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# Craniosacral Therapy

## Definition

Craniosacral therapy is a complementary therapy which uses light touch to encourage the body to heal itself. It is a profound, subtle healing process influencing the deeply held patterns of disease, both physical and psychological. These patterns accumulate throughout life as a result of injury and illness and become "held" in the body tissues leading to dysfunction. The patterns are manifested in the motion of fluids which surround the brain (cranium) and spinal cord (sacrum) and had been discovered over 100 years ago by osteopaths. Craniosacral therapists are trained to feel this motion, locate restrictions and by using very gentle touch, can help rectify imbalances and facilitate the release of these restrictions.

The treatment is most often carried out with the person lying down, fully clothed, in a peaceful environment and usually lasts 30-45 minutes.

## Benefits

Craniosacral therapy works on many different levels and influences many different structures within the body: the musculo-skeletal system, the nervous system, the cardiovascular system, the immune system, the organs, the fluids and the energy system. Cancer may touch one or all of these and manifest in various symptoms. Surgery, chemotherapy and radiotherapy will also have an impact. The therapist takes a complete history and individualizes the treatment as necessary. A treatment generally leaves you feeling relaxed and you may find that the reason you came for treatment is not what changes first as the subtle process continues for some time after the treatment. Treatment can be safely performed in conjunction with other medical and/or complementary treatments.