

# Specialty Courses & Continuing Education

information guide



 **Cranio**sacral  
ACADEMY OF AUSTRALIA

## Specialty Courses & Continuing Education

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The Cranio-Sacral 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. You 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 & Musculoskeletal 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!

### Qi-Gong & Meditation - 1 Day Workshop

Expect to feel the "Power of the Force" in this course. The study group will explore various forms of Qi-Gong and Meditation using interactive DVDs and selected readings. This course will not only enhance the health and Qi-Field of the learner but detail the philosophy behind Qi-Gong practice. You will learn:

- Standing Qi-Gong Meditation
- Embryonic Meditation Qi-Gong
- Breathing Qi-Gong Meditation
- Bone Marrow washing Qi-Gong
- Walking Qi-Gong

### Qi-Gong Therapy - 2 Day Workshop

This workshop by Peter Farnsworth will instruct you how to use Qi to heal others. Qi-Gong 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.

**Pre-requisites:** Qi-Gong & Meditation

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

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## Polarity I - 2 Day Workshop for bodyworkers

Become a Polarity Balancer

Polarity Therapy is the art and science of releasing blocks in the human energy field. Polarity Therapy combines well with massage and other bodywork therapies to provide a profound healing and relaxation effect - an enhanced treatment is a practice builder retaining and gaining clients - the X factor.

Polarity is an absolute must for those doing Myofascial, Cranio-Sacral work and Acupressure as Polarity is specifically designed to interface with these modalities and assists in treating specific conditions. This powerful therapy assists the body to re-align without manipulation!

- Energy dynamics & general balancing
- Chakra balancing
- The full balance session
- Levels of contact
- Spine & nervous system techniques
- Theory on human energy system
- Vital force contact
- Laws of Similars Techniques

**Pre-requisites:** None

## Spinal Release Therapy - 2 Day Workshop

Spinal Release Therapy focuses on restoring the body's centre of gravity (L5-S1) into a balanced state and releasing patterns of strain that are impacting on spinal nerves and vertebrae.

The entire weight of the upper torso presses down on this lumbar sacral region, which is also affected by other forces, stress or trauma exerted on the body. Spinal Release Therapy seeks to address and resolve the imbalances that may arise.

This course will cover:

- Restoring the body's centre of gravity to proper positions and relationships to each other
- The effects of trauma and strain on the vertebrae
- Mechanics of body framework - relationships amongst ligaments, bones, muscles, viscera, and fascia and the centre of gravity.

Treatment protocols using light touch therapies such as:

- The Lovett Brothers
- Craniosacral Reflexology
- Chakra vertebrae therapy
- Polarity Spinal Balancing techniques

Spinal Release Therapy is suitable for all those who you are treating that have spinal complaints and merges easily with other areas of bodywork, in particular Cranio-Sacral Therapy, Acupressure and Myofascial Release Therapy. This seminar is very much hands-on and techniques can be applied immediately to your clinic treatments.

**Pre-requisites:** Somatic CST I or Polarity Experience (ie Polarity I)

# Specialty Courses & Continuing Education

## Muscle Energy Techniques- 4 Day Workshop

Muscle Energy Technique (or MET) is based on the principals of reciprocal inhibition, a theory that explains that muscles on one side of a joint will always relax to accommodate the contraction of muscles on the other side of that joint when indirect pressure is applied. MET is often applied to patients who suffer from muscle spasms.

Muscle energy techniques are applied to a patient in order to lengthen shortened, or spastic, muscles, to improve weakened ligament and muscle strength, and to improve range of motion. This procedure is performed when a patient is asked to contract a muscle for approximately 5 seconds against an anti-force applied by therapist. The muscle contraction is performed by the client 2 or 3 times in a row in the hopes to stretch the muscles further each time.

Muscle Energy Technique is derived from the study of the musculoskeletal system by Dr Fred Mitchell, Sr and his son Dr Fred Mitchell, Jr. The theory behind MET suggests that if a joint isn't used to its full range of motion, its function will lessen and it will be at risk of suffering strains and injuries. This form of muscular therapy makes use of a patient's own muscle energy (the force); while the therapist presents a stationary surface (or anti-force) the patient will contract their muscle against in order to stretch the muscles and joint to its full potential.

Muscle Energy technique can be applied safely to almost any joint in the body. Many athletes use MET as a preventative measure to guard against future muscle and joint injury. However, it's mainly used by individuals who have limited range of motion due to back, neck and shoulder pain, scoliosis, sciatica, asymmetrical legs, hips or arms (for example when one is longer or higher than the other), or to treat chronic muscle pain, stiffness or injury.

Muscle energy techniques have been refined by clinical practice and are now available to all who practice manual therapy.

You will learn a variety of musculoskeletal techniques to treat a wide variety of musculoskeletal disorders during this workshop.

### **METI Pelvis & Lumbar Spine - 4 days**

Treating the dysfunctions:

- high ilium
- SIJ shears ("upslip", "downslip")
- symphysis pubis shears
- anterior/posterior pelvic rotations
- sacral torsions
- flexed & extended sacrum
- lumbar type 1s and 2s (sidebend/rotation)
- flexed & extended lumbar

### **METII Cervical and Thoracic Spine & Ribs - 4 days**

Treating the dysfunctions:

Type 1s & 2s and flexed & extended

- O/A
- A/A
- C3-7
- Thoracic spine
- Superior rib 1
- Anterior/posterior thoracic ribs
- Other rib work if time permits

**Pre-requisite** to this course is completion of Remedial Massage or Somatic/CST I or Trigger Point Therapy.

# Specialty Courses & Continuing Education

## Positional Release Therapy- 4 Day Workshop

Positional Release Therapy is an excellent way to release hypersensitive tissue easily and quickly. Similar to Orthobionomy and Strain-counter-strain, this technique uses the body's nervous system to remind the muscles to relax. The techniques consist of precise positioning and the use of monitor points to relax the muscle in an effortless way.

This therapy is gentle yet powerful and combines well with other therapies. Some practitioners use this style of therapy as their main modality.

It will introduce you to the concept of Positional Release Therapy/Strain and Counterstrain, developed by Dr Lawrence Jones, DO, 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 orthopaedic problems. The body or body part that is in dysfunction is placed in the position of greater comfort there by relieving pain, joint hypomobility, fascial tension and protective muscle spasm.

**Pre-requisite** are Somatic/CST I or Remedial Massage or Trigger Point Therapy.

This course was held in Adelaide this year and was fully booked out, so book early for March 2010 and don't miss out. To list we will require a \$100 deposit for this course.

For a video presentation introduction please go to <http://www.realbodywork.com/positionalR/positionalR.htm> and click on the play button. This will give you some idea of what this therapy is all about.

### COURSE OUTLINE

#### Day 1.

- A. Theory and Definition of Positional Release.
- B. History and Pioneers that support PR.
- C. The Muscle Spindle system.
- D. Palpation levels and practicum
- E. Treatment for Inion, Atlanto -occipital junction
- F. Treatment for posterior cervicals.
- G. Practicum

#### Day 2.

- A. Anterior cervical tender points.
- B. Anterior chest wall tender points.
- C. Anterior axillary points.
- D. Practicum

#### Day 3.

- A. Alternate Posterior Thoracic tender points
- B. Abdominal treatment for Psoas points
- C. Posterior chest wall and shoulder tender points.
- D. Practicum

#### Day 4.

- A. Supraspinatus, infraspinatus and teres muscle tender points
- B. Posterior lumbar and sacral border tender points
- C. Gluteal tender points including also piriformis and coccyx
- D. Practicum and Integration

# Specialty Courses & Continuing Education

## Biodynamic Cranial Touch Master Class The Initiatory Course with Giorgia Milne

*Still the body, still the mind, still the voice inside; in silence, feel the stillness move.  
Dear friends, this feeling cannot be imagined - Kabir*

This 4-day class introduces the biodynamic approach presented by Charles Ridley in his book, *Stillness*. Through the transmission of this practice we, and our clients, open to encounters with primary respiration of the Breath of Life. The course is designed for you to progressively recognise, develop and maintain direct connection to the Breath of Life, which according to biodynamic cranial philosophy, is the power that made the body, heals the body and evolves consciousness.

For students and practitioners of the Craniosacral Academy of Australia who have completed at least CST level V, this class offers a deepening and clarification of that which is more purely defined as biodynamic craniosacral. It serves as a stand-alone class and as pre-requisite to further studies in Biodynamic work.

The following topics will be discussed during the course:

- Introduction to the philosophy and practices of Biodynamic Cranial Touch as developed by Charles Ridley
- History, theory and current evolution of biodynamic cranial practice
- Overview of the approaches to craniosacral work
- The importance of a non-doing and non-efferent disposition
- Sharing and speaking from whole-body-felt-sense perspective
- Review of pertinent anatomy, embryology and energetics
- Biodynamic cranial practice and the evolution of consciousness
- BCT as practice, how this approach can become a way of being
- Integration: From the classroom to the table and into daily life

There will be time each day for comments, questions and discussions through which a deeper level of the teaching reveals itself. Your conscious and alive presence is an integral part of this dynamism. Together we can "Be Still and Know" that "I Am".

*This is the kind of friend you are. Without making me realise my soul's anguished history,  
you slip into my house at night and, while I am sleeping,  
you silently carry off all my suffering and sordid past in your beautiful hands - Hafiz*

# Specialty Courses & Continuing Education

## Integrated Acupressure I

Acupressure is a form of body work that uses pressure on acupuncture points rather than needles, treatment is focused along specific channels or meridians of subtle bodily energy called Qi. Qi is the Life Force which sustains every activity of the body, mind and spirit. Specific acu-points are used to treat disorders and bring about harmony of energy flowing through the meridians.

If you would like to do Acupuncture without the needles then this course is for you!

- Oriental Medicine - the basic concepts
- Yin/Yang theory
- Acupressure symptomatology
- Acupoint locations
- The meridians
- The chinese clock
- The 5 elements & diagnosis
- Treatment protocols

No **pre-requisites** for this subject

## Integrated Acupressure II

We call this integrated acupressure as the course is designed to complement your main modality and to integrate with your current treatment protocols. The course will show you how to integrate structural balance with Meridian therapy to enhance the effectiveness of your treatments.

On the completion of this subject, practitioners will be able to immediately treat a wide variety of complaints using acupressure therapy.

- Causes of disharmonies
- The meridians and pressure points
- Introduction of back point diagnosis
- Treatment of common ailments
- Treatment techniques, inc. moxibustion & cupping therapy





**A NEW Advanced Certificate**

For Acupressure, Shiatsu and all other practitioners who seek a profound deepening of their capacity to direct, balance and harmonise Chi

# Certificate of Acu-Balance Therapy

*Includes the Innovative Acubalance Workshops*  
Taught by John Kirkwood - Master Acupressure Practitioner

 **Acu-Balance Therapy** 

Learn the ancient and powerful Five Element approach  
Learn advanced skills in holistic acupressure  
Refine and hone yourself as a precise instrument of healing  
Learn how to offer ongoing preventative care to clients

**The Certificate of Acu-Balance Therapy**

Acupressure I and Acupressure II  
Acu-Balance Therapy Workshops 1-5  
*(Pre-requisite: Acupressure I or equivalent training/experience)*  
Qi-Gong & Meditation and Qi-Gong Therapy  
Tutorial Groups and Case Studies



John Kirkwood has 24 years experience as a practitioner and teacher of Five Element Acupressure. He completed advanced studies in California, and for 18 years had a successful private practice in the San Francisco area. He practices and teaches an extraordinarily effective system of acupressure that addresses imbalances of body, mind and spirit. He now lives in the Adelaide Hills and works both there and in Adelaide.

Call now to reserve your place

**08 8231 4933**

# Acu-Balance Therapy Course

Five one-day workshops in an ongoing cycle

For professional enhancement or as part of the Advanced Certificate

**Assess and treat using the many levels of Five Element Acupressure**

**Learn when an Element is strong, weak or missing**

**Learn highly effective treatments for specific conditions**

**Discover and understand each Element within yourself**

**Experience the support and power that each Element provides**

**For additional impact, learn each Element in its corresponding season**

## **Autumn Workshop**

### **The Spirit of Metal**

The Metal Element is the essence of Autumn. It brings respect and acknowledgement, acceptance and forgiveness. It provides inspiration and reflection. The spirit of Metal distils to the essence our study of the Large Intestine and Lung Meridians, the Emotions of grief and sadness, and using body scent in diagnosis



## **Summer Workshop**

### **The Expansion and Heart of Fire**

The Fire Element is the heart of Summer. It engenders warmth, joy, love, compassion, open heartedness, humour and partnership. With openness of heart we sense into the Small Intestine, Heart, Triple Heater and Heart Protector Meridians. We look at the Emotion of joy and explore the different qualities of Touch in ourselves and our client



## **Late Summer Workshop**

### **The Nurturing Support of Earth**

The Earth Element is supported by the harvest time of Late Summer. It nourishes and serves, is considerate and thoughtful. The nurturance of these qualities and the groundedness of Earth will together support our learning of the Stomach and Spleen Meridians, and the Emotions of concern and worry. We will also explore Taste and the role of nutrition in treatment



## **Winter Workshop**

### **The Power and Wisdom of Water**

The Water Element finds its strength in Winter. It provides potency, wisdom, resoluteness, deep listening, stillness and patience. From this Element and its foundational qualities we will learn to balance the Bladder and Kidney Meridians; we will work with the Emotion of fear, and use the Sound of the voice in assessment



## **Spring Workshop**

### **The Focus and Action of Wood**

The Wood Element is most active in Spring. It brings forth clear vision, discrimination, assertiveness and appropriate action. In the context of Wood and the qualities it evokes, we will look at the Gall Bladder and Liver Meridians, the Emotion of anger, and using skin Colour to identify and treat imbalance.

## **Gain advanced understanding of**

*Key acupressure points: Command, Windows of the Sky, Entry-Exit and Horary points*

*Voice tone, skin colour, body scent as diagnostic tools*

*Generation and Control cycles in assessment*

*Central Channel treatment protocols*

*The Five Emotions, Twelve Meridian Pulses and Eight Extraordinary Meridians*

**Dates:** 2010 dates TBA **Cost:** \$120 per workshop

**Bring the Five Elements to life!**

# Specialty Courses & Continuing Education

## Trainer Profiles

### **Dr Rebecca Ridge, PhD- Positional Release Therapy**

Dr Ridge is one of Australia's foremost trainers in Positional Release Therapy. She is a registered psychologist, remedial massage therapist and a certified psychodrama therapist. She is an international lecturer in Craniosacral Therapy with the Upledger Institute. Dr Ridge has written a reference manual on Positional Release Therapy and has lectured in this subject matter for many years in both the USA and Australia.

She has authored a number of publications on Psychodrama and written numerous articles on Natural Health and Healing. Dr Ridge has a busy private practice in Sydney.

### **Peter Farnsworth - N.D. D.R.M. - QiGong Therapy & QiGong & Meditation**

Peter Farnsworth is the Director of the Natural Health Academy of Australia. He has Diploma Qualifications in Massage; Naturopath; and Reflexology. He is a graduate of the International Institute of Reflexology and has trained under Mr. Dwight Byers a Master Reflexologist. He has studied Qi- Gong Therapy with Ken Cohen of Boulder, Colorado, USA and Soku Shin Do, Japanese Reflexology, with Shogo Mochizuki of Boulder, Colorado, USA.

Peter is one of the veterans of the massage industry having taught for over 30 years in Adelaide.

### **Michelle Tsujimoto - D.R.M. Dip Sport Massage. - Muscle Energy Technique**

Michelle is one of Adelaide's busiest musculoskeletal Therapists and is usually booked out months ahead. With over 25 years in the tactile therapy industry, her skills are sought after by young and old. She often treats difficult cases not helped elsewhere.

Michelle holds Diplomas in Sport Massage and Remedial Therapies, and is constantly updating her skills in these areas. She has consistently attended specialty seminars with Physiotherapists and Medical Practitioners and so is able to bring to the Academy the latest information on treatment protocols in Musculoskeletal Therapies.

She is one of the most qualified practitioners in the industry and a specialist in Muscle Energy Technique.

# Specialty Courses & Continuing Education

## Trainer Profiles

### **John Kirkwood - DRM, Cert.Acupressure (USA) - Integrated Acupressure**

John Kirkwood is one of Australia's leading Acupressure Therapists. John has relocated to Adelaide from California where he had a very busy clinic for over 20 years, devoted exclusively to Acupressure. John practices at the Natural Health Academy of Australia Professional Clinic and treats using Acupressure, Myofascial Release and other structural balancing therapies.

### **Kathryn Garth - DRM, Adv Dip MST; RCST - Spinal Release Therapy**

Kathryn is a graduate of the Natural Health Academy of Australia and the Cranio-Sacral Therapy Academy of Australia. She is a registered Craniosacral Therapist with the Cranio-Sacral Therapy Association of Australia and is a teacher in Polarity Therapy. Kathryn has a busy practice where she works in conjunction with a group of Physiotherapists. Kathryn is a specialist at integrating Polarity Therapy with her musculoskeletal treatments.

### **Giorgia Milne - Biodynamic Cranial Touch**

Giorgia has a background in exercise and wellness coaching and an excellent foundation in medical education from Stanford University Primary Care Associate Program. She provided clinical Primary Care and Internal Medicine as a Physician Assistant for 9 years. Since 1995 she's been a student of the Diamond Approach, the teachings of AH Almaas.

After intense apprenticeships and certification, she was invited to teach Visionary Cranio-Sacral work in 2000. She is also a teacher of Dynamic Stillness, the school of Charles Ridley, author of *Stillness*.

Consciousness exploration and meditation have been her passion for over 20 years. These explorations spiralled her through numerous alternative healing modalities, shamanism, various styles of meditation, breath work, movement and vision quests. She has completed courses in embryology, Zero Balancing, visceral manipulation and several approaches to biodynamic cranial among others..

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## Course Fees - All courses held ADELAIDE Only

(Course costs are subject to increase without notice)

Auricular Therapy		\$495
Qi-Gong Therapy		\$199
Qi-Gong & Meditation		\$99
Spinal Release Therapy		\$395
Polarity I		\$295
Muscle Energy Technique	Level 1	\$695
	Level 2	\$695
Positional Release Therapy	Level 1	\$695
	Level 2	\$350
Integrated Acupressure I		\$695
Integrated Acupressure II		\$695
Biodynamic Cranial Touch		\$795

\* For timetable please see our website [www.craniosacraltherapy.com.au](http://www.craniosacraltherapy.com.au) under downloads

\* Continuing education credits are issued at the completion of each seminar or workshop.