CranioSacral Therapy (CST) is a type of bodywork that uses very light touch to release restrictions that may inhibit the central nervous system, causing pain and/or loss of function. By using gentle touch, the CranioSacral Therapist reduces tension in the connective tissues in the body, facilitating healing throughout the body.

Because the work is so gentle and safe, CST can be helpful when other types of therapy might be too uncomfortable or ill-advised. Our bodies want to get better, and the most effective path to healing can be found by “tuning in” to the body. The trained hands of a CranioSacral therapist can feel subtle disturbances in your body, and by releasing these, healing begins. Your body is the guide, and a good therapist listens and follows.

I would welcome the opportunity to let your body tell me what it needs to heal.

Many clients come to me when their doctors have not been able to help them or they’ve been told that tests show “there is nothing wrong.” Often this is simply because the source of the pain is not the same as the area where the pain is felt. An experienced CranioSacral therapist can locate restrictions that may be at a distance from the symptom. To illustrate this, pull or twist firmly the fabric of a long-sleeve shirt near the cuff. Note that the creases in the fabric fan out from the wrist area and end up tugging at the shoulder seam. The effect is similar when there is a restriction or twist in the connective tissue in our body, so don’t be surprised if you report shoulder pain and your CST therapist leads you for your ears!

One of my clients, a man suffering from migraines for the past 17 years, found instant relief (and was able to return to work) with the release of a restriction found in his left big toe! I’m not sure what he was thinking, but even I had to remind myself to trust his body’s lead!

Who can receive CST?
Newborns and children: CST helps newborns with nursing issues, constipation, colic, and minor dislocations/traumas experienced during delivery. CST is helpful for ADD/ADHD, autism-spectrum disorders, hearing issues, ear infections, visual disorders, and digestive problems, to name a few.

Adults: CranioSacral’s gentle touch helps people of all ages with stress, neck and back pain, headaches, chronic fatigue, fibromyalgia, TMD syndrome, spinal cord injuries, and many other conditions.

Catherine Schneider, MA, LMT, is currently the only Certified Upledger CranioSacral Therapist practicing in Northwest Ohio. Cathy mentors beginning CS therapists, leads a monthly study group, and teaches introductory classes. Contact her at 419-841-4079 or GentleHealing@optonline.net. Website: www.craniosacralmassagetherapy.com. For further information on CranioSacral Therapy, go to www. upledger.com.