



## The Gillespie Approach Newsletter Fall 2016

BY DR. BARRY GILLESPIE

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

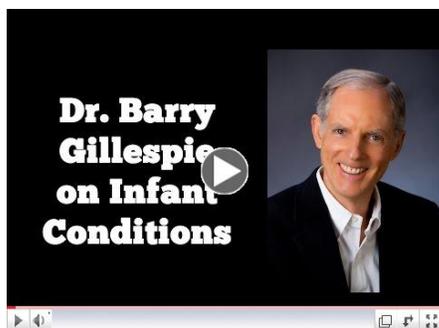
### VIDEO CHANNEL



Please visit  
The Gillespie Video Channel

### NEW VIDEOS

Infant Conditions



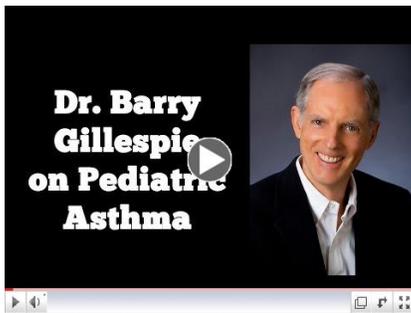
Pediatric Asthma

### What's Happening in CFT

#### Reflecting on Ten Years of the Newborn/Infant Work

Ten years ago two Mennonite ladies from Lancaster, Joan Martin and Ruth Sensenig, became my first infant students as they dove into their community with this approach. They made my "retirement years" golden as I formulated the Baby Brain Score and sought to create the best therapy for newborns/infants. I figured it would be more worthwhile than playing bad golf everyday in Florida. I was very fortunate to have colleagues (Kristen Myers, Michael Myers, Christine Holefelder, and others), who worked with me without pay. I could not have done this project alone.

On paper in 2007 the concept looked great. But would it work in real life? We jumped in the deep end and initially found that this approach looked very promising in helping infants with many conditions. Over the years we have dramatically increased our infant conceptual understanding and honed our techniques for the work to blossom way beyond our initial expectations. Today we still continue to search for a better way.



Presenting CFT



#### SEMINAR INFORMATION

**September 30-Oct 2, 2016**

CFT for Children and Adults  
King of Prussia, PA

[Click Here for More Information](#)

**Oct 3-6, 2016**

CFT for Infants and Toddlers  
King of Prussia, PA

[Click Here for More Information](#)

**October 14-16, 2016**

CFT for Children and Adults  
Gauteng, SA

[Click Here for More Information](#)

**October 21-23, 2016**

CFT for Infants and Toddlers  
Gauteng, SA

[Click Here for More Information](#)

I am so grateful for everyone's support during my career. I am especially thankful for the parents who trusted me with their babies back in the 80s doing this unknown therapy.

I want to reflect on some major points of our research:

1. In utero may be a very tight place for some fetuses. We were totally surprised to see our C-section babies fussy with twisted heads and bodies. This led us to believe that CFT for a woman before pregnancy could be very important. In 2007 Joan and Ruthie did CFT for many women, who then reported easier pregnancies, better labor and deliveries, and healthier babies. A similar pattern has followed for treated women since that time. A craniosacral fascial strain-free mother/baby dyad is what we someday envision for the planet.

2. We found the interconnectedness of the craniosacral fascial system with many seemingly unrelated diseases. We discovered that the nursing issues of latching, sucking, and swallowing, reflux, colic, indigestion, gas, constipation, strabismus, stridor, pyloric stenosis, torticollis, failure to thrive, and club foot all appeared to be rooted from birth trauma restricting this system. The work's preventative aspect for other diseases and cognitive issues later in life magnified its potential even more.

3. I am still amazed by the power of the work with the body's innate ability to heal itself. It seemed too good to be true that this one approach could possibly correct all of these issues and prevent a lifetime of suffering. We spent years in a small basement room under an Amish food store with no electricity. There were no research grants, no one was overseeing us, and we were not on anyone's radar screen. I still pinch myself about these circumstances, and I thought I just wanted to be a practicing dentist in the 60s. I am over the moon about all of these discoveries.

The research was literally like a Bible story where God showed us the answers to many diseases that have plagued the human race since the beginning

**November 12-14, 2016**

CFT for Children and Adults  
New Orleans, LA

[Click Here for More Information](#)

For All Seminars See Your Website

[Gillespie Courses](#)

LEARN MORE

Please visit my  
website for more  
information.

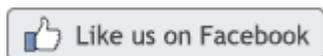
[www.gillespieapproach.com](http://www.gillespieapproach.com)

Please email me with any questions about  
the seminars or if you have questions  
about integrating The Gillespie Approach  
and CFT into your practice at

[drbarryg@me.com](mailto:drbarryg@me.com)

\*\*\*

Join the Conversations happening  
on Facebook:



\*\*\*

**WHAT IS CRANIOSACRAL FASCIAL THERAPY?  
BY LISA ROMAN LUCCI**

Craniosacral Fascial Therapy (CFT) is a gentle merging of the foundations of Craniosacral Therapy and Fascial Release work. Developed by Dr. Barry Gillespie, CFT focuses each technique on both the craniosacral and fascial systems simultaneously.

The basic principle of CFT is that the body knows best how to heal itself. As therapists, we use CFT to facilitate the body in healing itself. Our role is to notice where the body (specifically the

of time. Most of the world's research scientists spend their entire professional careers with every possible resource available failing to find an inkling to the answer for one disease. Yet we, a group of massage therapists, happened to stumble on what appears to be the holy grail of infant healing. I have loved every second as this incredible ride continues and hope to see the day where this work becomes the global standard of care in every birth hospital and available in every village.



**MY STORY**

I would like people to know my story. I am asking to remain anonymous. I have not shared my experiences with very many family and friends. It would be painful for them. There would also be those who would doubt me and call me a liar. I don't want to feel the need to defend myself. I'm putting this out there for those of you who are open and accepting. To say CFT is extraordinary is an understatement. My life has changed incredibly since taking Dr. Barry's class.

I thought I was fine, ok, normal. I have a family, a home, and a job, with the usual day-to-day stresses.....nothing unusual. Physically, nothing was really wrong with me. I don't take any medications. Then I took Dr. Barry's class. I realized I had been living with so much trauma locked in my fascia that I wasn't consciously aware of. I feel like a totally different person now. When I think back to how I used to feel and

craniosacral fascial system) is tight due to past injuries and/or trauma.

The fascia is a full body connective tissue web that can apply tremendous pressure to the nerves, blood and lymphatic vessels, muscles, organs, and bones. Releasing the fascial restrictions of the craniosacral system and total body allow for a freely moving brain and body parts, which has tremendous health benefits.

The human body has layers of fascial tension strain patterns and can be compared to the layers of an onion. Any time an injury occurs, your fascial system (which is wrapped around every single structure inside your body) can become restricted and locked into a pattern of dysfunction.

Even starting at birth and accumulating all through life, injuries create tilts and twists in the body that begin to compress soft tissue structures like nerves and vessels that carry blood and lymph. This is known as a strain pattern.

Techniques used in the Gillespie Approach (CFT) are intended to address strain patterns in the body, but more importantly, it addresses directly the effect a strain pattern has on the craniosacral fascial system. Once the craniosacral fascial system is open and flowing, the body is better able to heal and balance itself. The brain has to breathe. The fascia has to be free.

CFT can optimize brain function and release fascial strain patterns, which can correct a multitude of conditions. A few examples: decreased cognitive abilities, migraine, sinus headache, concussion, jaw pain, neck pain, sleep issues, back pain, sciatica, whiplash, TMJ, depression, anxiety, and menopause.

think, I can't believe it. It feels like a huge burden has been lifted from me.

I left the 3-day class exhausted. I had many long, intense physical releases during the weekend, with not really much emotionally. When I got home my plans were to eat dinner, take a bath, and go to bed early. I was interested in the self-care techniques we went over in class. But to be honest, I was so worn-out, I wasn't even thinking about CFT.

[Click here to continue reading this article](#)

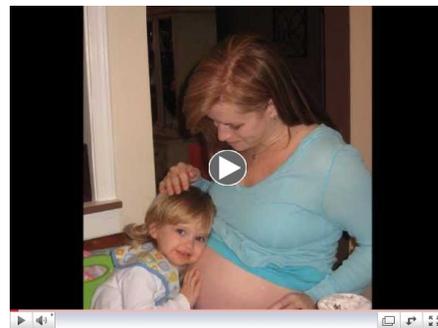
#### TIGHT AND TOXIC BY MARY HANEY

I am the infant who never made it to Dr. Gillespie until 52 years later. I lived a lifetime of strain from birth and incurred much more through injuries and numerous invasive dental procedures.

I found myself at a low sick point and started seeing an Integrative Dentist who referred me to Dr. Gillespie. Thankfully, for the first time, I was seeing a dentist who understood that no amount of dental work or reconstruction would be successful without first releasing the strain patterns.

[Click here to continue reading this article](#)

#### VIDEO CHANNEL



Jana's Journey from Birth to Recovery -  
Pending Copyright



CFT on a 21 Month Old Baby



Roman's Craniosacral Fascial Therapy

CONTACT US AND REGISTER FOR SEMINARS



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

The King of Prussia Medical  
Center  
Suite 203  
491 Allendale Road  
King of Prussia, Pa. 19406  
610-265-2522

**Dr. Barry Gillespie's email**  
**[www.gillespieapproach.com](http://www.gillespieapproach.com)**