

# Craniosacral Therapy

## What is Craniosacral therapy?

Craniosacral therapy is a form of body work focused primarily on regulating the flow of cerebrospinal fluid by using gentle therapeutic touch. It is a non-manipulative therapy that is also completely non-invasive. The treatment can be deeply relaxing, bringing a sense of warmth, balance, calm and wellbeing.

## What happens during a Craniosacral treatment?

At your first appointment you will be asked questions about your health and general wellbeing to help determine the focus of the therapy. You remain clothed but remove your shoes, and are treated laying on a massage couch, covered in clean towels or blankets to keep you comfortable and warm.

The therapist works by placing their hands, using a highly developed sense of touch, on the cranium (head) and the sacrum (tailbone) or any other part of the body, as appropriate, to feel the craniosacral rhythm. This is the gentle ebb and flow of cerebrospinal fluid as it moves within the membranes that surround and protect the brain and the spinal cord in order to nourish, cushion and protect the central nervous system.

By focusing on the body in this gentle way, the skilled practitioner can identify subtle pulls, twists and tensions. Through gentle interaction with these movements - still with a very light touch - the practitioner encourages a therapeutic response from the membranes, muscles, organs, nerves, blood vessels and all connective tissues (fascia) throughout the body.

## Who can benefit from Craniosacral Therapy?

The gentleness of craniosacral therapy means most people find the treatment relaxing, and many experience relief from symptoms, including pain. Acute stress and anxiety can also be reduced, and this often improves other problems caused by these debilitating conditions.

## How long does a session last, how many will I have, and how often?

Therapy sessions last up to 50 minutes, although the first session may take a little longer to allow time for a full assessment. We are currently able to offer a set of six sessions for patients and three for family members and carers.

*Therapies should not be regarded as an alternative to medical treatment prescribed by your doctor.*

### **How will I feel afterwards and what should I do?**

After a treatment you may feel very relaxed and sleepy. Sometimes people feel energised and want to use their energy. If you feel tired it's best to have a sleep. If you feel energised take care not to overdo it! You may feel thirstier than usual and it may help to drink extra water. It is recommended that you avoid alcohol on the day of the treatment.