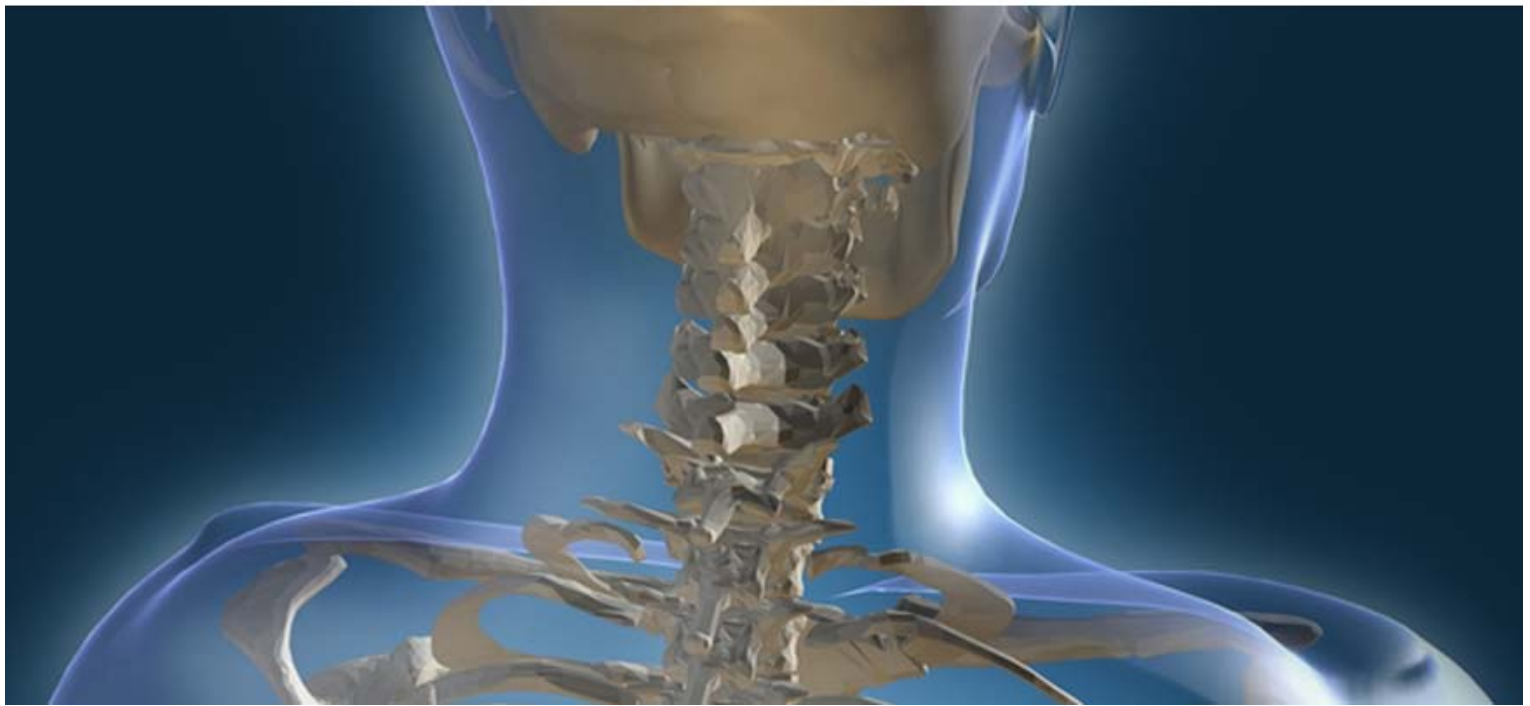


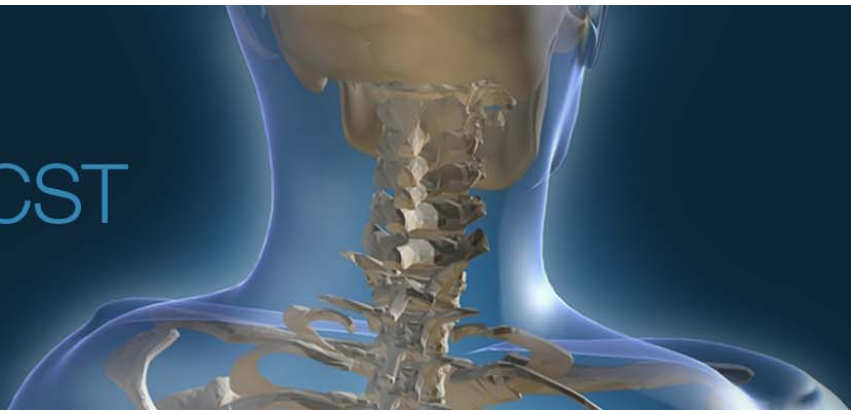
Somatic CST

course information guide



 **Cranio**sacral
ACADEMY OF AUSTRALIA

Somatic CST



Welcome to the Cranio-Sacral Academy of Australia information guide.

The Academy has, for many years, taught to Australians its unique combination of Myofascial and Cranio-Sacral techniques based on the teachings of Master Practitioners - John Barnes of the Myofascial Release Centre, Sedona, USA and High Milne of the Milne Institute, Big Sur, California, USA.

The Cranio-Sacral Therapy that we teach is a blend of Myofascial Release and Cranio-Sacral Therapy. The synergistic harmony of these modalities enhances the effect of Cranio-Sacral work by addressing the fascial and energetic influences on the cranial system of the body.

The Academy presents four main approaches to this work...

- Biomechanical
- Functional
- Somato-Emotional
- Biodynamic

The Academy believes that there is no single source of information, or no single technique approach to Cranio-Sacral work which is sufficient for all needs. Cranio-Sacral Therapy training at the Academy incorporates skills and insights from these sources and applies them to address a broad spectrum of specific health concerns and applications.

Somatic Cranio-Sacral Therapy is the most advanced course of its type offered in Australia and has taken over 10 years to develop. This approach will create a quantum leap of awareness, taking you into a new dimension of skill and effectiveness!

The trainings offered by this approach are considered by many peers to represent the best ever in Cranio-Sacral Therapy education yet offered in Australia and are taught by Australia's most specialised educators in this field.

The Program Director is Patricia Farnsworth RCST whose CV is on the following page.

*"Many thanks for your advice, achieved great results yesterday with Myo to a very pain-stricken client and he was delighted with the results. Isn't it awesome when you feel yourself working really well with a client and in the middle of the treatment you feel the changes commencing?
What a blessing this work is.
Thanks again for all your teaching and advice."*

Sherrill

Somatic CST



Patricia Farnsworth DRM, Dip MFR (USA), Adv Dip MST, RCST - is the founder of The Cranio-Sacral Therapy Academy. She is one of the most qualified teachers in Australia and is unique in having qualifications in Remedial Massage, Cranio-Sacral Therapy, Myofascial Release and Advanced Musculoskeletal Therapy (Cranio-Sacral specialisation).

She was responsible for bringing the John Barnes method of Myofascial Release to Australian bodyworkers and was instrumental in having MFR accepted nationally and included in the national training standards for massage therapy. Her knowledge in Myofascial Release Therapy has led to many guest appearances at National massage conferences over the years.

Patricia started her professional journey by completing her Diploma in Remedial Massage in 1989 and becoming a registered Sports Trainer. She has since trained under various teachers and mentors.

Patricia has trained with John Barnes PT, a world authority on Myofascial Release Therapy, and has visited the USA over a number of years to obtain advanced levels in this work. She has worked alongside John and his staff in clinics in Paoli, Pennsylvania and Sedona, Arizona. It was here that she learned that through experience with this master teacher, Cranio-Sacral Therapy is best combined with Myofascial Release for more effective results.

John encouraged Patricia to pursue Cranio-Sacral Therapy studies. This was done over a series of visits to Florida, USA where she obtained advanced certifications and completed clinical internship at the Upledger Health Plex clinic. As usual with Patricia, one training led to another and she decided to obtain further qualifications by training under visionary Cranio-Sacral Therapist, Hugh Milne from Big Sur California. Hugh Milne's influence on her was immense.

His requirements of exacting precision in CST, extensive knowledge in Cranial Anatomy and developing sensory skills has all added to the depth of knowledge and skills that she was seeking. Hugh Milne is considered by many to be one of the great masters of Cranio-Sacral Therapy and has written highly acclaimed books on the Visionary Cranio-Sacral Therapy method.

Patricia has completed advanced trainings with the Milne Institute in the USA and has facilitated and assisted in Milne Institute trainings here in Australia.

Patricia runs a busy clinic in Adelaide and frequently acts as a guest lecturer to the School of Physiotherapy. She is on the executive committee of the Cranio-Sacral Therapy Association of Australia which has been set up to support the Cranio-Sacral Therapy community in Australia.

Somatic CST



Course Overview

Academy seminars are designed to give you hands-on experience. The seminars listed in this guide build upon one another providing a logical, step-by-step, comprehensive approach for the evaluation and treatment of pain and dysfunction.

Training seminars focus on different ways of working with membrane, neurological and fluid components of the cranial sacral system and their interaction with the other systems of the body and involve working directly with structural dynamics, injuries and unresolved traumas, emotional habits and environmental factors. The training program is designed synergistically as a complete body of material for working with the whole body and a person.

The program is a multi-dimensional learning process which incorporates training seminars, dynamic support classes, hands-on personal sessions, outside reading and learning projects.

Using this state-of-the-art approach you will learn to evaluate and treat a wide range of conditions such as the following:-

- Auto Injuries
- Headaches
- Chronic Fatigue Syndrome
- Hip Pain
- Neck Pain
- Restriction in Motion
- Osteoarthritis
- Plantar Fasciitis
- Myofascial Pain Syndrome
- Shoulder Pain
- Thoracic Outlet Syndrome
- Womens Health Issues
- Back Pain
- Carpal Tunnel Syndrome
- Elbow, Wrist and Hand Pain
- Jaw Pain, TMJ Dysfunction
- Birth & Abuse Trauma
- Sport Injuries
- Knee, Ankle and Foot Pain
- Sciatica
- Scoliosis
- Stress & Tension Related Problems
- Work Injuries

Complete all levels, plus 20 case histories on Cranio-Sacral Therapy, for a Diploma in Somatic Cranio-Sacral Therapy. For becoming a Registered Cranio-Sacral Therapist (RCST) please visit the Cranio-Sacral Therapy Association of Australia www.craniosacraltherapy.org.au for more details.

Somatic CST



The Energetic Body & Fascia - Somatic CST I

COURSE LENGTH
*4-5 Day Seminar **

PRE-REQUISITE
Massage or related tactile therapy

Graduates of this seminar are immediately able to produce positive, structural changes in their patients with acute and chronic pain and dysfunction.

These whole-body techniques will add on important dimensions to your existing skills and practice, greatly enhancing your therapeutic effectiveness.

Theory

- Theory of Myofascial Release & Cranio-Sacral Therapy
- Anatomy of fascia and related structures
- Whole body inter-relationship connection
- Why Myofascial Release and Cranio-Sacral work together as complementary therapeutic modalities.
- Why Myofascial Release underpins Cranio-Sacral work

Techniques

- Evaluation procedures
- Lower extremity problems
- Sacral float, lumbar-pelvic problems
- Anterior and posterior thoracic areas
- Transverse facial planes (Thoracic Inlet, Diaphragm & Pelvic)
- Upper extremity problems
- Cervical spine & fascial cranium
- Atlas and axis occipital condyle release
- Dural tube mobility, anatomy and boundaries

** Seminar length 4-5 days depending on class size and location*

*Somatic CST I - "Absolutely fabulous course
- would recommend it to others."*

Jenny S.

Somatic CST



Unwinding The Fascia - Somatic CST II

COURSE LENGTH
3 Day Seminar

PRE-REQUISITE
Somatic CST I

This section is designed to enhance your skill level and sensitivity, to address your clients emotional and physical releases. Persistent pain and/or structural function may be perpetuated by holding or bracing patterns in the body. You will learn how unresolved emotional issues or mental concepts may impede the client's progress to better health.

- CST still-point discussion and practice will be explored
- Unwinding as an energetic therapy will be discussed
- The concepts of energy cysts/archaic wounds will be explored
- How the body stores shock and processes trauma

Unwinding is a very effective modality facilitation technique used to:-

- Decrease pain
- Increase range of motion
- Increase your proprioceptive awareness
- Increase the functional mobility of the neuro/Myofascial/osseous system
- Eliminate subconscious 'holding or bracing pain patterns'

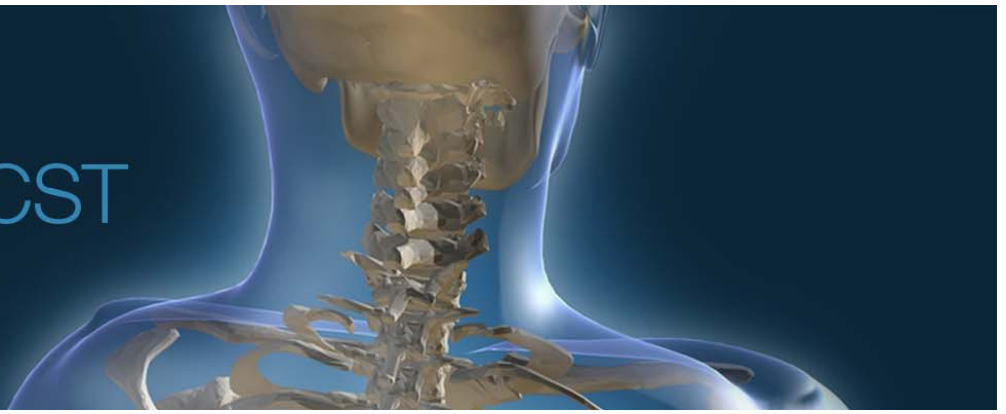
This unwinding seminar is held once or twice a year at an Adelaide retreat centre. The annual retreat has been held for over 10 years as a "live in" residential experience. Other features of this course include:

- Vegetarian gourmet meals
- Meditation and visualisation
- Experiencing the Brazilian Toe Massage.

Somatic CST II - "I had no idea what to expect from this weekend, however it went beyond any expectations I could have had. Another quantum leap along my pathway."

John W S

Somatic CST



The Jaw and Neck - Somatic CST III

COURSE LENGTH
5 Day Seminar

PRE-REQUISITE
Somatic CST I

NOTE: Somatic CST III may be taken before Somatic CST II

Myofascial/Cranial advanced techniques takes you on an exploration deep into the body enabling you to discover sources of pain and dysfunction.

Learn important, newly-developed procedures for the extremities, thoracic, cervical, hyoid, inter-oral and facial regions.

Learn specific techniques for working with, and balancing, the Temporomandibular Joint, which will in turn lead to a balancing of the pelvis and the whole body.

Cranial work for the face, mouth and sphenoid will be explored. Specific cranial work for sinus, headache and cranial trauma will be demonstrated.

At the conclusion of the seminar you will be able to perform a treatment cranial protocol which is the foundation for future Somatic Cranial work.

Learn advanced Myofascial techniques for:

- Lumbo-sacral
- Psoas Complex
- Cervical
- Thorax
- Fascial Cranium
- Intra-oral (Maxillae, Palatines, Vomer, Pterygoids, Mandible)
- Sacro-iliac
- Lower Extremities
- Hyoid
- Upper Extremities
- Dura System

*Somatic CST III - "Excellent, very thorough.
I did not realise there was so much body function connected with the jaw."
Sam B*

Somatic CST



Structural Integration - Somatic CST IV

COURSE LENGTH
6 Day Seminar

PRE-REQUISITE
Somatic CST III

The seminar focuses on two major regions of anatomy; the sacrum-pelvis and cervical-thoracic area. The greater majority of clients seen by a Cranio-Sacral Therapist have problems relating to these areas, such as lumbar pain, neck pain, whiplash, TMJ, etc.

The intensive will teach you, in a logical progression, a series of effective techniques for evaluating and treating these regions. The use of the osseous structures of the body for fascial release will be learnt building on foundational techniques and protocols demonstrated during Somatic CST I and III.

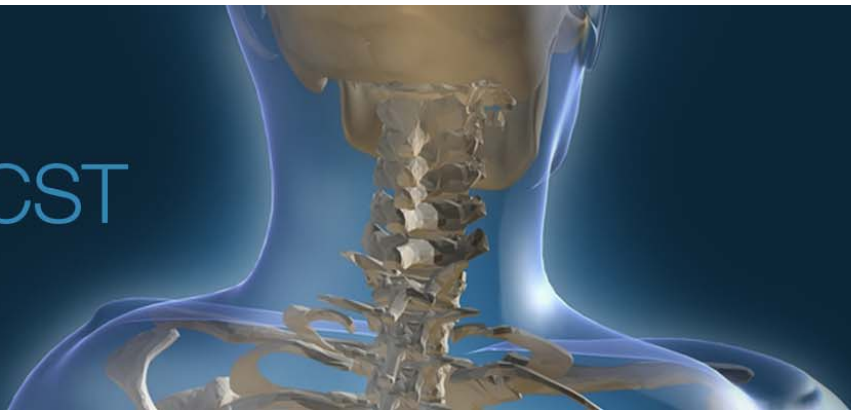
This seminar includes specific Myofascial Release, joint mobilisation and Myofascial Rebounding for the:

- Erector Spinae
- Pelvic Floor
- Sacro-iliac Joints
- Quadratus Lumborum
- Atlas/Axis Complex
- Thoracic Spine
- Craniomandibular Mechanism
- Upper Extremities
- Anterior/Posterior Cervical Area
- Lumbar Area
- Psoas
- Lower Extremities
- Sacrum
- Thoracic-lumbar Junction
- Sternum
- Rib Cage
- Joints of the Hand/Wrist

The Myofascial Release Approach has three major components: Myofascial Release, Myofascial Unwinding and Myofascial Rebounding. Myofascial Rebounding utilises the fluid/energy dynamics to greatly enhance your Myofascial Release effectiveness in reducing pain, increasing function and awareness. This seminar brings all these components together to demonstrate the interface with Cranio-Sacral methodology.

*Somatic CST IV - "The osseous techniques are great. Very effective therapy. Pat has a good feel of what whole body integration is all about. Wish I had known to work this way before I started my clinic."
Alice B*

Somatic CST



Cranial Anatomy - Somatic CST V

COURSE LENGTH
5 Day Seminar

PRE-REQUISITE
Somatic CST III or equivalent

This seminar studies the structures of the cranial system and will improve your visualisation and understanding of the cranial system by relating technique to structure. The course will include, cranial and dural anatomy, hands on study techniques, wet lab review and a pre-course study booklet. Understanding structure is a key foundation to understanding cranial function and energy patterns. This course is taught by master cranial anatomist - Dr Paul Doney

Cranio-Sacral - Somatic CST VI

COURSE LENGTH
5 Day Seminar

PRE-REQUISITE
Somatic CST IV and Somatic CST V

This seminar expands on CST techniques which have been taught so far in the seminar series. Many more conditions treated by CST will be discussed. This seminar is totally devoted to CST.

- Sinus Problems
- Structural Release Protocols
- Headache protocols
- Temporal Techniques
- Parietal Techniques
- Maxilla Techniques
- The Zygomae Techniques
- The Ethmoid Techniques
- The Frontal Techniques
- Mandible Techniques

Cranio-Sacral - Somatic CST VII

COURSE LENGTH
5 Day seminar

PRE-REQUISITE
Somatic CST VI

This seminar is entirely devoted to Cranial-Sacral Therapy protocols. More difficult and unusual techniques such as jaw unwinding will be demonstrated. This is an extensive and in-depth seminar leading to demonstration and implementation of advanced techniques.

*Somatic CST VII - "It was fantastic, Pat's
knowledge was outstanding."
Janet M*

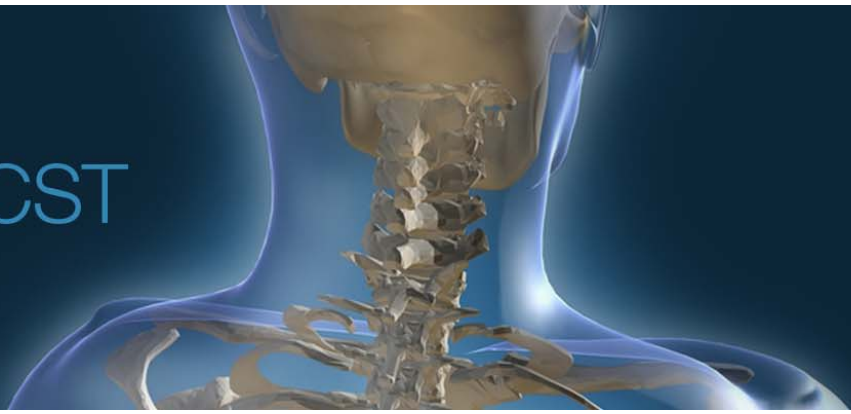


Somatic CST

Questions and Answers

- Q. I am only interested in Cranio-Sacral therapy. Why do myofascial release with Cranio-Sacral Therapy?**
- A. Connective tissue work is part of the trainings in Cranio-Sacral Therapy. This work has often been overlooked by many trainers, but is now being included because of its major impact and influence on the Cranio-Sacral system. Even Dr Stone, Polarity Therapist and Osteopath, was a connective tissue expert who had similar approaches to today's Myofascial Release Therapy. He combined Fascial Therapy and Energy techniques in his treatments to great effect. Please note: we teach the John Barnes method of Myofascial Release which is different from others and is synergistic to Cranio-Sacral Therapy. Myofascial Release work underpins the whole framework of Cranio-Sacral Therapy.
- Q. How extensive is your Cranio-Sacral Therapy?**
- A. These are taught to an advanced level as the teacher, Patricia Farnsworth, has learned from a variety of practitioners and has completed advanced Cranio-Sacral trainings. The best of techniques are demonstrated bringing to you the latest in Cranio-Sacral trainings. We acknowledge the contribution and influence made to CST by Hugh Milne, visionary Cranio-Sacral Therapist.
- Q. Can I practice the techniques on clients after just completing seminar one?**
- A. Yes, all techniques can be utilised in one's practice immediately. However, we suggest at least completing seminars I to IV to give a good grounding in this work, and VII for advanced levels of competency.
- Q. Where do I go for further information on these subjects?**
- A. Go to our links button and research as much information as you would like. If you have our book list then purchase the texts recommended and that will give you a lot to go on. Further details of books and other information is given in our seminars. With each seminar a complete set of notes are given out with some loose giveaways.

Somatic CST



Course Fees - Adelaide (2010)

Somatic CST I	\$ 695.00	4 -5 Days (depending on class size)
Somatic CST II	\$ 395.00	3 Days
Somatic CST III	\$ 775.00	5 Days
Somatic CST IV	\$ 795.00	6 Days
Somatic CST V	\$ 850.00	5 Days
Somatic CST VI	\$ 775.00	5 Days
Somatic CST VII	\$ 775.00	5 Days

Course Fees - Sydney (2010)

Somatic CST I	\$ 675.00	4.5 Days*
Somatic CST III	\$ 775.00	5 Days
Somatic CST IV	\$ 795.00	6 Days

* Please refer to timetable for 2010 Sydney dates. Sydney Somatic I can vary from 4-5 days depending on class size and venue.

* Prices are subject to increase without notice.



Somatic CST

Book List

We recommend purchase of these for the course.

(available from the Academy at discounted rates, please call 1800 101 105)

The Heart of Listening - Volume I & II

Origins, Destination Points, Unfoldments - Hugh Milne (The best overview of CST we can find)

Taking Control of TMJ

Your Total Wellness Program for Recovering from Temporomandibular Joint Pain, Whiplash, Fibromyalgia and Related Disorders - Dr. Robert O Uppgaard

Stillness

Biodynamic cranial practice and the evolution of consciousness

THE CRANIOSACRAL THERAPY ASSOCIATION OF AUSTRALIA

The Association was formed to provide contacts and information for the Australian public who are seeking the services of a professionally qualified Cranio-Sacral Therapist in their local area. Currently there is a shortage of suitably qualified therapists in Australia who have been trained to high standards.

The Association is the only organisation in Australia that provides a registration service/accreditation for practitioners. Registered practitioners are entitled to use the letters RCST (Registered Cranio-Sacral Therapist) after their name. This is in keeping with international standards of accreditation for Cranio-Sacral Therapists with some overseas associations.

The Association's website is currently ranked № 1 on Googles' search engine and is therefore well placed to service the Australian public. Members of the Association enjoy many referrals from the website and credibility within the Cranio-Sacral community as achieving the highest of standards.

Association membership is open to all that graduate from the Cranio-Sacral Therapy Academy of Australia but requires some further training to be done to comply with the Association's requirements for registration. These are detailed on the Association's website www.craniosacraltherapy.org.au under the membership button.

To comply with these standards, graduates of the Academy can repeat/review three subjects of their choice from levels 2-7 with the Academy (at half price). This will comply with the classroom hours required by the Association. Special retreats such as Milne Institute retreats, Academy review classes, etc may be included. This may seem burdensome and a lot of training but the Association has modeled its standards to maintain parity with those associations of other countries and therefore maintains the highest of standards and credibility.

The Association welcomes your enquiries to become a Registered Cranio-Sacral Therapist.