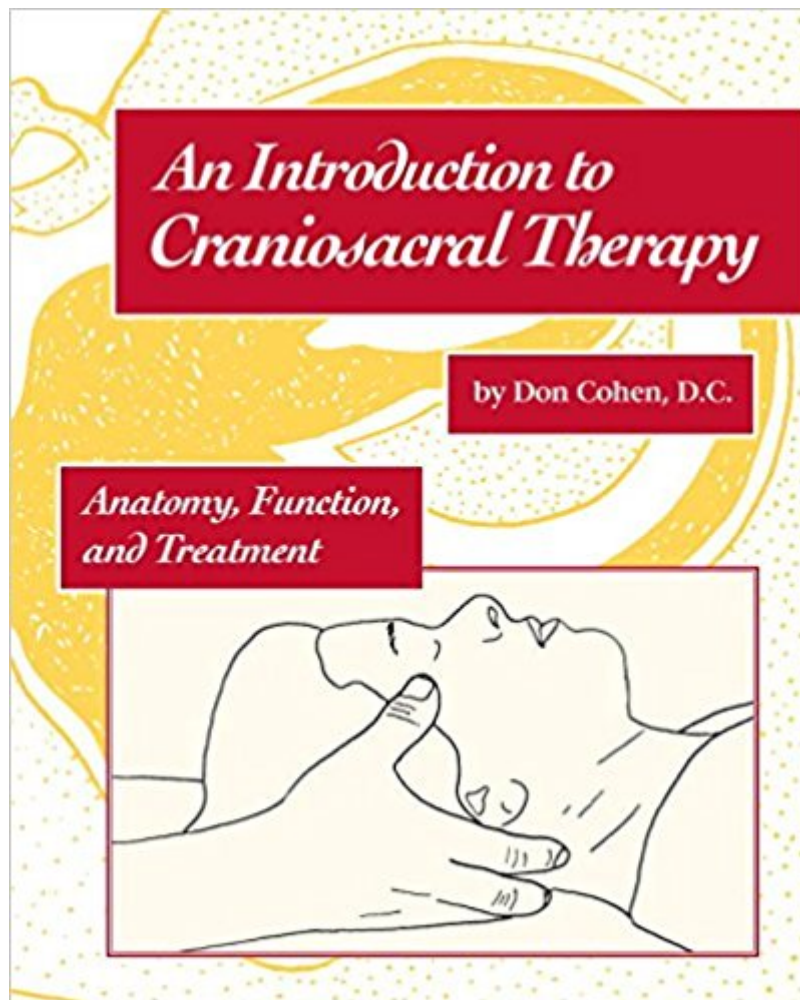




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# An Introduction To Craniosacral Therapy: Anatomy, Function, And Treatment



## Synopsis

Grounded in ancient hands-on methods of diagnosis and treatment while encompassing the innovations of the early experimental osteopaths, craniosacrally-based treatment is now one of the most successful and fastest-growing approaches to mind-body healing. Providing access to the unity of structure and function in the organism, such therapy offers a simple, direct, and non-dogmatic means for tapping the body's inherent intelligence in a fluid and spontaneous way. We should not presume that the techniques in this book deal solely with the bones of the cranium, the spine, and the lower back. The craniosacral system is no less than the structural aspect of the central nervous system. Its methods originate in neural behavior and emotional energy and include their manifestations throughout the tissues and organs of the body. Both a medical system with precise anatomical criteria and a therapeutic art requiring a practitioner to feel, interpret, and move energy, modern craniosacral therapy offers a unique way to perceive and influence the structural configuration of the brain itself in its relationship to the body's architecture.

## Book Information

Paperback: 136 pages

Publisher: North Atlantic Books; 1 edition (February 14, 1996)

Language: English

ISBN-10: 155643183X

ISBN-13: 978-1556431838

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 18 customer reviews

Best Sellers Rank: #711,400 in Books (See Top 100 in Books) #63 in [Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Osteopathy](#) #107 in [Books > Medical Books > Medicine > Internal Medicine > Osteopathy](#) #147 in [Books > Medical Books > Allied Health Professions > Chiropractic](#)

## Customer Reviews

"Don Cohen has done an excellent job of presenting an overview of the various diagnostic, evaluative, and therapeutic approaches to the cranium, the sacrum, the dura matter envelope, and the fluid which it encloses. He is one of those rare individuals who has a real and true sense of the human body and what it is about. He also has a deep appreciation of the fact that the human body

is not living in isolation. He knows both intellectually and intuitively about the interrelations between spirit, mind, and body."-John E. Upledger, D.O., O.M.M., Founder, Upledger Institute, Palm Beach Gardens, Florida

Grounded in ancient hands-on methods of diagnosis and treatment while encompassing the innovations of the early experimental osteopaths, craniosacrally-based treatment is now one of the most successful and fastest-growing approaches to mind-body healing. Providing access to the unity of structure and function in the organism, such therapy offers a simple, direct, and non-dogmatic means for tapping the body's inherent intelligence in a fluid and spontaneous way. We should not presume that the techniques in this book deal solely with the bones of the cranium, the spine, and the lower back. The craniosacral system is no less than the structural aspect of the central nervous system. Its methods originate in neural behavior and emotional energy and include their manifestations throughout the tissues and organs of the body. Both a medical system with precise anatomical criteria and a therapeutic art requiring a practitioner to feel, interpret, and move energy, modern craniosacral therapy offers a unique way to perceive and influence the structural configuration of the brain itself in its relationship to the body's architecture.

A clear introduction to basic concepts of Osteopathic Medicine and the specific anatomy/physiology of craniosacral therapy, This book focuses on understanding the history of craniosacral therapy through anecdotes and case histories. Specific techniques and outcomes are then presented. A good, easy to read, introduction to craniosacral therapy by one of the first people trained by Dr. John Upledger, the "father" of modern craniosacral therapy.

Thought it would be more detailed...but it is still good. Thank you.

Very good and educational. Wanted to further my knowledge for my massage practice. Well written.

Arrived as stated

ok

excellent!

Great book. easy to read, very helpful

Dr. John Upledger has made great strides into gentle loving effective healthcare. I want to learn as much as I can of what this man is teaching! I have already tried some of his more simple techniques with amazing results. I have been an active massage therapist for 27 years. I am impressed with what this man is teaching! He is right on, as far as I'm concerned!

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