranioSacral Therapy around the world.

What you will learn

As a Craniosacral Therapy student you will learn:

- the tools for evaluating the Craniosacral Rhythm
- how to feel the Dura located in the Spinal Column and Skull



You will also learn **techniques** to treat areas of restriction, thus activating the body's **self-healing mechanism**.

You will also learn how to find

- the **energy cysts** i.e. points of increased entropy
- the **facilitated segments** i.e. areas of the spinal cord with irritability.

You will learn to safely and non-judgmentally guide a Somatic Release session using **Therapeutic Dialogue** and **Imagery**.

When you study with the Upledger Institute you are participating in an education of lifelong learning, exceptional knowledge and professional support. You have our commitment to provide you with the highest possible level of service during and after the seminar.

What are the advantages?

Upledger Institute **Alumni benefits** include:

- Protocols designed by the specialty leader or top leaders in their field.
 - The seminars are taught by healthcare professionals who have completed long-term apprenticeships.
 - Courses designed so you can confidently start applying what you've learned to your clients.
- Hours of attendance that satisfy many requirements for continuing education units (CEUs).
 - A Certificate of Attendance and CEU letter is provided on the last day of the seminar by the Upledger Institute.
 - Network with colleagues at the seminar and after – the list of seminar participants will be emailed to you after the seminar ends.
 - Certification programs recognized worldwide.
- Reduced fees for repeating courses.
 - Seminars in more than 400 cities and 60 countries.
 - Access to study groups.
 - Personal online account to access transaction receipts with Upledger Institute.
- Access to a wide range of supporting material containing valuable information on new research, techniques and best practices.
 - Free membership to the International Association of Healthcare Practitioners (IAHP).

Where to start from?

Craniosacral Therapy Core Training begins with the first module
CS1 - Craniosacral Therapy 1

CS1 - Module 1

February 17-20 , 2024

Duration: 4 days

Hours: 9:00 a.m. till 6:00 pm

Location: Hammock Wellness Center

Instructor: Kyriakos Karampatziakis,
OT, CST-D



Course Highlights

- The basis for learning to palpate and work with the Craniosacral system, to feel the Craniosacral Rhythm is presented
- You will learn the 10 Step Protocol.
- Treatment methods for the transverse diaphragms: the Pelvic & Respiratory Diaphragm, the Thoracic Inlet, the Hyoid and the Occipital Cranial Base.
- Techniques for the bones of the vault of the skull such as the lift of the frontal bone, the lift and decompression of the parietals, the compression-decompression of the sphenoid bone, the mobilization of the temporal bones with the famous traction through the ears.
- Still point, CV-4, and the technique Direction of Energy.

Prerequisites: This course is aimed at qualified health professionals, therapists or students completing their studies to become health professionals, with palpation skills, experience as well as anatomical knowledge.

Craniosacral Therapy 2

CS2 - Module 2

April 13-16 , 2024

Duration: 4 days

Hours: 9:00 a.m. till 6:00 pm

Location: Hammock Wellness Center

Instructor: Erin Riley, PT, CST-D



Description

In Craniosacral Therapy 2 – CS2 course you learn how to use Sutherland's techniques within the 10 step protocol. The facial bones, hard palate and temporomandibular joint are also treated to complete the exploration of the masticatory system. The total assessment of the body is presented in detail.

Course Highlights:

- Cranial Base Dysfunctions
- Dysfunctions of the hard palate, maxilla, and temporomandibular joint
- Whole Body Evaluation
- Arcing – Use of arcs
- Fascial Glide
- Dural Tube Mobilization and Facilitated Segments
- Energy cysts
- Craniosacral Rhythm as a Significance Detector
- Regional or Positional Tissue Release
- Introduction to SomatoEmotional Release®.

Prerequisites: Successful completion of CS1

SER1 - Module 3

Dates will be announced

Duration: 4 days

Hours: 9:00 a.m. till 6:00 pm

Location: Hammock Wellness Center

Instructor: Official instructor of the
Upledger Institute International



Description

Somato-Emotional Release 1 is essentially the third level of training in Craniosacral Therapy. It is a healing process that helps the mind and body to release debris from the trauma and negative emotional experiences related to the trauma. It thus complements the practice of CranioSacral Therapy by promoting and expanding its effectiveness.

Course Highlights:

- You will learn how to work with the Energy Cysts
- You will be able to work with the techniques for releasing the "Avenue of Expression"
- You will use the arcing technique
- You will begin to learn Imagery and Therapeutic Dialogue in the process of Somato-Emotional Release
- You will be able to use CranioSacral Rhythm as a Significance Detector

Prerequisites: Successful completion of CS2

SER2 - Module 4

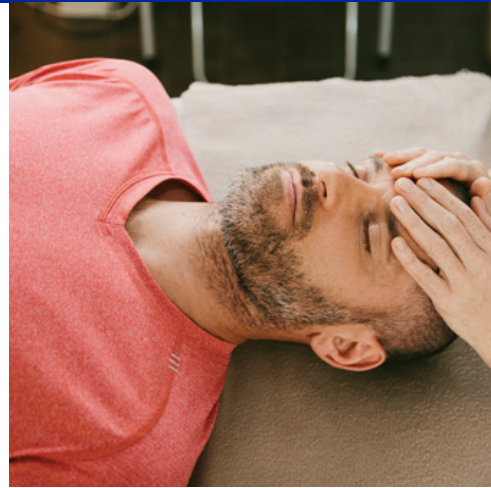
Dates will be announced

Duration: 4 days

Hours: 9:00 a.m. till 6:00 pm

Location: Hammock Wellness Center

Instructor: Official instructor of the
Upledger Institute International



Description

The "Somato-Emotional Release 2" course is essentially the fourth level of core training in CranioSacral Therapy.

Course Highlights:

- The history, principles and therapeutic process of Psychosynthesis, the Gestalt school and the Jungian school
- Practical application and integration of all of the above within Somato-Emotional Release, Therapeutic Imagery and Therapeutic Dialogue
- Review of hyoid and hard palate techniques for vocal organ release.
- Exercises for active imagination, archetypes, self-awareness and dialogue with facilitated imagery.
- A 10-step protocol for imagery and dialogue.
- You learn to trust your hands more as you experience the gentleness and safety of SER as you see its healing benefits.

Prerequisites: Successful completion of SER1

Advanced CranioSacral Therapy 1

ADV1 - Module 5

Dates will be announced

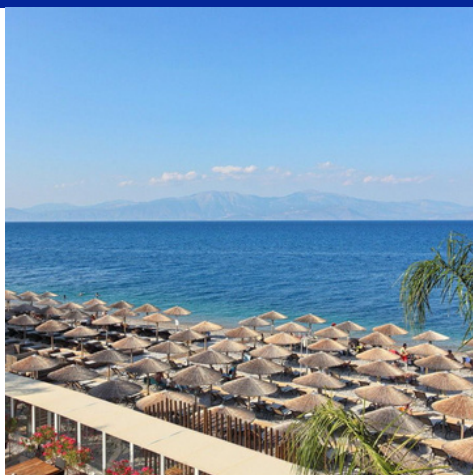
Duration: 5 days

Hours: 9:00 a.m. till 6:00 pm

Location: Resort in Cyprus

Instructor: Official instructor of the
Upledger Institute International

ADV1 - (Advanced Level 1) offers an unparalleled experience for the CranioSacral therapist who takes their training seriously.



Course Highlights

This course lasts 5 days, takes place in a place that also hosts our stay, is quite intense, and helps the therapist to make a big leap in his practice. The number of people participating is absolutely fixed: 10 people!!! The teacher and two very experienced assistants complete the group of instructors.

The participants are divided into two groups of 5 each day. This means there is plenty of time for developing your skills and your own journey through your self-healing.

Usually in the mornings, there is an open discussion about the therapeutic work, the experiences, and the new perspectives that the previous day revealed. In the afternoon each participant receives a session from the remaining four therapist members of their team, with the supervision team providing guidance and support when needed.

Prerequisites: Successful completion of SER2

CSP1

Craniosacral Therapy in Paediatrics 1



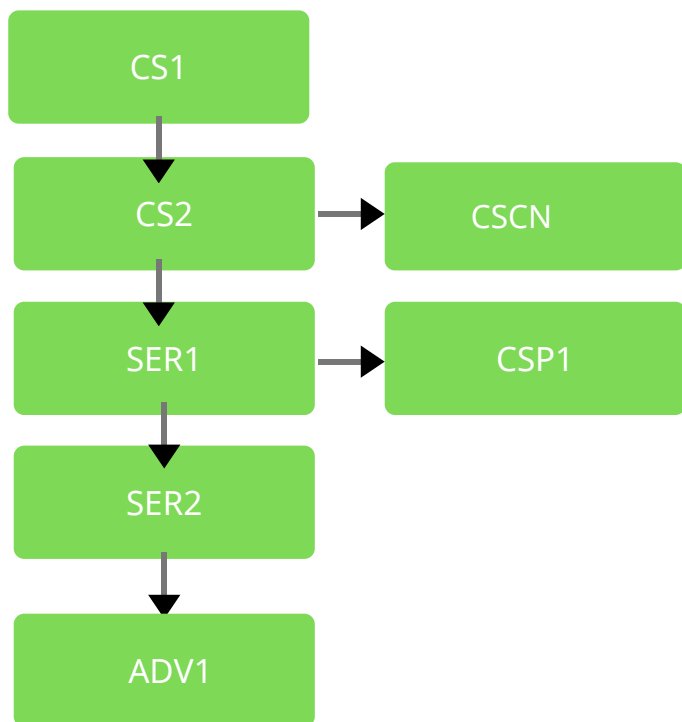
This seminar is specialized for the application of craniosacral therapy to children from 3-10 years old.

Course Highlights

- Discover the special topics regarding the application of CST and SER in children (3 months and older)
- Study the use of imagery and dialogue in children
- Expand your arcing skills – use of arcs, regional tissue release, significance detector, and therapeutic dialogue
- Observe experienced therapists demonstrate pediatric CST and SER techniques
- Practice your own skills with the children during the course in a safe, supervised environment
- Study of ankyloglossia in children (3 months and older)
- Differentiation study and imaging of cranial bones in children and adults

Prerequisites: Successful completion of SER1

The Core Training in Craniosacral Therapy



In addition to Core Training in Craniosacral Therapy, the Upledger Institute offers the **CSP1 Pediatric Craniosacral Therapy** course, **Craniosacral Therapy for the Cranial Nerves (CSCN)**, **Craniosacral Therapy for the Immune System (CSIR)**, and more. These seminars are complementary to Core Training.

Techniques Certification in Craniosacral Therapy

Certification in Techniques is a process built around the material and information presented in CS1 and CS2 (the first two levels). This exam consists of 12 written questions that are developed as an essay, and you can complete them in your own time. If you get 80% of the maximum score, you are considered to have passed the written stage.



The Upledger Institute will then invite you to take the next stage: the practical assessment with one of the Institute's examiners. In this practical part, you will have to complete a 10-step protocol and you will also reply to a multiple-choice test. The qualification score is 75%.

Diplomate Certification in Craniosacral Therapy



DIPLOMATE

The second exam is the Diplomate Certification which examines the knowledge and practical application of Somato-Emotional Release. The prerequisite is to have completed ADV1 - Advanced Level 1. It also requires written exams and a practical level exam, just like Techniques, but the assessment is on the whole subject. This is truly a unique piece in Upledger's work so we will heartily support people who want to go through this process as it benefits the presence of CranioSacral Therapy in Greece and Cyprus.

Epilogue

I feel great joy that this material is in your hands. I hope you found it interesting and gained a lot of information.

With this manual we have tried to give you a brief picture! It is a good start for those who come in contact with CranioSacral Therapy for the first time.

With this particular manual we give you all the information you may need to start the training or if you want to contact a suitable therapist.

John Upledger's approach has wonderful healing results. The important thing is that we are able to have an organized series of seminars in Greece and Cyprus. This makes your training in this approach a pleasant learning experience. And it provides you with globally recognized certification.

I suggest you read this manual twice.

The first time you will get an overview and identify some key points.

The second time I suggest you make some notes and if you have any questions contact me by phone or email. I will be very happy to meet you and help you.

Friendly,

Kyriakos Karampatziakis, OT, CST-D

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