

CranioSacral Therapy Training at Hopi:

An Introduction to Techniques Derived from Osteopathic Medicine

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Introduction

CranioSacral Therapy (CST) is an osteopathic manual treatment method. Using light-touch techniques, practitioners find and release restrictions in fascial tissue. The Introduction to CST class was developed for lay people and has been taught for over 20 years. Elders at Hopi had requested a class in CranioSacral Therapy.

Goals of this formative research:

- Determine whether the training increases awareness of osteopathic medicine.
- Determine whether it increases awareness of CST as a possible career in rural Arizona.
- Determine whether it provides attendees with techniques they can use immediately after class.

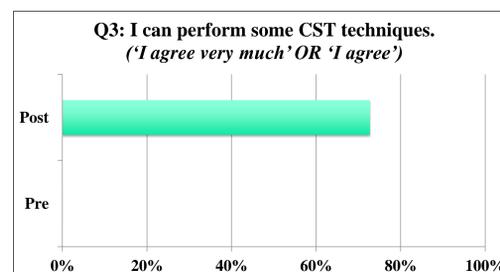
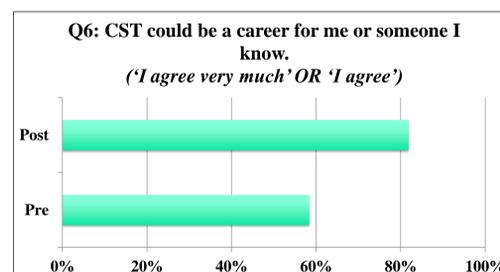
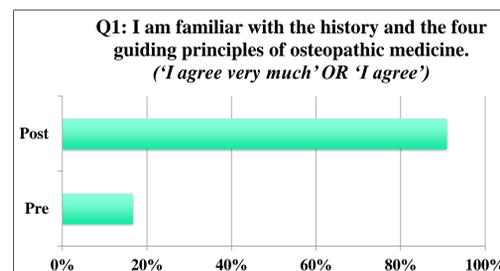
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Methodology

Ten persons living at Hopi aged at least 18 years old participated in the training. Leaders of Hopi Health Care Center, The Hopi Foundation, and the Hopi Cultural Center identified participants.

The 2-day class was taught twice—in 9/2013 and 1/2014 and Hopi. Pre- and post-training surveys using a Likert scale (1 to 5; ‘I agree very much’ to ‘I do not agree’) assessed level of awareness of osteopathic medicine, the career potential of CST, and the use of CST techniques.

To facilitate learning, a 72-page study guide was given to each student. The history and philosophy of CST was presented, followed by discussion and practice in light touch. Twelve techniques were taught, including anatomy and physiology of related structures, hand positions, and treatment protocols. PowerPoint slides, anatomical models, analogies, and examples were presented to facilitate learning.



Results

Ten students from Hopi attended classes in 9/2013 (n=4) and 1/2014 (n=6). Two students missed part of the 9/2013 class and repeated the entire class 1/2014. Twelve total surveys were collected before the classes and after the classes.

Answers 1 and 2 (‘I agree very much’ OR ‘I agree’) increased after training.

Q1: I am familiar with the history and the four guiding principles of osteopathic medicine.

Results: Pre 17%, Post 91%

Q2: I am familiar with CST.

Results: Pre 25%, Post 82%

Q3: I can perform some CST techniques.

Results: Pre 0%, Post 73%

Q4: CST will be useful for me to know.

Results: Pre 83%, Post 100%

Q5: I (or someone I know) may wish to learn CST in greater depth.

Results: Pre 83%, Post 91%

Q6: CST could be a career for me or someone I know.

Results: Pre 58%, Post 82%

Q7: The training methods are useful.

Results: Pre N/A, Post 100%

Conclusion

- The Introduction to CST class increased awareness of osteopathic medicine.
- The training increased awareness of CST as a career.
- The training provided techniques attendees can use.

References

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