



## The Gillespie Approach Newsletter Winter 2014 BY DR. BARRY GILLESPIE

*"CONTENTED BABIES AND HAPPY FAMILIES CREATE A MORE PEACEFUL PLANET."*

### VIDEO CHANNEL



Please visit  
The Gillespie Video Channel  
Here is my new Video  
presenting CFT



Dr. Barry Gillespie

### SEMINAR INFORMATION

**April 10-12, 2014**  
The Basic CFT Seminar for  
Children and Adults

### What's Happening In CFT

#### Freedom

Last August I noted the 50<sup>th</sup> anniversary of the "I have a dream" speech. Martin Luther King presented an emotional masterpiece widely recognized as the greatest speech of the 20<sup>th</sup> century. For the last 250 years the concept of freedom has resonated strongly on the planet with our greatest leaders. Washington, Jefferson, Lincoln, Gandhi, King, and Mandela have all been strong proponents of freedom.

In an important way we can offer the world a great aspect of freedom too - freedom from a lifetime of suffering due to birth trauma. Very simply stated, we believe that people do not have to be condemned with distress and pain their whole lives because of a difficult birth experience. We now have the tools in the Baby Brain Score (BBS) to identify and craniosacral fascial therapy (CFT) to mitigate that trauma in offering people greater hope for happier and healthier lives. Please help us spread this powerful concept to create a more peaceful planet.

#### An Introduction to CFT/IDM in the NICU

Chapel Hill, NC  
[Click Here for More Information](#)

**September 12-14, 2014**

**The Basic CFT Seminar for  
Children and Adults**

King of Prussia, PA  
[Click Here for More Information](#)

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Please visit my  
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information.

[www.gillespieapproach.com](http://www.gillespieapproach.com)

Please email me with any  
questions about the seminars or  
if you have questions about  
integrating The Gillespie  
Approach and CFT into your  
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Birth professionals are aware that bacterial, viral, and genetic issues can affect newborns. Tissue tightness causing disease in the NICU is still an unexplored concept. The following article describes how we see the basic principles of CFT/IDM in the NICU.

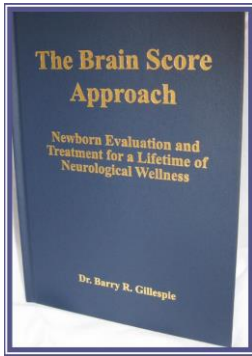
We believe that in utero, labor, and/or delivery traumas create tight tissue that can compromise newborn body function. The medical profession does not yet realize that craniosacral fascial tightness is the primary cause of many infant and pediatric diseases such as colic and asthma. Presented to NICU professionals as "relaxation therapy", CFT/IDM can mitigate the effects of these traumas by releasing the newborn's craniosacral fascial restrictions to help them become more relaxed and calmer.

Therapists encourage movement and ambulation in all areas of healthcare. But many NICU providers look at movement as avoidable overstimulation. As an example, some nurses tightly swathe newborns with blankets. We believe that this restrictive approach needs to change. When tight newborns relax with CFT/IDM, even low birth weight (LBW) babies can move more easily without overstimulation.

We believe that infant driven movement (IDM) best describes CFT in the NICU. If the body knows best how to heal itself, human beings will drive their own movement to heal themselves. Tight newborns instinctively want to loosen by naturally stretching and arching. They just need some helpful knowing hands to more completely free their tissue restrictions. When their tight craniosacral fascial systems relax and function better with CFT/IDM, these infants can be happier and healthier.

I need to make an important therapeutic distinction. When a physical/occupational therapist touches a NICU baby, s/he is applying force with techniques to make that baby move. The infant may or may not want to move in that direction. When a CFT/IDM practitioner touches that same baby, s/he is monitoring that body with intention by seeing, feeling, hearing, and allowing her/him to move in any direction, if the infant wants to, and following and supporting that movement until a release occurs in her/his craniosacral fascial system.

Even though both of these therapies may look the same to the observer, CFT/IDM offers completely different results. The provider is tapping into the craniosacral fascial system, which remembers all of its emotional and physical traumas back to conception. The therapist can help release them over a series of visits with CFT/IDM. When the central nervous system functions better, the infant's monitored vital signs can improve, which scientifically validates its



## The Brain Score Approach

### Newborn Evaluation and Treatment for a Lifetime of Neurological Wellness

Based on Dr. Gillespie's professional clinical experience since 1977, *The Brain Score Approach* explains how to optimize brain function at birth as part of a healthy lifestyle.

#### Cost:

1-4 books = \$25/book shipped in the United States

5 + books = \$19/book shipped in the United States



*"In this world babies reach their optimal cognitive potential to think, reason, learn, focus, and concentrate at birth. "*

effectiveness. S/he can usually fall asleep or rest in a quietly awakened state.

If the baby does not want to move, the provider does no therapy. Sometimes the infant may still be processing a previous CFT/IDM treatment or may not be ready take on the next layer of her/his traumatic onion. With the practitioner mindfully allowing the body to heal, the infant completely drives her/his own movement with CFT/IDM.

Rather than doing a specific technique to fix a body part or cure a condition, the provider realizes the newborn's innate ability to heal by following the existing physical and emotional strains. Listening to the body with intention by seeing, feeling, allowing, following, and supporting are the most important therapeutic qualities of CFT/IDM in the NICU. The basis of care is all about the provider mindfully allowing the baby to do whatever s(he) has to do to free herself/himself.

## In Appreciation and Gratitude

I would like to thank the 1000+ readers of this Newsletter for your continued support. With the opening rate at an almost unheard of 50%, I am grateful that you have shown a keen interest in our work. To give you a frame of reference, the average opening rate for this size e-mail group is 12%.

We believe that the newborn work will redefine pediatrics and be a huge medical advancement in the 21<sup>st</sup> century. I am happy to have you along as we pursue the NICU work and am hoping you are enjoying the ride.



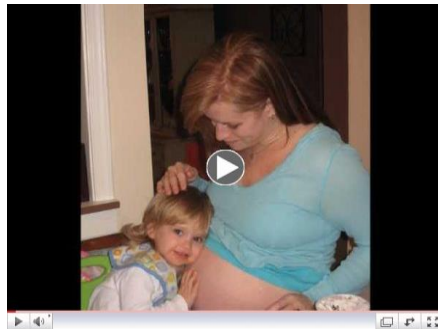
A young boy from Europe checks my brain cycle at starts CFT at FHC. He insisted as mom took the photo. Who can resist free treatment?



VIDEO CHANNEL



CFT - The Gillespie Approach



Jana's Journey from Birth to Recovery - Pending Copyright



CFT on a 21 Month Old Baby



Roman's Craniosacral Fascial Therapy

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To learn more about The Gillespie Approach for babies, children and adults, contact Dr. Gillespie's office:

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