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April is CranioSacral Therapy Awareness Month

Upledger Institute International, headquartered in Palm Beach Gardens, Florida and healthcare practitioners around the world are celebrating **CranioSacral Awareness Month** this April. CranioSacral Therapy is a gentle, hands-on treatment modality that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

In honor of CranioSacral Therapy Awareness Month, Upledger Institute International is hosting [Beyond the Dura 2019](#), an international exploration and research conference that brings hundreds of manual therapists from around the world to Florida. The conference continues the work and legacy of Dr. John E. Upledger, the developer of CranioSacral Therapy (CST) and explores CST with compelling research, case studies and thought-provoking presentations. A complete list of speakers and topics can be found on the [Beyond the Dura 2019 website](#).

A sampling of the many presentations at Beyond the Dura 2019 are:

Strolling Under the Skin in Search of our Interior Architectures

Jean-Claude Guimberteau, MD

The connective tissue that is found throughout the body, from the bones to the skin, tendons and nerves, plays an essential structural role, but is also responsible for the mobility and flexibility of living tissue. Discover answers to fundamental questions about tissue continuity inside the body.

Is CranioSacral Therapy an Evidence-Based Treatment for Trauma?

Karen Axelrod, MA, CMT, CST-D

Hear recent studies in brain anatomy and neuroscience as they relate to techniques utilized in Upledger's SomatoEmotional Release. Today, scientific investigations confirm how and why many of these concepts work in the therapeutic setting, adding to the body of research validating the efficacy of CST.

Trauma: Transformation and Research through Upledger Intensive Therapy Programs

Chas Perry, PhD, CST-D

Caroline Barrow, CST-D

Mariann Sisco, PT, CST-D

The Intensive Programs of the Upledger Institute have been providing unique, multi-disciplinary treatment programs for more than 30 years. These programs have evolved to facilitate and address the full spectrum of trauma, recovery, and transformation. These presenters will share the measures and outcomes from PTSD Intensive Therapy Programs in the US and UK.

Birth: A Brighter Future with CST

Carol McLellan, CMT, CST-D and Dr. Giovanna Fontanelli

A premature infant is essentially still a fetus that has interrupted development and no support of the mother. CST provides an effective tool to assist communication with the needs of that infant. Learn what CST with premature infants has taught us, and review clinical observations of the integration of physiology with the epigenetic effects of CST.

CranioSacral Therapy is unique in that it works with the body's natural rhythms to assist a variety of conditions. CranioSacral Therapy assists the nervous system, musculoskeletal system, circulatory system, lymphatic system, endocrine system, respiratory system, and digestive system. Practiced worldwide by healthcare professionals from physical therapists to medical doctors and other manual therapists, CranioSacral Therapy techniques focus upon the removal of tissue restrictions within the membrane system surrounding the central nervous system that may be at the heart of sensory, motor and neurological dysfunctions. Proven effective in treating a wide range of conditions such as chronic pain and orthopedic challenges, post-concussive syndrome and traumatic brain injuries, CranioSacral Therapy has helped to relieve symptoms associated with these and many more conditions and complements the body's natural healing process.

For more information on Upledger Institute International, [Beyond the Dura 2019](#) or CranioSacral Therapy, call 561-622-4588 or visit the website at upledger.com.