

Specialty Courses & Personal Development

The Craniosacral Academy of Australia offers specialty courses and post graduate trainings that will enhance your practitioner skills and treatments. We have courses in:-

Auricular Therapy - 2 Day Workshop

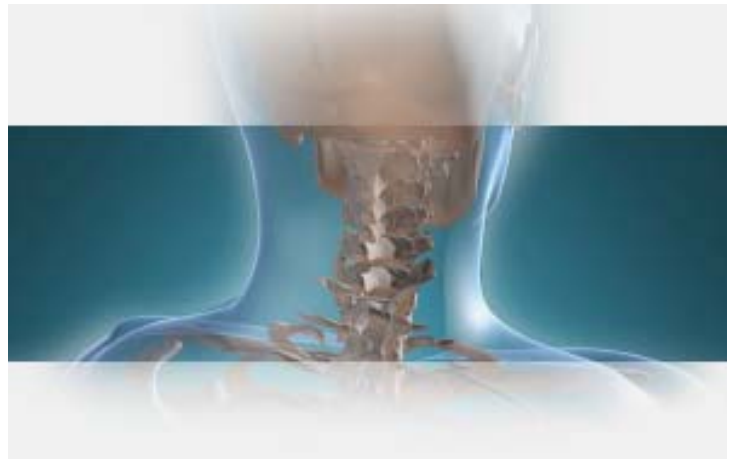
Ear Reflexology is the modern term for diagnosing and treating body disorders through the ear. Results can be spectacular. It is useful alone or with any other health care therapy. Students will be taught how to treat common physical and psychological disorders through the use of tactile stimulation and magnets. This is Advanced Reflexology at its best and is a must for all Remedial Therapists. This course is exclusive to the Academy and is held once a year in Adelaide.

- Anatomical structure of the auricle
- Locations, functions, and indications of auricular points
- The ear as a microcosm
- Treatment of common disorders
- Types of stimulation, moxa, magnets etc.
- Rules of selection of ear points
- Sports injuries - and more!

Qigong Therapy - 2 Day Workshop

This workshop by Peter Farnsworth will instruct you how to use Qi to heal others. Qigong literally means “*life energy (Qi) skill (Gong)*”. The course can be taken by itself or in conjunction with other “Energy” subjects. This course is personally facilitated by Peter Farnsworth who has trained under Ken Cohen. This course is held twice a year in Adelaide and is ideally suited to the Cranial Therapist.

- What is Qigong
- The stance of power
- Standing meditation
- One finger Zen
- External Qi healing
- Wellness treatments
- Qi assessment
- Qi treatment



Qigong & Meditation - 2 Day Workshop

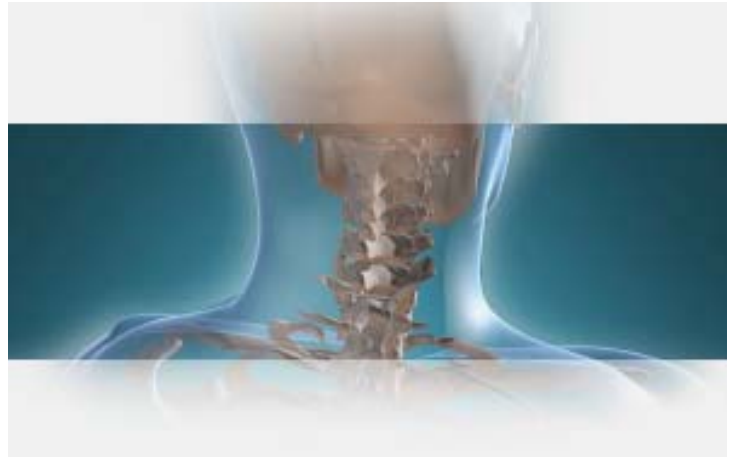
Expect to feel the “Power of the Force” in this course. The study group will explore various forms of Qigong and Meditation using interactive DVD’s and selected readings. This course will not only enhance the health and Qi-Field of the learner but detail the philosophy behind Qigong practice. You Will Learn:

- Standing Qigong Meditation
- Bone Marrow washing Qigong
- Eight Strands of Brocade Qigong
- Embryonic Meditation Qigong
- Walking Qigong
- Breathing Qigong Meditation

Spinal Release Therapy - 2 Day Workshop

This course focuses on restoring the body’s centre of gravity (LS-SI) to a balanced state and to release trauma and tension in the spine using powerful but light touch therapies. This course is suitable for those who aim to treat spinal complaints.

- Spinal relationships
- Balancing centres of gravity
- Effects of trauma and stress
- Plumb line analysis and treatment protocol
- Effects of Spinal misalignments
- Craniosacral reflexology
- Lovett brothers expanded
- Polarity spinal balancing
- Effects of Chakras on the spine
- Light touch techniques



Spinal Anatomy and Pathology- 2 Day Workshop

Master Anatomist, Paul Doney, works his magic by making the difficult easy to understand. Good course for those who wish to understand and treat more difficult or unusual disorders. This course is under development. More details in 2008.

Muscle Energy Techniques- 4 Day Workshop

Muscle energy techniques have been refined by Osteopathic practice and are now available to be used by all who practice manual medicine. Muscle Energy Techniques are soft tissue methods in which the client actively uses their muscle from a controlled position, in a specific direction, with mild effort against a precise counterforce to relax acute muscular spasm or contraction. You will learn advanced musculo-skeletal techniques to treat a variety of disorders. Course under development, more information to follow.

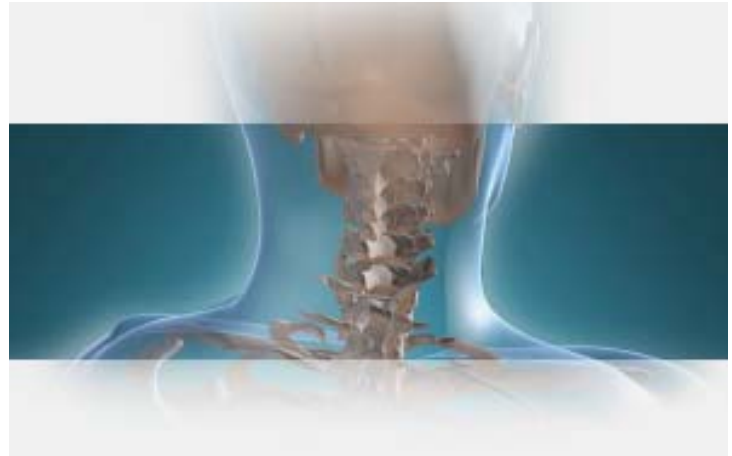
Positional Release Therapy- 4 Day Workshop

Positional Release Therapy focuses on techniques that are unique to this modality with regard to evaluation, prioritising findings and treatment of muscle guarding.

It will introduce you to the osteopathic concept of Positional Release Therapy/Strain and Counterstrain, developed by Dr. Lawrence Jones, D.O., which aids in the evaluation and treatment of somatic dysfunctions. This course will teach you how to evaluate the cervical, thoracic and lumbar spines, ribs, pelvis, sacrum and upper and lower extremities. You will learn to find dysfunctions through palpation and through a technique called passive positional procedure. You will learn to alleviate both articular and soft tissue dysfunctions in the body and restore proper pain-free movement.

This technique is useful in the treatment of both spinal and peripheral orthopedic problems. The body or body part that is in dysfunction is placed in the position of greater comfort thereby relieving pain, joint hypomobility, fascial tension and protective muscle spasm.

The course length is 4 days, and the pre-requisite is Myofascial/CST I or Remedial Massage.



Course Fees - All courses held Adelalide Only

(Course costs are subject to increase without notice)

Auricular Therapy	\$295
Qigong Therapy	\$160
Qigong & Meditation	\$70
Spinal Release Therapy	\$240
Spinal Anatomy & Pathology	\$300
Muscle Energy Technique	\$495
Positional Release Therapy	\$595