



# The Gillespie Approach Newsletter

## Winter 2013

BY DR. BARRY GILLESPIE

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

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[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  
practice at  
[drbarryrg@me.com](mailto:drbarryrg@me.com)

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Here are some of the Conversations  
happening on Facebook:

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[Hydrocephalus](#)

[CFT at Birth - Pennsylvania - NICU -  
Part 1](#)

[CFT at Birth - Pennsylvania - NICU -  
Part 2](#)

[CFT at Birth - Pennsylvania - NICU -](#)

### What's Happening In CFT

#### The Emotional Aspect of CFT at Birth

This issue is entirely devoted to the emotional aspect of CFT at birth. After six years of clinical infant research, we have pretty well nailed down the physical aspect. The emotional facet is not my expertise, so I posted on Facebook requesting articles on this subject. My sincere thanks goes to Lauren, Katrina, Chandra, and Rebecca who responded spectacularly. If you did not contribute for this edition, please write your story, and I will edit and publish it for the next Newsletter. Since we are breaking new ground, this will be an ongoing topic.

In our newborn research we acknowledged the emotional aspect, but never really addressed it. It surfaced when we went to Montana to teach the baby work. Katrina Watt saw it in her child and wrote a beautiful story. To set the stage, months before we left for Montana, I asked Ange Anderson (our great seminar coordinator) to have at least 10 babies for the infant training. She said that should not be a problem.

She and others put the word out to the entire community, but most parents were just not interested. We understand that because we were asking them to do something to their lovable newborn children that they did not understand and never heard of. Plus they had no idea who we were from Philadelphia. A week before the seminar, Ange said only 7 babies were registered. We were very grateful that 12 infants eventually presented for the BBS/CFT seminar, and everyone thanked the parents.

Katrina Watt was one of those parents. Corban's head was so lopsided that I had every student check it before we started CFT. She presented to see if something could be done for him. To her great credit she held it together as Corban unhappily went thru the initial CFT sessions. We were constantly comforting her with her tearful countenance thru the CFT process. When you read her story, note specifically how she believes that his crying came from the release of his emotional baggage, not from physical pain from the therapists. This came from her; no one at the class mentioned this possibility to her.

To my amazement his head started to change shape as I was holding it during the newborn web. I did not say anything to mom when she comforted him. After the second CFT treatment, his head was REALLY different. Still I said nothing to anyone since I was in total amazement myself. I had seen many heads change shape over a series of weekly visits, but I had never seen anything like that happen so fast in my 35-year career.

### Part 3

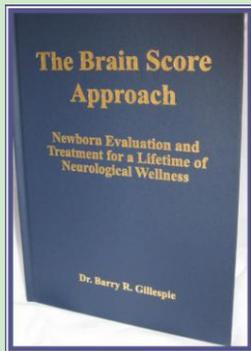
## The Emotional Aspect of CFT at Birth

### CFT at Birth - California

### The Benefits of CFT

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I was in disbelief. You do not expect a solid structure like the skull to literally change shape in seconds. Everyone knows that is impossible. But it was like God was saying to me at that moment, "Anything is possible". OK, lesson learned.

When we gave Corban back to Katrina after the second session, she had this startled look on her face. She said his head shape was different, more symmetrical. It was hard for her to believe that it could all happen so fast. All of the students witnessed this occurrence; not a bad result for their first baby client! Everyone saw the power of CFT at birth.

The teachers were grateful for all of the pioneering parents and students who came for the baby seminar. Because of their courage to step forward to learn and participate, many babies reaped the benefits. From that seminar, I believe that someday every baby in Missoula, Montana will have the BBS/CFT. We are blessed.

### **Questions I Have...**

Our basic premise is that babies who go thru complete CFT are really happy babies. In 6 years of research we could not find a baby who was NOT happy. But what does that "really happy" mean? How does that happen?

1. If the mother has negative emotional experiences during her pregnancy, will the fetus take that on? And will CFT help to release it?
2. If a family member expresses that the fetus is unwanted during the pregnancy, will the fetus take that on? And will CFT help to release it?
3. If the fetus has a painful in utero experience, labor, or delivery, will CFT help to release the emotional aspect?
4. THE VERY BIG ONE: If the newborn has emotional baggage, can CFT change the personality of a human being at birth?

If any of these resonate with you or if you have your own questions, I would love to publish your thoughts in this Newsletter or on Facebook.

### **2013 Seminars**

We are planning on having seminars LA in May, North Dakota in August, and Philadelphia in September. As the details become finalized, contact info will be posted on the website.



## **THE NEWBORN EMOTIONAL STORY HOW TO FACILITATE CRANIOSACRAL FASCIAL THERAPY FOR NEWBORNS AND INFANTS**

**BY LAUREN BRIM, ADV. CBP, CFT PRACTITIONER**

*"In this world babies reach their*

*optimal cognitive potential to think,*

*reason, learn, focus,  
and concentrate  
at birth. "*

Working with many pre-verbal beings (babies), I observe how easily they can release trapped emotion through craniosacral fascial therapy (CFT). Before we learn words to communicate emotion, we can express our experiences through sounds. In CFT when a particular posture revisits the memory of pain assumed at the time of the trauma, the emotion can escape from the tissues and the nervous system.

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**"THAT WILL NEVER HAPPEN TO ME"  
A STORY OF EMOTIONAL RELEASE  
THROUGH CRANIOSACRAL FASCIAL THERAPY**

**BY CHANDRA SHERMAN**

I have a long history with Dr. Gillespie and Craniosacral Fascial Therapy that began with my children and eventually I began receiving treatment as well. When I attended a Midwife conference to tell my daughter's story during Dr. Gillespie's presentation, I was on day 12 of a terrible headache, which was not uncommon. My very sweet husband stalked every CFT practitioner in the room until Krissy and Mike Myers took pity on me and threw me up on the table. Not only did they relieve my headache, BUT they erased my hip pain that I have lived with for 20+ years since I hurt it as a child. That pain has never returned.

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**CORBAN'S STORY  
BY KATRINA WATT**

My name is Katrina Watt. I brought my son Corban to The Basic Craniosacral Fascial Therapy (CFT) and Baby seminar in Missoula, Montana August 17 - 22, 2012. I was so impressed with the results of Dr. Gillespie's approach that I wanted to share Corban's story in hopes that other parents might offer their babies the same opportunity to better their precious little lives.

[Continue Reading about Corban](#)



Happy Corban

Most of my work is with adults who are experiencing physical, emotional, or spiritual pain. With over 25 years of facilitating healing, I observe that a large percentage of die-ease is rooted in the early years. Regardless of what they "bring to the table", I always encourage them to explore the connection of how their current situation may have a foundation in their childhood experiences. The following case study will be the fastest way to express the connection.

Sara presented with back pain, and she was unable to put weight on her right foot/leg. She also felt as if her right leg was longer than her left. As I began to unwind her right leg, she told me she used to kick her dresser repeatedly many times when she was young until her foot was black & blue. I asked if she knew why she did it. She did not since she remembers virtually none of her childhood.

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## VIDEO CHANNEL



CFTherapy - The Gillespie Approach



CFT on a 21 Month Old Baby



Jana's Journey from Birth to Recovery - Pending Copyright

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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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