

# Certificate in Craniosacral Therapy Level 1

## Course Syllabus

- Introduction to palpation of the Cranial Rhythmic impulse.
- Physiology of cerebro-spinal fluid (CSF).
- The dura mater, structure and function.
- Structure and function of the cranial bones; frontal, occipital, sphenoid, parietal and temporals and associated dysfunctions and pathology.
- Practical techniques for restoration of normal function of cranial bones.
- Structure and function of facial bones and teeth; maxillae, Ethmoid, orbital bones, mandible and temporomandibular joint (TMJ), and associated dysfunctions and pathology, including dental and bite problems.
- Practical techniques for restoration of normal function of facial bones, teeth and TMJ.
- Structure and function of the pelvic bones and joints, lumbo-sacral, sacrococcygeal, sacro-iliac, pubic symphysis and associated dysfunctions.
- Practical techniques for restoration of normal function of pelvis.
- Review of the nervous system, somatic and autonomic, and helping to restore balance using cranial techniques.
- Fascia, structure and function emphasising the importance of restoring fascial balance in maintaining homeostasis using fascial unwinding. This influences function of soma and viscera.
- Balancing the diaphragms.

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## Course Learning Outcomes

At the end of the Craniosacral Therapy Level 1 course, you will be able to take a case history, make an assessment and devise an effective treatment strategy for your patients.

You will have gained competence in the techniques taught, know how and when they can be applied, as well as recognising any limitations.

Your learning outcomes can be listed as follows:

- Be safe and aware of contraindications to treatment.
- Ability to handle and relate to patients in an appropriate healing manner.
- Ability to palpate Involuntary Motion (IVM).
- Ability to induce stillpoint anywhere on body.
- Identify normal and abnormal motion of the cranial bones, facial bones and diaphragms.
- Able to identify normal and abnormal motion patterns across tissues and structures.
- Able to relate abnormal motion to patient symptom picture.
- Able to make adjustments using indirect or direct techniques on individual structures and groups of structures.
- Able to make educated judgements about aetiology of symptom picture.
- Able to devise and execute a treatment programme when appropriate, and to refer to other practitioners when not appropriate.