

Biodynamic Craniosacral Therapy

Frequently Asked Questions

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Who can benefit from Biodynamic Craniosacral Therapy?

Because of the gentle non-invasive nature of Biodynamic Craniosacral Therapy (BCST), there are few contraindications for treatment. Everyone can benefit; it can be enjoyed by newborns, elders, the frail or ill. The improvement after a session may be subtle or dramatic. BCST encourages health in the brain and nervous system, and it has been known to be effective in assisting the prevention of chronic conditions.

In addition, BCST can be useful in addressing injuries, including those to the bones and tissues. BCST is also an effective modality for exploring and resolving issues of the past including prenatal and birth trauma. Early trauma can create an unconscious belief system that is not relevant in the adult. BCST allows the acknowledgement of outmoded beliefs and shifting to real or appropriate beliefs.

How many of us have experienced a head or tailbone injury, accidents, minor or major surgeries, and dental work? Life experiences can create emotional trauma, physical strains and anesthesia residues. The biodynamic approach strengthens the whole system, creating a safe environment for the body can to gain new perspectives, a healthy resolution of issues. The Biodynamic Craniosacral practitioner is a facilitator for resolution. Our innate inner health is capable of repatterning toward health in an order of priorities initiated by the body, a titrated shift to prevent overwhelm. It is not necessary to remember, re-experience or relive trauma in order for resolution to occur.

Is Biodynamic Craniosacral Therapy safe for children?

Children respond well to BCST because it is gentle, non-invasive, and effective in ways they can intuitively recognize. Even small children quickly get used to the work as they develop trust in their practitioner. Pre-verbal children may actually direct the practitioner's hands to areas of discomfort.

Children easily show the dynamics of their experience through movement and sounds. Much subtle work can be done by the practitioner during "playtime" in which the child is observed and assisted in completing unresolved challenges. Parents are often astounded at the way a crabby, hyperactive, or miserable child will fall into deep relaxation or sleep during treatment.

The challenge, of course, is the busy toddler who won't lie still. Here the parent can help out by holding the child as the practitioner makes even brief contacts on the spine, head, and sacrum. A little goes a long way with a child. Whatever can be resolved during infancy or childhood, often in only a few sessions, can potentially prevent decades of medical and psychological treatment later on. In addition, resolution of misaligned forces makes us less accident-prone, because we are not "off-balance".

Is Biodynamic Craniosacral Therapy safe during pregnancy?

BCST is not only safe but recommended during pregnancy, as it calms the nervous system of both mother and child. It strengthens emotional bonding which has the potential of being short-circuited due to pre-natal and birth stresses and trauma.

Also, although the growing pre-nate is highly conscious, s/he does not know the difference between mother's thoughts and feelings and its own, so when Mom's system is soothed and balanced during pregnancy, the baby benefits as well. This therapy has been found to help with fertility issues as well.

Are there manipulations involved?

Biodynamic Craniosacral Therapy is distinguished by its minimal reliance on manipulations of any kind. If the various Craniosacral methods could be characterized and compared based on this criterion, the Biodynamic style would be placed at the non-manipulative or yin end of the spectrum.

In the Biodynamic approach, the healing process comes from within the client, not from the outside by the practitioner, and the hand contacts are based on listening and following/reflecting the client's process rather than pushing or manipulating the client towards a theoretical ideal state.

How can I benefit from Biodynamic Craniosacral Therapy?

The therapy may surprise you with benefits you hadn't known were possible, including resolution of symptoms that you had no idea were related to the cranial system or to each other. You may feel lighter, with a sense of more spaciousness within yourself. You may notice more ease in relationships or ability to focus.

You may stand straighter or breathe more easily and deeply. Pains may decrease and emotional boundaries may be easier to maintain. It is likely that you will feel

deeply relaxed and centered. Because each person is unique, it is impossible for us to say exactly what benefit you will feel, or how long it will take you to feel it, but the above comments are quite common.

What kind of symptoms respond best to Biodynamic Craniosacral Therapy?

Anecdotal evidence shows BCST may be helpful in addressing such situations as impingement of cranial nerves or spinal nerves, left-right imbalances, head injuries, confusion, feelings of compression or pressure, anxiety, depression, circulatory disorders, organ dysfunctions, learning difficulties, neuro-endocrine problems, TMJ and dental problems, and trauma of all kinds — birth, falls, accidents and other injuries, physical, sexual or emotional abuse, loss/grief, surgery, anesthesia, P.T.S.D., among others.

BCST is also excellent as a preventive therapy because it can facilitate the resolution of imbalances within a patient/client's system that can later lead to illness or injury.

How many sessions will I need?

This depends on what your goals are, what symptoms you suffer from, and how readily your system responds to this therapy. As a general rule, three to ten sessions will have a significant impact on most people's health, and in some cases only one session can make a dramatic difference. Often, clients receive regular sessions for longer periods of time, followed by an occasional tune-up to maintain health.

Why do I seem to “fall asleep” during my sessions?

It is common for people to doze off or appear to sleep during portions of a biodynamic craniosacral session. There are times when the client slips into a deep, meditative type state of consciousness. In this deep place, the mind relaxes and allows the possibility of illness or injury to reorganize and remember its

innate health. If the system is tired or exhausted, biodynamic craniosacral allows the system to relax and rest usually in a deep healing still-point or stillness.

Does insurance cover Biodynamic Craniosacral Therapy?

Insurance coverage varies with providers and also may depend on the health condition for which you are seeking assistance. Ask your local craniosacral practitioner what the requirements might be, and what strategies may be effective in securing coverage. Additionally, your primary care physician and insurance agent are important resources for obtaining coverage.