

Craniosacral Fascial Therapy (CFT) for Children and Adults

**King of Prussia, Pa. – April 1-3, 2016
22.5 Required Hours + 1.5 Optional Hours**

Team members available to teach: Barry (1977), Catherine (2000), Christine (2003), Alais (2003), Rebecca (2004), Kristen (2004), Mike (2008), Kim (2008), Brian (2011) Stacey (2013), Lisa (2014). ☺

(This seminar is continually evolving. This outline is a general presentation for the prospective student; it may be subject to slight changes before the seminar.)

Day One

8:30 **Barry** opens the seminar with welcome and thank you. **Barry** introduces himself and discusses his passion, no exams, the rules, and his emotional releases. The students introduce themselves, name and where they are from ONLY.

8:45 **Christine, Catherine, and Brian** speak for about 5 minutes each then **Rebecca** does her Power of Presence presentation for 20 minutes.

9:20 **Barry** discusses the critical importance of his discovery of the Craniosacral Fascial System and lays out the complete seminar.

9:35 Break

9:40 *******Christine** contrasts touch, contact, and pressure. She leads the cranial palpation exercise with balloons. *****

10:00 **Barry** demos the brain cycle and maxillary evaluation..... EXCHANGE.

10:40 *******Christine** demos the sacral cycle with balloons. *****

10:55 **Barry** demos the sacral cycle evaluation..... EXCHANGE.

11:30 **Barry** demos the dural tube prone and side lying..... EXCHANGE.

12:00 – 1:00.....Lunch

1:00 **Barry** discusses the intake form.

1:10 The teachers discuss the contraindications of CFT

1:20 The students evaluate each other with the morning techniques....EXCHANGE.

1:50 **Rebecca** gives the Power of Presence meditation.

2:10 **Christine** discusses table safety management and body mechanics in the prone, sitting, and standing positions. She describes how to manage expectations and properly inform clients about the session.

2:40 *******Christine** leads fascial palpation exercises with fascial boards.*****

3:00 **Barry** discusses the healing philosophy of CFT.

3:15 **Barry** demos the occipital/sacral releases..... EXCHANGE.

4:00 **Barry** demos the frontal release while sitting on the table..... EXCHANGE.

4:30 **Barry** demos the cervical release standing shown across the table with the head hanging or vertical on it..... EXCHANGE.

5:00 Students reevaluate their table partners.

5:30 **Dr. Berman** discusses the QEEG.

6:15 Class dismissed.

Day Two

8:30 Q and A

8:45 **Rebecca** gives Power of Presence meditation.

9:00 *******Christine** leads palpation exercises with magnets*****

9:15 **Barry** demos the abdominal sequence plus shows scar release from the head/neck in the prone and standing positions.....EXCHANGE.

10:35 **Barry** demos the eyeglasses....have students hold the sacrum and occiput while **Barry** places the glasses on and off the forehead.

10:55 **Barry** demos the trunk and breast sequence....EXCHANGE.

11:45 *******Christine** leads palpation knotted rope exercise.*****

12:00 – 1:00.....Lunch

1:00 **Barry** demos the arm and leg.....EXCHANGE.

2:20 **Barry** presents the web.....EXCHANGE

4:00 **Barry** demos an untreated child.

4:45 OPTIONAL SESSION.....**Barry** answers questions around adult/child CFT.

5:15 OPTIONAL SESSION.....**Barry, Christine, Krissy, and Mike** discuss the baby work.

6:15 Class dismissed

Day Three

8:30 **Barry** describes the handouts and leads the anatomy discussion.

9:30 **Rebecca** leads the monkey mind discussion and meditation.

10:00 **Barry** demos the throat and face.....EXCHANGE.

11:00 **Barry** demos the intraoral techniques.....EXCHANGE

12:00 – 1:00..... Lunch

1:00 **Christine** teaches self-unwinding

1:40 **Barry** demos an adult visit with connect-the-dots technique.

2:10 **Barry** reviews all of the techniques...final Q and A

3:00 Re-evaluate your table partner. Teachers assist in checking the cycles, if needed.

3:20 Your re-evaluation.

3:40 Final words, certificate of attendance, and class photo.

4:00 Class dismissed

4:01 Go out and change the world.