

What makes the Clinical Foundations Class different from CS1?

The Neurovascular Institute's Clinical Foundations Class is significantly different from other craniosacral classes. We begin by exploring the palpation techniques of the Profound Neutral approach, which allows us to hold tissues without blending or being invasive. We are encouraged to feel the neurosensory conversation between body and brain through simple hand-holds. The anatomy review is very in-depth and comprehensive, including embryology and pediatric insights, which allows us to be present with the body-brain conversations in a more profound and effective way. There is no pushing or pulling, no "doing" to the tissues. It is an extremely respectful approach to bodywork.

I took CS1 and couldn't "feel the rhythm." Will I be able to in this class?

This class explores the many neurosensory expressions of the body-brain circuits without relying on the artificial mechanisms of "following the rhythm." We learn to provide "novel sensory input" of our touch to facilitate more organized sensorymotor output. There is no protocol for listening for particular fluid rhythms or learning to manipulate them. In the Profound Neutral approach, the body is held with great respect and responds by educating us about its stillness and its flow of health. It is a far more effective approach and does not define the success of the therapist by the ability to identify and manipulate particular rhythms.

I was disappointed to learn that we were told not to treat young children after taking CS1. Will I be able to after this class?

The beauty of the Profound Neutral approach is that it is non-invasive and allows us to be helpful to the 0-3 population, right from the Clinical Foundations Class. Our anatomy lectures include important embryological and pediatric information that allows us to work with these children in a safe and appropriate way. Children respond dramatically to this gentle and respectful approach. While it is easiest to develop your palpation skills and ease with these holds on a healthy adult, you will be able to take these skills to your pediatric clients with very satisfying results.

I've taken quite a few craniosacral courses but I'm feeling "stuck" with the work. Is there information for me in the Clinical Foundations Class?

Many therapists have found or renewed their flow with the work from this class. The intense anatomical review, coupled with the permission of the Profound Neutral approach to listening to the tissues allows therapists to move beyond old treatment paradigms and into the self-regulating and restoring conversations between brain and body. Therapists with over 10 years of craniosacral experience have found a wealth of information in these two days and come away extremely satisfied. Whether you've never taken a cranial course before, or have years behind you, this class offers a very rich and profound experience.