

Intro to Integrative Craniosacral Bodywork

This 30-hour course combines traditional craniosacral holds, peripheral nervous system balances and how to blend craniosacral palpation with classic bodywork modalities. We will examine how these holds serve as pivotal synchronizers of the body, allowing the therapist to first tap into the subtle ebb and flow of the craniosacral rhythm and then begin to assess and address acute and chronic issues using nervous system integration.



Integrative Craniosacral Bodywork benefits the body's energy by expanding the traditional holds through touch of the peripheral nervous system to allow constant contact with the main hub (the cerebrospinal fluid and central nervous system). This approach teaches students to relax the cranial system from the coccyx to the head, incorporating techniques to bring the entire body into sync.

Instructor: Jordan Terry CMT. Raised with an understanding of healing touch, Jordan received his formal training at Santa Barbara Body Therapy Institute. With a bachelor's degree in architecture, he has a deep understanding of structure and flow. Jordan's practice in Bodywork includes several years of employment at Massage Envy, the Deep Tissue Massage Center, and now his own personal practice, Fundamental Body Therapy. Jordan has combined his diverse knowledge, intuition, and skill to create a unique and powerful blend of orthopedic massage.



Intro to Integrative Craniosacral 30 hrs w/ Jordan Terry
Class: Nov 1-3 (Fri, Sat, Sun) 9:00am-1:30pm 2:30-7:00pm
Clinic: Nov 4 (Mon) 1:45-4:45pm
Reg Fee: \$42 Tuition: \$420



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What Students are sharing about this Craniosacral Therapy

"I tried integrating my cranial skills in a clinic massage yesterday. I noticed this distinct pattern in the skin as I was doing the rub spine and the skin began to re-pattern fascia underneath looked distinct that was pulling her skin on the right side the ir was a massive area of discolor on top of the spine, the fascia began unwinding. My client became alert and said oh yeah, I had craniotomy for aneurism 7years ago (statistically only 11% survive). She felt a great relief and immediately rebooked her session. Both of my clients in clinic immediately rebooked."

-Rebecca Clark, 1000hr student

"Studying Integrative Craniosacral Therapy has changed my approach to the deeper work that I do. I integrate the Craniosacral Therapy with various Deep Tissue modalities. Hypertonic muscles let go sooner. I do a lot of 20 minute sessions in offices and get a much faster shift contacting the spine and sacrum while I work. The results are dramatically different."

-Sonia Ross, SBBTI Instructor and Sports Massage Therapist

"At Essential Touch, we get a wide range of patients: stroke, cancer, infants, NICU. Essential Touch is a spa within Scottsdale Healthcare Shea Hospital. It's the first of its kind in a hospital setting in the country. What I find with the general population is that so many people have not been touched. Very often I do half massage, half cranial. Craniosacral therapy for people with fibromyalgia is incredible. I also use it a lot with cancer patients, post-surgical patients and others who have tried everything mainstream- it works really well. It is great for scar tissue and post-surgery (such as mastectomy). It addresses the scar tissue by softening the tissue underneath the scar and allowing for more mobility. We have an infant massage program in the NICU and I use cranial with the infants more than anything else. The highest priority with NICU babies is orientation; they barely know they have left the uterus due to the high drug influence from delivery. We also see a lot of the nurses and staff for stress reduction."

-Amy Zac-Urban, SBBTI student

"Craniosacral Therapy gives me a deep sense of connection with my client and the oneness of the universe. Craniosacral Therapy is much easier on my hands than Swedish massage: the giving is more on the emotional and spiritual level."

-Noah Klein, SBBTI's 1000hr student

What Clients are saying about Craniosacral Therapy

"The Craniosacral treatment put me in a profound meditative state. I felt myself drifting into a deep inner space where I became very aware of subtle rhythms of body systems that are barely perceptible in ordinary consciousness. At one point I felt a definite release of tension in my cranium - I must have been holding it for some time without realizing it. All in all, I highly recommend this as a worthwhile form of therapy."

-Detty Peikart, SBBTI Clinic Guest

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"Receiving Craniosacral Therapy is like dropping into a deep well; the mind settles and the sensation in the body is like warm elixir permeating all the tissue layers and beyond the body. I often feel like I am floating for days afterwards."

-Katie Mickey, SBBTI director and recipient in SBBTI's Craniosacral Clinic

"I received a Craniosacral therapy session at the advanced clinic at SBBTI and was astounded by the process and results. Without knowing the premise of Craniosacral therapy, I was seeking a somatic therapy that would assist me in "getting into balance." Once the session began, I could feel waves of light and fluid pulsates through my body. My head felt like it was gently moving in a figure-eight, seeking to find its right place. When the session was over, I felt as if I had done extensive physical and emotional therapy. I felt lighter, calmer and centered. Since that first session I have sought out the student practitioner, for another private session. Thank you."

-Kara Powis, Ph.D., Clinic Guest

Background:

"When I get in a very relaxed state, with my eyes closed, I see the color purple in a misty 3 second cycle flow as if it is going down a dark manhole. It fills the visual field, flows down, and repeats itself. It is in both eyes and if I consciously merge the images it has a great 3-d effect. I've had this happen for years while receiving acupuncture, in a barber's chair, in church, and more recently on a massage table. No one has ever been able to give me a rational explanation of what I am seeing... and the only thing I have heard that has a 3 second cycle is the earth."

"I was fortunate enough to participate in a Craniosacral clinic at BTI on Monday, 2/8/10, and the experience was more than amazing. . .

. . . I'm lying face up on the massage table, clothed. I close my eyes and feel the therapist's hands gently touch the back and side of my head... that is nice... I wait... and wait... and slowly, like fog forming over warm ground, a mist of purple fills my entire field of vision... then it drains down a familiar hole in my subconscious mind in a 3-second pulse, again and again. I draw my attention to the edge of the hole and it appears to be overlapping brownish gold lettering in figures I cannot understand... the center of the dark hole has something flickering in it, another unrecognizable symbol in the distance at the edge of infinity... my right side jolts from the back of my head to my foot as if struck me a bolt of lightning. The therapist's hands then slowly move to my forehead and sides of my head. A light blue mist fills my vision like clouds that appear, disappear, and reappear. Another lightning bolt from shoulder to shoulder rocks me. Someone is sobbing a few tables away but the images hold, ever changing in structure and tone. The therapist moves to my waist and places her hands under my sacrum. . . from a field of charcoal comes a glowing red, like the embers of a large burnt-out fire... moving ever slowly... the red embers shift back to purple and back to red... then one hand moves to the back of my head and I'm floating above a massive waterfall of purple mist that is falling into an endless coral chasm... changing lighter and darker and lighter again... I am lost in space and time observing a breathtakingly beautiful scene from another dimension. The therapist moves her hands away... I'm still floating in a sea of color and motion. I feel her touch my shoulder and say something. I open my eyes... I sit up and feel both refreshed and wobbly. I thank her and walk back into the school's office... everything is the same... and everything is different. I drive home and tell my wife of the experience, but find words lacking to describe it... like trying describing a hundred beautiful sunsets folded into an hour."

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Epilog:

“I didn’t think about it again until I lay down to go to sleep and turned the lights out. I closed my eyes and up popped yellow/brown swirls of dancing sand against a dark sky... like echoes of the day’s visual delights.”

~ Ron Buckley 2/9/2010 Certified Massage Therapist, 550 hour graduate, 1,000 hour student

“I had a spectacular session with Joanne. She had a quiet, calm sense of confidence as she approached the whole session. She really allowed it all to unfold and had a presence of authority in what she was doing. I have had other Craniosacral sessions before and this was the most profound I have experienced- the depth to which I entered into it, as well as the stillness of the process- it seemed to allow for deeper shifts and quality of presence. I feel very relaxed.”

-Shyama Osborne, SBBTI craniosacral clinic recipient, and Polarity, Jin Shin Do Practitioner