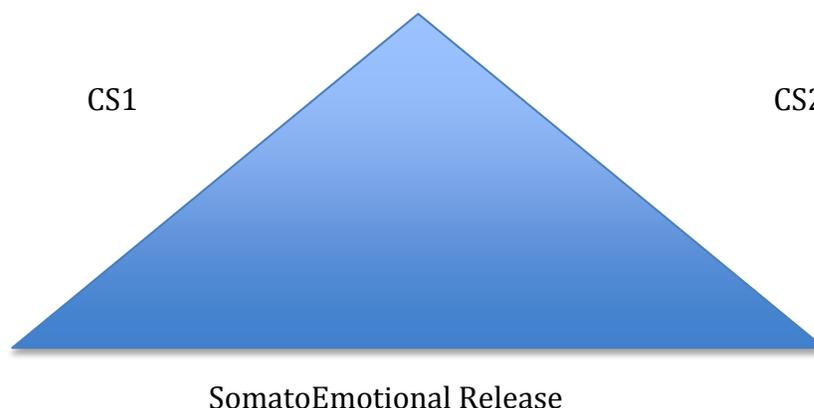


The Foundation of Upledger Curriculum: CS1, CS2 and SER1

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In the Upledger CranioSacral Therapy curriculum, the first three classes, CS1, CS2 and SER1, form the essential foundation upon which all the rest of the classes are based, including the branch classes such as the Pediatrics, Brain and Immune classes.

From Day1 in CS1 we learn that 1.) Our bodies (body, mind and spirit) are self-healing; and, 2.) Our job as therapists is to facilitate and support this natural, self-healing capacity, NOT to be the healer or “fixer.” But is not until the completion of SER1 that we finally have all the tools and skills to be able to do so.

In CS1 we learn essential palpation skills, as well as how to understand and work with the CranioSacral System, and we learn many very powerful CS techniques to facilitate healing with our clients.

In CS2, based upon further development of our more subtle palpation skills, we are able to learn more finely-tuned and specific skills for working with the bones of the face and palate and the sphenoid bone, and we are also able to begin to learn some of the techniques of whole body evaluation. Whole body evaluation enables us to find and treat many of the primary lesions within our patient’s body as well as to locate and treat the related secondary lesions and thereby affect more permanent changes in our clients’ health. We call these primary lesions “energy cysts” and they are located by a technique we call “arcing.”

But it is not until we get to SER1 that the full extent of the paradigm, scope and application of CST become evident:

These primary energy cysts often contain “tissue memory” of our traumas and past injuries, as well as the associated imprints of any unresolved emotions related to these incidents. It was one of Dr. Upledger’s major contributions to the field of CST that not only do these memories and emotions arise spontaneously in the treatment of these energy cysts, but that the release and resolution of these imprints is NOT optional, but instead is essential to the healing process. When these unresolved tissue memories and emotions persist, any healing that occurs is temporary at best.

Additionally, in SER1 we learn tools that enable us to apply our whole body evaluation skills much more precisely and accurately, allowing us finally to completely and skillfully support the client’s self-healing capacity.