

# **Cranial Sacral Therapy**

## **What is Cranial Sacral Therapy?**

Cranial Sacral therapy is an extremely secure and a calm type of alternative bodywork. By a delicate touch that convinces the body and central nervous system to equalize and revive itself. The CST is at the center of your central nervous system and it influences all of the additional body systems that includes respiratory, cardiac, and digestive systems. It contains cerebrospinal fluid and tissue which encase your brain, spinal cord and tail bone. This solution travels and is used to guard, nurture and eliminate waste from your brain and spinal cord.

## **How does Cranial Sacral Therapy work?**

The therapist is skilled to focus on and sense the craniosacral rhythm as well as feel obstructions and restrictions which influence the value and balance of the craniosacral rhythm. The therapist uses the technique to employ the muscle tightening in order to remind the memory connected with the original trauma. Once the release has occurred, the unconscious contraction of the muscle will disappear and the muscle pain will begin to heal. Other massage modalities may well be included to assist in facilitating a release.

## **What happens during a Cranial Sacral Therapy session?**

The therapeutic method that utilizes the use of Cranial Sacral Therapy to release the body and mind of the uncomfortable side effects of trauma is called a Somato Emotional Release (SER). It is the healing process that aids the body to free itself of physical and emotional ordeals. Tissue memory is one of the vital models in SER. It can collect memories that are linked to traumatic incidents. When a specific muscle group is hurt during an accident, a recollection of that encounter is created in the distressed tissue. The body must labor intensely surrounding these areas and with time signs may appear. In numerous occasions, the emotional indications that we encounter during trauma stay unsettled as the body heals. In order for these lingering symptoms of trauma to heal permanently, a mind-body connection has to be made. SER proceeds to find and release the body of those spots. An ordinary SER session takes between 20 and 30 minutes and the definite overall release encounter through therapy will depend on the distinctive patient. This particular reaction is valuable to clients that encounter issues connected with injuries, physical trauma, car accidents, difficult life experiences, and surgery. It is normal for a client to react during a session of Cranial Sacral because of the releases. The reactions can be different with each client, anywhere from uncontrollable crying to slight contractions of the muscles. When having an SER the therapist should ask if treatment should continue or discontinue so that the emotional reaction can be dealt with. This should be left up to the client as to proceeding with the session.