

## **CranioSacral Treatment**

By Dr Faith Christensen and Dr Masahiro Takakura

Craniosacral Treatment started in the osteopathic community in the early 1900's as a way to feel restrictions in the cranial bones and fascia. By freeing the cranial bones and the fascia, the practitioner is able to assist the body in regaining normal function in the nervous, lymph, hormonal, myofascial, and gastrointestinal system. Craniosacral Treatment is a whole person therapy focusing on physical, mental, emotional and spiritual health. Craniosacral treatment is founded on the belief that the body knows exactly how to heal. The role of the physician is to help you heal yourself and facilitate the healing process. The primary goal in a Craniosacral session is to not only treat your condition, but maximize your health overall.

### **What is involved in a Craniosacral Session?**

Craniosacral treatment is a gentle non-invasive hands-on therapy that follows the subtle movement of your fascia or connective tissue. The physician will lightly place (less than a nickel weight of pressure) his/her hands on areas of restriction that facilitates the body to gently release fixations. During the session the person is fully clothed and the therapist evaluates restrictions in movement from different parts of the body. A session usually lasts one hour but that can vary depending on the condition.

### **What do people usually experience with Craniosacral Treatment?**

Most people feel very relaxed and some even fall asleep. Many people can feel the movement inside their bodies and describe it like they are floating on water. Tingling and heat are also commonly felt as fixations are released. Because Craniosacral treatment is so relaxing, most people can tap into their subconscious and identify blocks to healing and belief patterns that are preventing total health. This dialog represents the most powerful and deep healing that can take place. Many unresolved issues can be resolved with this therapy.

### **What is this fascia that Craniosacral practitioners follows?**

The connective tissue of the body is derived from the third layer of cells in the embryo and evolves into the entire system of muscles, connective tissue, and bones. Fascia forms a transparent network of casings and transparent sheets around virtually every functional unit of the body. Each muscle is surrounded by fascia that allows each muscle to slide across one another with uninhibited movement. A recent paper by Oshman summarizing research on fascia actually extends this network through smaller and smaller fibers down to the individual cell – virtually all cells – across cell membranes to connect with the cell nuclei and DNA/RNA. “Taken as a whole system, the connective tissues resembles a 3-D body stocking or a union suit with a place for everything in it.” By following fascial movement one can facilitate lasting change on a cellular and even gene level.<sup>33</sup>

All doctors at SNCC are proficient with CranioSacral Treatment. Dr. Cortney Cusack, Dr. Tom Yang, and Dr. Masahiro Takakura have taught at Bastyr University. Please call (206)588-1061 for an appointment.