



Mental Health Association of Northern Kentucky

A LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND
NATIONAL MENTAL HEALTH ASSOCIATION

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Craniosacral Work

A light-touch therapy addressing the bones, (especially the bones of the cranium and sacrum), membranes, and fluids surrounding the brain and spinal cord.

Craniosacral therapy has its American roots in Osteopathy, founded in this country by Dr. Andrew Taylor Still. Dr. Still believe each human being should be treated as a whole. A person cannot get sick in one area of his/her body without having other areas affected.

All body systems operated in unison. His philosophy focuses on the unity of body parts, mind, and spirit. He recognized the body's ability to heal itself and stress preventive medicine.

Dr. William Sutherland became known as the "Father" of cranial work as he continued the study of cranial osteopathy. The term "Breath of Life" came from his work, referring to the fluid and rhythm traveling up and down the spine within the cerebrospinal fluid (CSF)

Craniosacral bodywork can engage the healing forces already at work within a system rather than focusing on the obstacles that may be obstructing that flow. The cranial rhythm is sometimes said to be the place where spirit and body meet, or where spirit begins expressing itself in physical form.

Typically session are performed with the client fully clothed in loose, thing, clothing. The environment is intended to be safe and warm. A session last 60-90 minutes, including the intake before the work begins and any follow-up conversation. No oils or strokes are used. The method is light touch. A craniosacral session will typically bring about a sense of relaxation and a heightened sense of well-being. A craniosacral session can be healing physically, emotionally, and spiritually. You may find emotional releases happening as your body starts remembering and returning to health.

Craniosacral work is known to positively influence (but is snot limited to): stress-related conditions, insomnia, depression, digestive, menstrual, headache, migraine, breathing difficulties, birth trauma, PTSD, chronic pain, ear problems, and immune functioning, TMJD, nervous system dysfunction, whiplash, sciatica, Fibromyalgia, arthritis, back and neck pain, injuries, low every, autism, and a myriad of additional diseases and chronic ailments.