

# Working Wonders

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Institute  
International

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Discover Upledger CranioSacral Therapy

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July 2014

## Upcoming Courses

REGISTER NOW



### CranioSacral Therapy 1 (CS1)

Indianapolis, IN	Aug 7-10, 2014
Austin, TX	Aug 14-17, 2014
Birmingham, AL	Aug 14-17, 2014
Washington, DC	Aug 14-17, 2014
Cleveland, OH	Sep 4-7, 2014
Hartford, CT	Sep 4-7, 2014
The Big Island, HI	Sep 4-7, 2014
Albuquerque, NM	Sep 11-14, 2014
San Francisco, CA	Sep 11-14, 2014
Ann Arbor, MI	Sep 18-21, 2014
Edmonton, AB	Sep 18-21, 2014
Fargo, ND	Sep 18-21, 2014
Moncton, NB	Sep 18-21, 2014
New Orleans, LA	Sep 18-21, 2014
Ottawa, ON	Sep 18-21, 2014
Portsmouth, NH	Sep 25-28, 2014
San Luis Obispo, CA	Oct 2-5, 2014
Winnipeg, MB	Oct 23-26, 2014
Palm Beach, FL	Nov 6-9, 2014
Dallas/Ft. Worth, TX	Nov 13-16, 2014
Missoula, MT	Nov 13-16, 2014
Orange County, CA	Nov 20-23, 2014
Orlando, FL	Dec 4-7, 2014
Ft. Myers, FL	Jan 8-11, 2015
Philadelphia, PA	Jan 15-18, 2015
Madison, WI	Jan 15-18, 2015
St. Louis, MO	Jan 15-18, 2015
Sedona, AZ	Jan 22-25, 2015
Dayton, OH	Jan 29-1, 2015
Denver, CO	Feb 12-15, 2015
Los Angeles, CA	Feb 12-15, 2015
Albany, NY	Feb 19-22, 2015
Baltimore, MD	Feb 26-1, 2015
Detroit, MI	Mar 5-8, 2015
Asheville, NC	Mar 12-15, 2015
Houston, TX	Mar 12-15, 2015
Salt Lake City, UT	Mar 12-15, 2015
Calgary, AB	Mar 19-22, 2015
Portland, ME	Mar 19-22, 2015
Anchorage, AK	Apr 9-12, 2015
Palm Beach, FL	Apr 9-12, 2015
Portland, OR	Apr 9-12, 2015
Boston, MA	Apr 23-26, 2015
San Francisco, CA	Apr 30-3, 2015
New York, NY	May 7-10, 2015
Toronto, ON	May 7-10, 2015
Las Vegas, NV	May 14-17, 2015
Minneapolis, MN	May 14-17, 2015
Seattle, WA	May 21-24, 2015
Vancouver, BC	May 21-24, 2015
Big Sur, CA	May 24-29, 2015
Columbus, OH	May 28-31, 2015
Bozeman, MT	Jun 4-7, 2015
Chicago, IL	Jun 4-7, 2015
Kansas City, MO	Jun 11-14, 2015
Tampa Bay, FL	Jun 11-14, 2015
Sacramento, CA	Jun 11-14, 2015
Milwaukee, WI	Jul 16-19, 2015
Birmingham, AL	Aug 6-9, 2015
Indianapolis, IN	Aug 6-9, 2015
Washington, DC	Aug 6-9, 2015
Austin, TX	Aug 13-16, 2015
Cincinnati, OH	Sep 10-13, 2015
Edmonton, AB	Sep 17-20, 2015
Portsmouth, NH	Oct 1-4, 2015
San Luis Obispo, CA	Oct 1-4, 2015
Lansing, MI	Oct 8-11, 2015
Cleveland, OH	Nov 12-15, 2015
Palm Beach, FL	Nov 5-8, 2015

### Applications of Upledger CST, Massage & Bodywork for Autism (CSMB-A)

Reedsburg, WI	Sep 19, 2014
Madison, WI	Oct 18, 2014

REGISTER NOW



Save with  
CORE-PAK!

## WORKING WONDERS:

*Changing Lives with CranioSacral Therapy*

### From Hobbies to Horses, Pain Free

*The following Working Wonders excerpt  
was submitted by Iris Otterson, CST.*

Nola, age fifty-eight, first came to see me for terrible back pain due to a herniated disc. She had great difficulty walking and had been all but confined to her sofa for six months. The strong narcotic painkillers her doctor had prescribed were no longer working. Her pain was continual.

Normally, Nola led an active life, but she now felt as if her life had been taken away from her. Being confined to her living room was not easy. She was on a waiting list for surgery. She did not like the idea of having the operation but felt it was her only option at this point.

During her first treatment she commented on relaxed the CranioSacral Therapy made her feel.

**Click to continue reading about Nola.**

## AUTISM SURVEY

How Upledger CST Affects the  
Symptoms of Autism

### Upledger Institute Alumni survey participants needed.

Upledger's CranioSacral Therapy Team at Special Therapies, Inc. of Waukesha, Wisconsin is sponsoring this extremely important survey designed to explore how Upledger CST affects the symptoms of Autism Spectrum Disorders.

**The survey team is seeking survey participants  
(3 separate surveys):**

1. Upledger Institute alumnae:
  - qualified to provide at least the 10-Step Protocol of Upledger CranioSacral Therapy
  - have worked with at least one client with Autism Spectrum Disorder
2. Parents of clients who have sought Upledger CST for their child with Autism Spectrum Disorder
3. Clients with Autism Spectrum Disorder who have received Upledger CST

**The survey takes less than 5 minutes of your time.**

If you or someone you know, meets the above criteria:  
Please go to this website to complete your respective survey  
<http://www.specialtherapies.com>

If you have trouble accessing the surveys, please contact Sue at  
[info@specialtherapies.com](mailto:info@specialtherapies.com) or [262-347-2222](tel:262-347-2222).

## NEW MENTORSHIP PROGRAM

Designed to Improve the Art of CST

Eric Moya, LMT, CST-D, and Mentor Program Ambassador has recently completed the development of our new CST Mentoring Program. Designed to provide additional support to therapists, the mentoring program will provide the framework to help improve the art, and technique for the practitioner of CranioSacral Therapy.

Developed to cover the gamut from technique review to ethics and case studies, the mentoring program is offered both in person and in virtual formats. Depending on your needs, mentoring options are: one-on-one mentorship; small group mentorship; and large group mentorship. Additionally, the program can also be customized to meet your individual needs.

Eric is generously offering one free virtual (online) mentoring



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CranioSacral Therapy  
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## Our Partner Curriculums



*IAHE is a coalition of healthcare instructors and curriculum developers united to advance innovative therapies through high-quality continuing-education programs.*

**To see partner curriculums and future workshop schedules, click on a curriculum title below.**



### **VISCERAL MANIPULATION**

Jean-Pierre Barral,  
DO, MRO(F), PT

### **NEURAL MANIPULATION**

Jean-Pierre Barral,  
DO, MRO(F), PT  
Alain Croibier, DO, MRO(F)

### **NEW MANUAL ARTICULAR APPROACH**

Jean-Pierre Barral,  
DO, MRO(F), PT  
Alain Croibier, DO, MRO(F)



### **LYMPH DRAINAGE THERAPY**

Bruno Chikly, MD, DO

### **BRAIN THERAPY**

Bruno Chikly, MD, DO

### **HEART CENTERED THERAPY**

Alaya Chikly, LMT



### **TOTAL BODY BALANCING**

Kerry D'Ambrogio,  
DOM, AP, PT, DO-MTP

### **JOINT BALANCING**

Kerry D'Ambrogio,  
DOM, AP, PT, DO-MTP

### **MUSCLE BALANCING**

Kerry D'Ambrogio,  
DOM, AP, PT, DO-MTP

### **FASCIAL BALANCING**

Kerry D'Ambrogio,  
DOM, AP, PT, DO-MTP



**ACADEMY OF  
LYMPHATIC STUDIES**

session for CS1 and CS2 class review.

To learn more about the different mentoring options available, [click here](#).

## CONCUSSION PROGRAM

Program utilizes CranioSacral Therapy  
and related manual therapies

Upledger Institute Clinic in conjunction with the **Ricky Williams** Foundation has launched the concussion therapy pilot program aimed at treating current and former members of the NFL.



Designed for football players with a predisposition to Chronic Traumatic Encephalopathy (CTE), the five-day intensive clinical pilot will begin on July 14th at the Clinic in Palm Beach Gardens, Florida. The intensive manual therapy program utilizes CranioSacral Therapy, Visceral Manipulation, Neural Manipulation and other healing modalities aimed at helping the body heal itself.

The objective of this study is to demonstrate that advanced therapies administered by certified, licensed manual therapists will help to alleviate the symptoms of post concussion syndrome. [Click here to view video and learn more.](#)

Ricky Williams, who played professional football for 12 seasons and, like all players, suffered repeated trauma to his head and body during his career, strongly supports this pilot program. In describing one of his best seasons as a player, Williams said, "During the summer before the 2009 football season, I went through the CranioSacral Intensive Program at The Upledger Institute Clinic looking to deal with some nagging physical complaints I had from past injuries. I ended up getting the relief I was looking for and much more. I credit much of my wellbeing and my 1000 yard season to the multi-modality manual therapy program I experienced at Upledger."

One and two-week Intensive Programs, as well as Mini-Intensive Programs, are now available for adults and children. For more information on the Upledger Institute Clinic, [click here](#) or call [561-622-4588](tel:561-622-4588), ext 1332.

## CRANIOSACRAL THERAPY & THE IMMUNE RESPONSE; THE GUT (CSIRIG) - New Workshop!

Thanks to all of you and your dedication to continued education, the first seminar of this new workshop, scheduled for August 14-17 in Visalia, California, already has a waitlist! So, you might want to check your schedules and [register now](#) for the only other seminar remaining in 2014; Dec 4-7 in Seattle, Washington.

Developed by Tim Hutton, PhD, LMP, this course will build on the information and techniques covered in the CranioSacral Therapy and Immune Response training, and will cover the physiology and pathology of chronic inflammation and the gut. The course will address craniosacral palpation of related pathologies, as well as strategies for treatment using our process-oriented CST approach. That is, rather than learning how to "fix" such conditions, you will gain insight into how to support the body's own self-corrective mechanisms so that the body itself can heal in those situations. In addition, participants will expand the boundaries of and greatly deepen the subtlety and specificity of their craniosacral palpation skills.

## STUDY GROUPS & PRACTICE GROUPS

Enjoy the Benefits...

**Study Groups** create wonderful opportunities to practice the skills you have already learned and further your understanding of your chosen modality by sharing experiences and asking questions of other like-minded practitioners.

Study Groups include hands-on practice, techniques review and time available to have your questions answered. Study Groups are led by Instructors, Teaching Assistants, or Certified Therapists.

**Practice Groups** are more informal, and allow for students to practice in order to prepare for further study.

To learn more about adult learning and why Study Groups are so important, [click here](#).

To become a Study Group Leader or Practice Group Organizer, please contact Kristen Bloom at [kristen.bloom@iahe.com](mailto:kristen.bloom@iahe.com)

Joachim Zuther,  
PT, MT, CDTI

**HEALING FROM THE CORE**  
Suzanne Scurlock-Durana,  
CMT, CST-D

**THE FELDENKRAIS METHOD**  
Ann Harman, DO

**NEUROMUSCULAR THERAPY**  
Judith (Walker) DeLany, LMT

**SOUL LIGHTENING  
ACUPRESSURE**  
Aminah Raheem, PhD

**QIGONG T'CHINGS**  
Cloe S. Couturier,  
LMT/CO, CST-D

**ZERO BALANCING**  
Fritz Smith, MD

**FASCIAL INTEGRATION**  
Bruce Schonfeld,  
Advanced Rolfer

**BODY ALCHEMY**  
Rebecca M. Ridge Ph.D, TEP

**INTEGRATIVE INTENTIONS**  
Chas Perry, PhD, CST-D

**MECHANICAL LINK**  
Paul Chauffour, DO,  
French Osteopath

**ETHICS**



The Upledger Alumni Association (UAA) is managed by the International Association of Healthcare Practitioners (IAHP).

Participants in Upledger workshops are automatically eligible for membership. Basic membership is free; a Medallion Membership that offers enhanced professional benefits is also available.

For a complete listing and description of the benefits associated with Medallion status, visit [www.iahp.com/pages/benefits](http://www.iahp.com/pages/benefits).



### Back by Popular Demand!

Mark your calendars - April 22-25, 2015 is the captivating International Upledger Research conference celebrating our 30th anniversary. Pearls are the traditional anniversary gift for 30th anniversaries, so this year's theme is *Pearls of Wisdom*. To honor the late Dr. John E. Upledger, the developer of CranioSacral Therapy and to share all the *Pearls of Wisdom* related to the CranioSacral curriculum, this year's Beyond the Dura conference will have a CranioSacral theme.



**Please Join Us!  
Register Now to Save \$200**

## Searchable Article Database

For articles and research information pertaining to the modalities that we offer, an article database is now available that can be searched using various criteria.

We strive to make our searchable database as comprehensive as possible. If you know of an article that is not included on this list, please e-mail us with the article information.

**Heart Rate Variability and the Influence of CranioSacral Therapy on Autonomous Nervous System Regulation in Persons with Subjective Discomforts: A Pilot Study**



**The article database is available on our website or click here.**



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## WE ♥ HEARING FROM YOU!

About CS1  
with Shyamala Strack  
in Orlando, FL



*This course was relevant and presented clearly. Great class. Money well spent!*

*- Kristina Lawler, RMT*

*I appreciate UI's commitment to standards & integrity.*

*- Lisa McNett, LMT, Yoga Instructor*

## CST AROUND THE GLOBE

Over 500 Classes Yearly!  
Thanks for Your Support.

**Click here for photo gallery of recent classes!**



CranioSacral Therapy 1 (CS1)  
June 2014 - Columbus, OH



**We want your class photos!**  
**Click here to share.**

*Please include the class title, location and date.*



## SPECIAL CONGRATULATIONS

UI Romania and CST on  
Romanian National TV

Upledger Institute Romanian's President and CranioSacral Therapy Instructor, Mihaela Gugu, was filmed and interviewed while showing CST application in the water. The interview aired on May 30, 2014 on the Romanian National TV station. They are going to be filming more sections about Upledger CST, which will air over the next few months.

## NOW AVAILABLE CST logo for Certified Practitioners



We have received numerous requests from CST Certified Practitioners regarding a logo that could be used on their websites or printed materials to signify having achieved Certification. If you are certified and have not yet received the logo, please contact us at [info@upledger.com](mailto:info@upledger.com)

With so much focus on each patient, it may be difficult to keep track of the business side of your manual therapy practice. In fact, quite a few manual therapists enter this field with little knowledge about business, and little desire to concentrate on basic business concepts.

### One Policy Covers All:

CranioSacral Therapy  
Lymphatic Drainage Therapy  
Visceral Manipulation  
Neural Manipulation  
Muscle Energy Technique  
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### Congratulations FSMTA 2014

**Happy 75th Diamond  
Anniversary!**



[Click here to view pictures from the 2014 Convention held June 25-29 in Orlando, FL.](#)

[Like us on Facebook](#)

[View our videos on YouTube](#)

## CONVENTIONS AND SPEAKING ENGAGEMENTS

### AMTA National Convention

Denver, CO - Sep 17 - 20, 2014

### WOTA Wisconsin Occupational Therapy Association

Appleton, WI - Oct 10 - 11, 2014

Conference Presenters:

Tami Goldstein and Michael Morgan, joint presentation - "CST as it Related to Autism and Longevity"

### AMTA New England Regional Conference

Framingham, MA - Mar 19 - 22, 2015

### AMTA Texas State Conference

Garland, TX - Mar 27 - 29, 2015

Presentation: *CST Introduction*

### AMTA Washington State Conference

Tacoma, WA - Apr 23 - 25, 2015

Presentation: *CST Introduction*

### AMTA New York State Conference

Tarrytown, NY - Apr 23 - 26, 2015

Presentation: *CS1 or CS2*

### Autism One 2015

Chicago, IL - May 20 - 24, 2015

Topic: *CranioSacral Therapy and Autism*

### Florida State Massage Therapy Association (FSMTA)

Orlando, FL - Jun 25 - 28, 2015

  
*International*

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