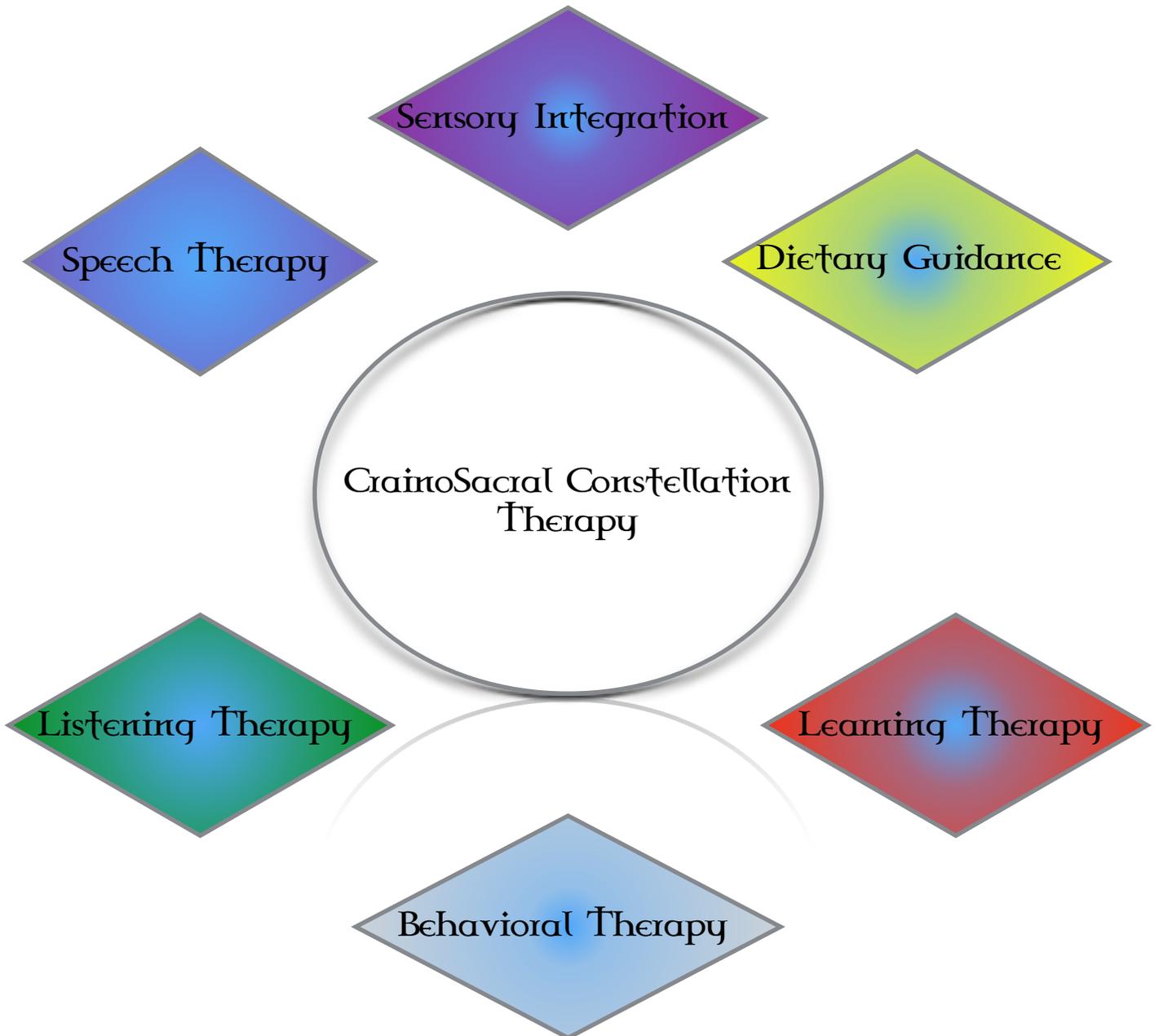


# Connections

CrainoSacral Constellation  
Therapy

“A Spectrum of Answers”



# Connections

CrainoSocial Constellation  
Therapy

## INTRODUCTION:

Connections are the most fundamental components of how we 'are' in this world. We learn to connect the dots to make shapes. We learn to associate sounds with meaning. We learn to build associations, recognize colors, shapes, sizes, facial expressions, actions and reactions in order to navigate the outside world.

Most importantly, we build connections with other people, plants and animals with whom we share the experience of life.

For a wide variety of reasons, an increasing number of our children are being diagnosed with having difficulty in acquiring these fundamental skills.

As accredited experts in our field, we have developed an integrated program over the last five years to address the rubric cube process of skills acquisition.

## CONNECTIONS FOTA:

This is a unique three day program designed to provide an integrated solution to allow families to determine and achieve health care and life style goals that are appropriate for them.

Each client family receives a specifically tailored program of sessions to address the issues that strategically and dynamically arise.

For more detailed information read more on the program description and please contact your local CrainoSocial therapist or our central co-ordinator on

## PROGRAMME DESCRIPTION:

Each family is assigned a programme facilitator whose responsibility is to work with the family helping them self assess requirements and ensuring that the family obtains the maximum benefit from the therapists on hand and helping with any special needs that the family may have.

Let us first say that there is no standard client profile, disease or issue that is "treated" during a programme.

We truly are client centered. Which means that what ever issue you are experiencing at this time is the one that we address. A program is uniquely, client focused program where the therapy is guided by the healing inner wisdom of the client.

It is the work of all who participate: clients, accompanying caregivers, therapists, organizers, and the environment that supports us.

We are mindful and appreciative of all who have taught us and provide the historic background and current context in which we can do this work.

In many ways, we are our actions and this activity we are participating in.

As therapists, we are intent upon what is immediate: our clients.

Simply, the life of the client is touched by the life of the therapist.

The therapist intent is to be accepting and open to the way the client is existing, living in all the complexity and beauty of body, structure and function, in tissue,

energy, posture, thought, emotion, hopes, dreams, and in spirit.

As this life is touched, it is sensed, heard, felt, seen, imaged and present. The therapist's intent is to work cooperatively with and within the life of the client, accepting, following and facilitating each individual's way of healing.

## THE THERAPY DAY

After breakfast we begin our therapy days at 10:00 a.m. with a meeting for both clients and therapists.

## YOUR TEAM

Clients are assigned a therapy team for the day consisting of a Programme Facilitator; one or more support therapists and various adjunctive therapists who may join the team to provide specific modalities to facilitate the clients process during the therapy day.

## THE SETTING

All therapies are conducted in a large open space in the primary treatment facility during the therapy day. The exceptions to this are when the client and team require the use of other therapeutic facilities such as the heated pools etc.

We break for one hour daily for lunch. Bathroom or comfort breaks are jointly agreed between the client and Primary Therapist.

The end the therapy day is between 3:30 and 4:00 p.m.

## THERAPIES THAT MAY BE OFFERED DURING THE THERAPY DAY

CranioSacral Therapy:

SER Therapy:

Visceral Manipulation:

Lymphatic Drainage:

Bio-aquatic Therapy:

Equine Facilitated Therapy:

Sensory Integration:

Speech Therapy:

Listening Therapy:

Learning Therapy:

Behavioral Therapy:

Dietary Guidance:

## WHO WE ARE:

The Upledger Institute Ireland has been providing training in CranioSacral Therapy since 1998. We (Ger Swords and Mary Brady) took over as directors of the Institute in 2007 from Heath and Mike Wilson.

Upledger Ireland is a satellite of Upledger Inc Florida. It was Dr John Upledger the developer of CST who started the institute in 1985. The Upledger Institute Ireland works closely with the Upledger Institute Inc in Florida, USA, and the other satellites around Europe exchanging information and keeping up with the most recent developments in Craniosacral Therapy.

### Our Mission

- To provide the highest quality of training in CranioSacral Therapy, so that our students when they have completed their studies are competent professional CranioSacral Therapists.
- To provide students with ongoing support while studying with us and opportunities for further study when they have completed their training.
- To provide a broad range of opportunities for students to develop their CST skills, through study days, exchanges with other students, participation in intensive programmes, precepting/assisting therapists in clinical settings and participating as a teaching assistant at workshops.
- To promote CST as a safe effective therapy and to actively encourage research programmes and clinical trials in the effectiveness of the therapy with a wide range of conditions.

For more information about Upledger Institute Ireland please contact us on 045-898243 or email [info@upledger.ie](mailto:info@upledger.ie)

## What Is CST?

CranioSacral Therapy (CST) was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Traumatic Brain and Spinal Cord Injuries
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties

- Stress and Tension-Related Problems
- Fibromyalgia and other Connective Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction

SER is a therapeutic process that uses and expands on the principles of CranioSacral Therapy to help rid the mind and body of the residual effects of trauma. SER offers applications designed to enhance results using CST and other complementary therapies.

- Assess and mobilize the Avenue of Expression working through more than 10 different body components, including the thoracic inlet, hard palate and hyoglossal tissues.
- Locate and release Energy Cysts.
- Release suppressed emotions that may be inhibiting complete structural releases.
- Refine listening and comprehension skills.
- Improve palpation and wholebody evaluation skills.