



Course Information Guide

Why Train with CST Academy



A word about us...

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.

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 and Biodynamic

The Academy believes that there is no single source of information or 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.

Integrated 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

Patricia Farnsworth - the CST academy founder



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 in Pediatric Craniosacral therapy in USA with Dr Benjamin Shield Ph.D and this comprises a major part of her clinical practice today.

Patricia runs a busy clinic in Adelaide and has previously acted 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.

www.patriciafarnsworth.com



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:

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

Complete all levels, plus 20 case histories on Cranio-Sacral Therapy, for a Diploma in 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.

"I know of no part of the body that equals the fascia as a hunting ground. I believe that more rich golden thought will appear to the mind's eye as the study of the fascia is pursued than any division of the body" - Dr AT Still D.O

CST I / MFR

The Energetic Body & Fascia

PRE-REQUISITE: Massage or related tactile therapy or energetic therapy or related professions eg Acupuncture / Physiotherapy / Pilates / Yoga teacher / personal trainer etc. (contact us if you are not sure)

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.

Note: The main content of this course includes Myofascial Release techniques & some CST Therapy

Seminar length 5 days

The Course Summary:

Introduction

- Theory
- Anatomy of fascia and related structures
- Whole body inter-relationship
- Development of Palpation Skills

Myofascial Release Techniques

- Evaluation procedures
- Leg pulls and treatment for the feet
- Lumbo-sacral de-compression, plus cranial techniques
- Transverse Fascial Planes (Thoracic Inlet & Diaphragm) plus cranial techniques
- Arm pulls & treatment for the hands
- Upper extremity problems
- Cervical spine, Atlas & Axis, Occipital Condyle Release
- Cross hand techniques for the whole body
- Specific techniques for the Psoas

Cranio-sacral Therapy

- History of Cranio-sacral system
- Anatomy of Cranio-sacral system
- Evaluation Procedures
- Cranial/Sacral techniques
- Palpating Cranial Rhythm
- Anatomy of Dural Tube
- Treatment procedures for Dural Tube
- Introduction to Stillpoints
- Treatment procedures for working with Stillpoints in a treatment session

As a result of this course, the participant will be able to:

- Describe basic theory, anatomy and physiology of the fascial system
- Identify the inter-relationships of the whole body
- Analyse exercises designed to improve palpation skills
- Evaluate postural malalignments related to fascial restrictions
- Identify fascial restrictions
- Learn and perform myofascial release techniques for the lower extremities
- Perform Cranio-Sacral techniques to the cranium
- Apply techniques to the entire body to produce positive structural changes
- Combine Myofascial Release techniques with Cranio-Sacral techniques in a treatment session

CST 2/MFR

Unwinding The Fascia

PRE-REQUISITE : CST I/MFR

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.

You will learn from the patients' perspective how unresolved emotional issues or mental concepts that are outdated and no longer relevant may impede progress to resolving many musculoskeletal issues.

Note: this course is only held once per year, therefore can be completed at any time after CST I, but must be completed before undertaking CST 6

Seminar length 3 days.

Course Summary

- 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

As a result of this course, the participant will be able to:

- Perform Myofascial Release techniques and increase palpatory sensitivity
- Describe a patient's perspective on how holding or bracing patterns affect mobility and pain levels
- Analyse facilitation techniques designed to improve mobility and decrease pain
- Discuss how to eliminate the holding and bracing patterns affect mobility and pain levels
- Discuss proprioceptive awareness and how to improve handling skills when treating a patient
- Integrate the unwinding facilitation techniques into treatment programs

Note: The main content of this class Myofascial Unwinding techniques & CST Therapy

"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." - JohnWS

CST 3

The Jaw and Neck

PRE-REQUISITE : CST 1/MFR

NOTE: CST 3 may be taken before CST 2/MFR

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.

Seminar length 5 days

Learn advanced Myofascial techniques for:

- Intra-oral (Maxillae, Platines, Vomer, Pterygoids, Mandible)
- Sacro-iliac
- LowerExtremities
- Hyoid
- UpperExtremities

As a result of this course, the participant will be able to:

- Apply appropriate hand pressure when performing Craniosacral techniques
- Define and discuss advanced considerations of the fascial system
- Perform techniques to the intra-oral area and fascial structures
- Discuss and apply multiple therapist's techniques so co-treatments can be performed in a co-ordinated and cohesive manner
- Perform advanced Craniosacral techniques to assess and treat neuromotor disorders of speech, dysphagia/feeding and dysarthria and hearing loss
- Integrate these new Craniosacral techniques into a treatment plan.

Note: The main content of this class will be craniosacral techniques

A focus of this course will be issues surrounding neck & jaw problems. TMJ syndrome is a major cause of lumbar, pelvic & digestive problems in the body. As such, it has a major impact on the body's structural integrity, and is often overlooked in treating various health disorders.

CST 3 - "Excellent, very thorough. I did not realise there was so much body function connected with the jaw." - Sam B

CST 4/MFR

Structural Integration

PRE-REQUISITE : CST 3

The seminar will teach you, in a logical progression, a series of effective techniques for evaluating and treating these regions. The use of osseous structures as levers of the body for fascial release will be learnt building on foundational techniques and protocols demonstrated during CST I and 3.

The seminar will give you the confidence and skill to successfully treat cervical pain, restriction of motion, reflex sympathetic dystrophy, carpal tunnel, TMJ pain, and to decrease pain in the hand while increasing its functional mobility. Other conditions such as lumbar and pelvic pain, menstrual problems, cervical pain, and headaches have imbalances in the pelvis creating fascial restrictions throughout the body.

Seminar length 5 days.

You will learn the influences of:

- ErectorSpinae
- Sacro-iliacJoints
- Psoas
- LowerExtremities
- PelvicFloor
- QuadratusLumborum
- Lumbar-Sacral Area

Further to this you will also learn specific Myofascial Release, Joint Mobilisation, Muscle Energy Techniques and Myofascial Rebounding for the:

- Atlas/AxisComplex
- UpperExtremities
- Anterior/Posterior
- Sternum
- RibCage
- ThoracicSpine
- Cranio-MandibularMechanism
- Joints of the Hand/Wrist
- Thoracic-LumbarJunction
- CervicalAreas

Bringing it all together

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.

"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

As a result of this course, the participant will be able to:

- Evaluate, define and treat pain and dysfunction of the Cervical-Thoracic Complex, utilising Myofascial principles and techniques.
- Discuss how the fascial system affects pain and dysfunction of the Cervical-Thoracic Complex as well as how it relates, effects, and is affected by other areas of the body.
- Define and identify appropriate techniques to treat soft tissue and osseous restrictions for resolution of problems in these areas.
- Discuss the effects of relaxation to increase one's concentration for performing these techniques.
- Analyse exercises through palpation of the soft tissue layer to the osseous layer.
- Apply specific Myofascial osseous techniques to the joints of the upper extremities to improve range of motion.
- Perform techniques to treat soft tissue restrictions for accessing breath support and improve alignment of Temporomandibular Joint dysfunction.
- Identify restrictions in the Cervical-Thoracic Complex.
- Explain and discuss pelvic alignment and dysfunction.
- Describe theory, anatomy and physiology of the Lumbo-Pelvic area.
- Apply and differentiate principles to problems of the abdominal and Lumbo-Pelvic regions.
- Evaluate and assess the pelvic girdle and bring it into balanced alignment.
- Assess pelvic alignment imbalances using wedges as a tool.
- Perform decompression techniques to the Lumbo-Sacral Junction on a patient with compressive dysfunction.
- Identify Sacro-Iliac mobility dysfunction and apply Myofascial/osseous techniques to alleviate the dysfunction.
- Apply skills learned in this seminar into treatment programs in a clinical setting.
- Apply Myofascial Rebounding to assist with connective tissue dynamic release.
- Assess pelvic alignment imbalances using wedges as a tool.

CST 5

Cranial Anatomy

PRE-REQUISITE : CST 3 or equivalent

NOTE: Craniosacral Therapists are welcome to join this class for CPE points

This seminar studies the structures of the Cranio-Sacral system and will improve your visualisation and understanding of the Cranio-Sacral 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.

Seminar length 4 days

Topics will include in depth discussion of:

- Bones: Skull, spine & pelvis
- Joints: pertaining to CST such as Tempora-Mandibular Joint and compliance joints
- Meninges: Dura Mater, Arachnoid Mater, Reciprocal Tension Membrane
- Cerebrospinal Fluid: Production and flow
- The Ventricles
- Nervous Tissue: Brain, spinal nerves, cranial nerves, Autonomic Nervous System
- Muscles: pertaining to the Craniosacral System

Academy Note:

This is only a small sample of the topics to be discussed in depth - there are lots more. Some of these topics have been touched on during the various levels of Craniosacral Therapy I - 4, but are discussed in a lot more detail in this course. This is the most comprehensive course in CST Anatomy offered in Australia to date.

This course sets up the foundation for undertaking more complex craniosacral techniques in levels 6 & 7.

CST 6

Craniosacral Therapy

PRE-REQUISITE: completion of all previous CST levels

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. There are some conditions that have been covered in previous seminars, but there are always more ways to treat the same condition i.e. the same condition by different approaches. This seminar is totally devoted to Craniosacral Therapy techniques and covers:

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

Seminar length 5 days

CST 7

Craniosacral Therapy

PRE-REQUISITE : CST 6

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.

At the completion of this seminar graduates will be awarded a Diploma in Craniosacral Therapy from the Academy.

Seminar length 5 days

CST 7 - "It was fantastic, Pat's knowledge was outstanding."

Janet M



Questions and Answers

Q. I am only interested in Cranio-Sacral therapy. Why do myofascial release with Cranio-Sacral Therapy?

A. Studying the Fascial System is not only complementary to the study of CST but is essential for doing good CST work. Essentially the Craniosacral System is interdependent on the Fascial System of the body and vice versa so treating one system effects the other. Sometimes fascial releases need to be completed before CST work can be efficiently engaged. This concept is not new. Pioneering Osteopath A.T. Still MD had this to say –“when our fascia is free we are free” : he also states ”I know of no part of the body that equals the fascia as a hunting ground. I believe that more rich golden thought will appear to the mind’s eye as the study of the fascia is pursued than any division of the body”.

A.T .Still MD was a person ahead of his time and the role of the fascia and it’s function was later to be expanded by John Barnes PT whose studies confirmed Stills thoughts and concepts. Such ideas were thought of as being revolutionary at the time but now have been confirmed by modern science.

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 have provided a PDF download on our website that shows some of the CST theory and practical that we teach.

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 1 to 4 to give a good grounding in this work, and 7 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.

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 No 1 on Google's 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.

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

Recommended Book Titles:

The Heart of Listening - Volume I & II

Origins, Destination Points, Unfoldments - Hugh Milne

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 - By Charles Ridley (A "must have" book for CST)

Cranio-Sacral Integration: Foundation

Demonstrates advanced protocols for practitioners - By Thomas Attlee D.O. (Great book to start with and our latest recommendation)