Compassionate Touch teaches county students manners, respect and healing ailments

* Participants also learn to use gentle hands for healing of various ailments

"Children really respond to the ideas behind Compassionate Touch," she said.

Compassionate Touch, or CranioSacral Therapy (CST), is a gentle, hands-on method used by osteopathic physicians and therapists for evaluating and enhancing the function of the membranes and cerebrospinal fluid surrounding and protecting the brain and spinal cord.

Using a soft touch, generally no greater than the weight of a nickel, practitioners release restrictions in the craniosacral system to treat patients with Migraine headaches, Autism, Scoliosis, learning disabilities, chronic fatigue, emotional difficulties, stress and tension-related problems among many other ailments.

The therapy (pioneered and developed by osteopathic physician John E. Upledger, a clinical researcher and Professor of Biomechanics at Michigan State University) might sound like an odd thing to teach children, but Stearley says it works.

"Repetition is the key to learning for children, the longer amount of time I have to work with them the more the ideas sink in," Stearley said.

"They learn being nice and kind to each other is a good thing they can take pride in. I like hearing the students say, 'Thank you,' to see the new respect and manners they show to people as the program goes along."

To learn more about Compassionate Touch contact Sandy Stearley, of Sandy’s Healing Hands, at 812-336-2546.