Unlocking the mystery of craniosacral therapy

By Jean MacDougall-Tatman
Staff Writer

There are 58 craniosacral therapists between Lawrence, Methuen, Andover, North Andover, Groveland, West Newbury, Merrimac and Newburyport, yet what they do is somewhat of a mystery to most people.

Craniosacral therapists believe that the body does not heal itself of injury partly because the memory of the event that caused the injury (the mind) keeps the area tight in order to protect it.

Slight pressure — described as the weight of a nickel — is placed on points along the spinal column where the problem originates, and the pressure causes an emotional, as well as a physical, release.

"Craniosacral therapy is a gentle approach that integrates the mind and body," said Tom McDonough, a Methuen practitioner, who holds a master's degree in divinity. "I may gently move an arm during a therapy session and they say, 'That's when I fell off the swing.'"

The technique was developed by Dr. John E. Upledger, an osteopathic physician who while

"Craniosacral therapy is a gentle approach that integrates the mind and body. I may gently move an arm during a therapy session and they say, 'That's when I fell off the swing.'"

Tom McDonough, a Methuen practitioner who holds a master's degree in divinity

...and even emotional difficulties, learning disabilities, colic and even post-traumatic stress disorder.

McDonough said that part of healing is good circulation and tension release. He said the therapy creates a meditative state that allows clients to remember the car accident without re-tensing the body.

Sharon Henderson, a licensed massage therapist in Merrimac, went on for craniosacral training through the Upledger Institute. Henderson transformed her garage in Merrimac into a therapy area complete with water pond, aromatherapy and soothing music.

"We develop holding patterns from trauma, falls, emotional trauma and surgical procedures — there is so much the body does because it remembers trauma and the deeper tension patterns need to be released," Henderson said.

Spinal fluid moves up and down the spinal column in anywhere from six to 12 cycles per minute, Henderson said.

"A low number of cycles indicates an impaired immune system. The movement is a pulsation — if it's low you're likely to catch anything that comes around the corner," Henderson said. "As tension is released, the body corrects itself and the craniosacral rhythm is able to right itself."
Therapy: Craniosacral massage integrates mind and body

Continued from Page 9

The larynx is a complex, movable, cartilaginous structure that is part of the cranial cavity and is responsible for producing a wide range of sounds and vibrations that are essential for speech and singing. Its unique anatomy and function make it a fascinating subject for study and research in the field of craniosacral therapy.

Craniosacral therapy is a form of alternative medicine that focuses on the cranial bones and their relationship to the brain and spinal cord. It is based on the idea that the brain and spinal cord are surrounded by a network of connective tissues that can become tight or restricted, which can lead to a variety of health problems.

Craniosacral therapy is used to help patients with a wide range of conditions, including headaches, migraines, and other types of pain. It is also used to help patients with conditions such as autism and attention deficit disorder, as well as those who have sustained head injuries or other types of trauma.

Craniosacral therapy is typically performed by a trained practitioner who will work with the patient to identify areas of tension or restriction in the cranial bones and connective tissues. The practitioner will then gently manipulate these areas to help release tension and improve circulation.

Craniosacral therapy is a safe and effective treatment option for a wide range of conditions. It is non-invasive and does not require the use of medication or surgery.

For more information about craniosacral therapy, please visit www.upledger.com.