In response to requests for more specific information of topics in CST, we have listed some sample content or topics below which are covered in the course.

**Why Craniosacral?**

History: Roots in Osteopathy, relationships to Fascial Therapy

**The Fluid Medium: CSF**

Anatomy of the Cerebrospinal System
The Meninges and Subarachnoid Space
The Subdural Space
The Cisterns
The Ventricles
Our Liquid Core
Choroid Plexus
Blood Brain Barrier (BBB)
Formation of CSF
Non-Choroidal Production of CSF
Composition of CSF
CSF Ions
Conductive Medium
Some Other CSF Values
Drugs, Chemicals and Toxins in CSF
The Blood Brain Barrier and Neurotransmitters
The Blood Brain Barrier and Pathogens
The Arachnoid Villi
Flow of Fluid in the CSF Fluid Space
Diffusion Between CSF and the Ependymal and Meningeal Surfaces
Brain Interstitial Fluid
Nutritive Function of CSF
"Lymphatic" Function of CSF
Hormonal Funciton in CSF
The Pieron Phenomenon
CSF Pressure
Papilledema
The Labyrinthine Perilymph and endolymph
Relationship of CSF and Peripheral Nervous System
Shock Cushion
Sui-Hai-Ku: Brain Sea

**The Craniosacral Membrane System**

Cranial Meninges
Innervation of the Cerebral Dura Mater
Intracranial Membranes
Dural Tube
The Craniosacral Membrane: A Pump
The Dural Persona

**The Craniosacral Skeleton**

The Skull
The Teeth
The Sutures: Joints
The Orbits

The Palate
The Sutural Ligament
Sutural Proprioceptive Mechanism
The Sutural Bones
Mobilisation of Sutural Restriction
Sutural Proprioceptive Response (Sutural Spread)
Non-Sutural Cranial Articulations
Vertebrae
The Atlas and Upper Cervical Mechanism
Sacrum and Coccyx
The Pelvis

**The Craniosacral Rhythmic Impulse**
The Fluid Model
Physiologic Motion: Motility
The Motile Effect of CRI on Neurons
The Phenomenon of Pulsation
Normal Physiologic Motion: Flexion and Extension
Cranial Flexion and Extension
Sphenobasilar Mechanism
Temporals
Sacral Flexion and Extension
Whole Body Flexion and Extension
Physiologic Motion as an Indicator of Adaptive Vitality
The Induction and Transmission of Wave Activity by Lesions
The World of Rhythm
The Clinical Significance of the Craniosacral Rhythm

**Stress Storage in the Membrane System**
The Mechanism of Stress Storage in the Membrane Structure
Holding and Breakdown Patterns
Traumatically Induced Stress Vectors
Stress Patterns in the Craniosacral Membrane
Fixations
Releasing Stress Patterns

**The Nature of Palpation**
Passive and Active Palpation: The Fluid Nature of Rhythm
Palpating the Continuum: Gross to Subtle
*Table 1*: The Spectrum of Densities
Proprioceptive and Tactile Palpation
*Table 2*: Conscious Sensory Routes
The Vibratory Sense
The Blended Hand
Subjectivity in Palpation
Training the Senses
The Sensory Basis of Motor Funciton: The Long Loop
Selective Focus
Palpation of Poise
Proprioceptive Perception
Membrane Tension
Palpation of Poise and Rhythms on Self
Cranial Rhythm on a Subject

**Fundamental Principles**

Placing Your Hands
Projecting into the Body: “Dropping In”
Beginning to End
Dropping in to the Rhythm Fulcrum
The Listening Stations
Palpation of Rhythms
Palpating Tissue Tension, Fluid Pressure, and Rhythm
Proprioceptive Palpation at the Listening Stations
Restrictions to Normal Motion
The Fluidity of Tissue
Interpreting the Craniosacral Rhythm
Releasing Restrictions: Basic Concepts of Tissue Release
Borborygmus
Direct and Indirect Release
Energetic Release
Proprioceptive Listening
Direction of Energy
V-Spread
Still Point
Still Point Induction on the Cranium: CV4
Still Point Induction at the Feet

**Unwinding**

Spontaneous Release by Positioning
Unwinding
Unwinding
Unwinding the Thorax

**The Dural Tube**

The Vertebral Canal
Atlas and Upper Cervical Mechanism
Palpation and Mobilisation of the Sacrum
Palpating the Dural Tube
Vertebral Restrictions
The Electrical Consequence of Spinal Torsion
The Facilitated Segment
Mobilising the Tube
Traction of the Sacrum and Dural Tube

**The Diaphragms: Cross Restrictions to the Longitudinal Orientation of the Musculoskeletal System**

Craniosacral Flexion
Diaphragm Release
Occipital Decompression

**The Practice: Techniques for**

The connective tissue of the body
The body retinaculae
The Cranio-Sacral motion
The modification of Cranio-Sacral rhythm
The Cranio-Sacral Membrane system
The dysfunctions of the cranial base
The Spinal Dura Mater and Sacrococcygeal complex

The Osseus and Sutral dysfunctions of the cranial vault
The Occipital Condyles
The mouth, face and temporomandibular joint
The extrinsic Neuromusculoskeletal system dysfunctions
The diagnosis by evaluation of Cranio-Sacral function and whole body response
The Reciprocal Tension Membrane
The Stomatognathic System
The Central Nervous System
The Sacrum
The Occiput
The Sphenoid
The Temporals
The Parietals
The Frontal
The Ethmoid
The Vomer
The Zygomae
The Maxillae
The Palatines
The Auditory Tubes
The Mandible

If you have read this so far and feel overwhelmed, do not worry as all these concepts and practices are discussed over the seven levels of classes. Conversely, if you think what you have read is basic then yes, there is more, (lot's more) - too involved to list here, but for the sake of brevity we have not included many topics and practices which will be discussed as classes progress.

Trainings with the Academy are the most comprehensive trainings provided in Australia and prepare graduates to apply to the Cranio-Sacral Therapy Association for registration.

"To the apprentice, the techniques are many,
to the master, the techniques are few."