

Cranio Sacral Therapy

The Cranio Sacral Therapy can be applied to treat headaches, backaches, joint pain and discomfort around organs. It helps to regulate the autonomic and central nervous system and supports the relief of stress - related disorders, such as insomnia, muscular and body tissues tensions, digestive disorder, abdominal discomfort and pain of unclear origin.

Cranio Sacral Therapy is very quiet and fine. For an observer it looks as if the therapy consists ,only' of laying on hands. But the movement of the various structures (bones, tissues) is palpated which dissolves tensions and sets the structures free for their function.

The movement comes from the CSF (cerebrospinal fluid), which is embedded in the dura (meninges) and leads through the spinal canal down to the sacrum. One could imagine, a ,braided hose' filled with fluid that connects head and sacrum. Some people can feel the movement in the body, others don't, depending on the individual person. However most people experience the treatment as very pleasant and relaxing, often almost as a meditative state.

By dissolving the tensions in the structure and the movement becoming freer and stronger, the body can start to regulate itself. In other words, the work is not over after the session, a regulation process was stimulated that can continue for several days.

This also means that symptoms do not disappear immediately, as in taking a painkiller. Change is taking place over a longer period of time. It is possible that after one session the symptoms are greatly reduced, but it can also take several sessions.

My recommendation is to perform three sessions and then conduct an analysis of the status quo determine what has improved or changed and what didn't. I apply the therapy over the dresses and if necessary I apply techniques from other therapies. (massage, connective tissue - facial work.....)

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