CranioSacral Therapy 1 (CS1)

Developed by John E. Upledger, DO, OMM
Few systems have as much impact on the human body as the craniosacral system. It protects and nourishes the brain and spinal cord and affects nearly every aspect of central nervous system performance.

That’s why CranioSacral Therapy is so critical to your healthcare practice. Developed after years of university research and testing, it allows you to release fascial restrictions anywhere on the body that may be impinging on the craniosacral system and every other system it interacts with.

In this workshop you’ll learn gentle techniques to normalize the craniosacral system and allow the body to self-correct. By unraveling pain and dysfunction at the source, you’ll help eliminate stress, strengthen resistance to disease, and enhance health in every dimension.

Required Preparation:
CranioSacral Therapy Book and Your Inner Physician and You Book

Upledger CST Core-Pak and CST Starter Kit!
For only $100 per month, the no-risk CST Core-Pak sets you on the path for advanced professional designation while easing the financial worry.

Upledger’s CST to Certification Core-Pak includes CS1, CS2, SER1 and SER2 workshops plus Techniques Certification – all for $2800, a savings of $1080 over standard tuition prices.

Plus, you can save even more when you add the CST Starter Kit, which includes the CranioSacral Therapy textbook, Your Inner Physician and You book, the Still Point inducer, a full-color instructive poster, and IAHP Medallion Membership – all for $100 (reg. price: $222.90).

Of course you can still sign up for each class in the series separately– and save as much as $200 each with early registration.

Whichever payment option you choose, our flexible Cancellation and Refund Policy applies. To enroll or get details, call us at 1-800-233-5880, or visit Upledger.com

Enhance Your Skill Level
• Develop finely tuned palpation skills that will help you identify the subtle craniosacral rhythm and interpret its patterns to evaluate dysfunction and improvements
• Apply CranioSacral Therapy to a number of common ailments such as TMJ dysfunction, head and neck pain, central nervous system disorders and many more
• Release dural tube restrictions to enhance interactions between the central nervous system and the body
• Locate the source of physical problems by traveling through the fascial system
• Use techniques that produce dramatic health and relaxation effects
• Put a simple 10-Step Protocol into practice right away

CranioSacral Therapy 2 (CS2)

Furthering the studies of CranioSacral Therapy 1, CS2 focuses on integrating Sutherland’s technique for identifying lesions into the CranioSacral Therapy 10-Step Protocol; evaluating and treating cranial-base dysfunctions, the masticatory system-hard palate, mandible and temporomandibular joint; and whole body evaluation. The concepts of SomatoEmotional Release and Energy Cysts are introduced.

SomatoEmotional Release 1 (SER1)
SomatoEmotional Release is a therapeutic process that uses and expands on the principles of CranioSacral Therapy to help rid the mind and body of the residual effects of past trauma and negative emotional experiences. You will participate in hands-on training to facilitate the SomatoEmotional Release process to access suppressed emotions that may be inhibiting complete structural releases. SER1 offers applications designed to enhance results using CST and other complementary therapies.

SomatoEmotional Release 2 (SER2)

By attending this class, you will become more proficient in the SER techniques and will learn how to integrate therapeutic imagery and dialoguing skills. The goal is a comfortable holistic mind-body approach to the resolution of problems and obstacles related to patient/client progress and growth.

CranioSacral Therapy Techniques Certification
Upledger Institute International’s CranioSacral Therapy Certification Program is designed to bring therapists trained in Ul CranioSacral Therapy recognition for their knowledge and skill in this therapeutic modality.

As a CST-certified therapist, you affirm your capabilities and understanding of the techniques and build confidence in the minds of your patients/clients that you are highly skilled in the modality. Further, Certification demonstrates your pursuit of the highest standards of excellence as well as your commitment to your profession, playing a pivotal role in preserving the right of qualified healthcare professionals to practice CST.
Upledger CranioSacral Therapy

The most trusted, innovative, reliable source for CST training.

• Join the global network of 125,000 Upledger alumni.
• Learn the techniques that will enable you to effectively address a wide range of health issues.
• See more patients per day using light-touch palpation!
• Earn contact hours to satisfy CEUs.

Alumni Association

After completing your Upledger CranioSacral Therapy 1 class, you are automatically eligible for membership in the Upledger Alumni Association and the International Association of Healthcare Practitioners (IAHP). IAHP is a professional network of over 150,000 therapists trained by a coalition of developers of innovative healthcare therapies. IAHP is at the forefront of raising awareness and acceptance of complementary healthcare and serves as your voice before legislative bodies, insurance regulators, the public, and healthcare providers.

“I’m so proud to be part of the Upledger family. All my seminars have been outstanding. No other teachings are as well organized with such built-in success as yours.”

– B.D.

NCBTMB Provider #025755-00. Check with your Licensing Board for requirements. Our classes satisfy requirements for continuing education units in many states for many different professions. Before attending a workshop, please verify CEU acceptance with your profession’s state board.

Midwest, East, West: 800.233.5880 • Upledger.com

REGISTER NOW - CLASS SIZE LIMITED!

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CranioSacral Therapy

Hands-on training from certified instructors, practicing healthcare professionals, who have completed extensive teaching apprenticeship programs.
Personal instruction and training time needed to master the techniques for effective use in practice.
Balanced mix of lectures, demonstrations and supervised hands-on practice.
Comprehensive, illustrated study guides.
Contact hours to help earn continuing education credits.
Support materials, books and products.
Access to an international resource network.
Reduced tuition for course review (based on space availability).
Convenient Cancellation Policy.

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