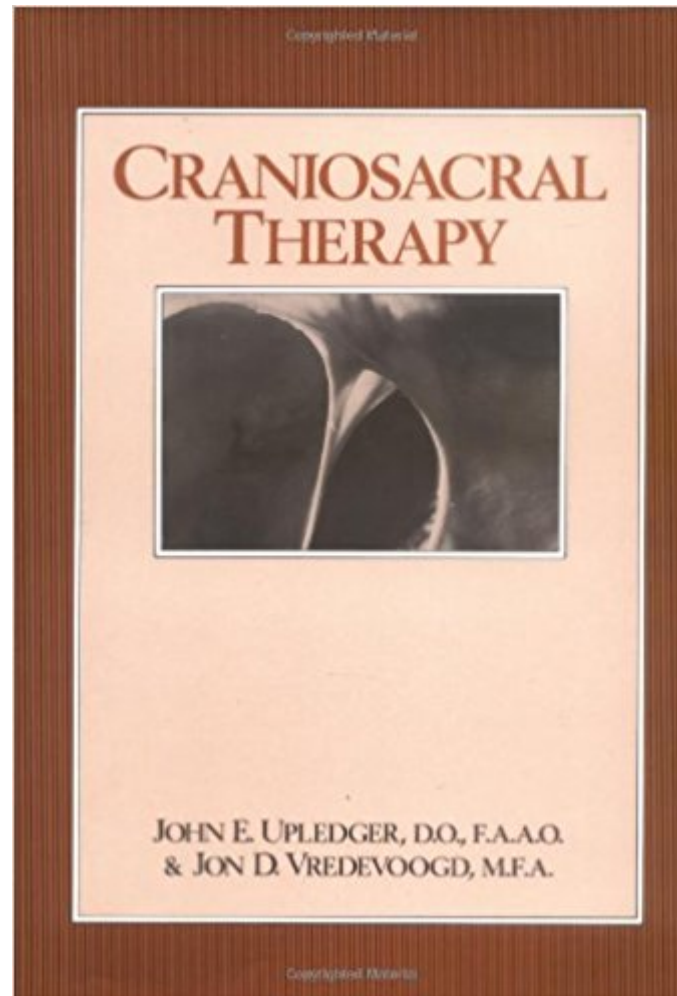




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Craniosacral Therapy



Synopsis

Craniosacral Therapy is the most practical, comprehensive textbook in this rapidly growing field of therapy involving the cranial bones, meningeal membranes, cerebrospinal fluids, and whole-body connective tissues. Craniosacral Therapy defines the physiology and anatomy of the craniosacral system, its function in health, and relationship to disease processes. It provides practical instruction in developing and extending palpatory skills which will greatly benefit all forms of manipulation, as well as basic physical diagnosis. Two hundred drawings and photographs illustrate the mechanisms underlying the craniosacral system, and vividly demonstrate how to perform craniosacral techniques in the clinic.

Book Information

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Customer Reviews

"A splendidly published textbook on craniosacral theory and practice." -- The DO

John E. Upledger, D.O., O.M.M. is President of The Upledger Institute in Palm Beach Gardens, Florida, an educational and clinical resource center founded by Dr. Upledger in 1985. Courses offered through the Institute teach noninvasive therapies to physicians and healthcare practitioners of all disciplines. Dr. Upledger was formerly a professor in the Department of Biomechanics, College of Osteopathic Medicine at Michigan State University. He has been in the forefront of basic science and clinical research in the field of craniosacral therapy. Books by Dr. Upledger include Craniosacral Therapy, Craniosacral Therapy II: Beyond the Dura, SomatoEmotional Release and

Beyond, Your Inner Physician and You, and A Brain is Born. Jon D. Vredevoogd, M.F.A. is an assistant professor in the Department of Human Ecology at Michigan State University. His special interest lies in the area of basic design of natural structures. Mr. Vredevoogd has collaborated with John Upledger in publishing articles in the field of craniosacral therapy, and has also contributed articles to Design and Environment and Modern Metals.

I purchased this book to prepare for an upcoming Craniosacral Therapy course I plan to attend. Obviously it is a very technical book, not really for casual reading, but for the alternative healthcare enthusiast who is planning to take a CST course..... this is probably the required reading textbook. Written by a widely recognized expert in this field and fairly easy to comprehend if this is a field you are involved with. Good price and just the material you will need to prepare for a CST course.

Excellent training manual. Good understanding before you take the training class.

After a lot of research, I ended up getting this book. It's a great choice

John Upledger is the BEST when it comes to Craniosacral Teaching, Explaining and Therapy! This book is written for those advanced in anatomy. Many words I had to look up, but it is rich with information. Enjoy!

Suggested reading for the Craniosacral Class that I took. Excellent book

This is a complete, and thorough introduction to Craniosacral therapy. Simply illustrated, and understandable. Dr. John Upledger is the master

Very detailed on how the CST1 works, but not understood until you do hands on. Very dry reading. Clinical aspect is more fun than reading the book.

old copyright version, missing updates to text. Not useful for practitioners or as required reading for class. That's all folks.

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