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Observational study of the effects of J. Upledger’s ten-step protocol of craniosacral therapy in the treatment of patients with unspecific psychosomatic disorders

**Abstract**

**Background**: Craniosacral therapy is a manual therapeutic procedure which can be classified as CAM. Until today, doubts concerning its effectiveness have not been dispelled scientifically. From the point of view of patients and practitioners, however, craniosacral therapy is clearly of clinical benefit. This inconsistency points to the need for further research. **Design**: In the study, the effects of J.E. Upledger’s ten-step protocol of craniosacral therapy on 25 patients suffering from unspecific psychosomatic disorders will be assessed. **Methodology**: 25 patients were treated with craniosacral therapy in a standardized non-specific procedure under partially controlled conditions. In order to assess the effectiveness of the treatment, the validated self-questionnaire SF-12 and the voice frequency analysis (VFA) by Dr. A. Heinen were applied. VFA measurements were taken on the arrival of the subjects, before and after the treatment and again 14 days after the treatment.Self-questionnaires were completed before the treatment and 14 days after. **Results**: There were no significant connections between the measurements of SF 12 and the different VFA measurements taken at the aforementioned times. There is only a significant change in one of the VFA measurements. The research question can therefore not be answered conclusively. Additional research on this subject is necessary. Further studies should include control groups, use shorter, standardized treatment protocols and observe several treatments over a longer period of time.

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