

Childhood Conditions that Benefit from CranioSacral Therapy

Excessive Irritability
Cholic
Persistent Vomiting
Ear Infections
Upper Respiratory Congestion
Sensory Defensiveness
Torticollis
Birth Trauma
Attention Deficit
Learning Difficulties
Obsessive Behaviors
Anxiety
Depression

Disorders of:
Sucking, Eating and Swallowing
Visual Tracking and Focusing
Sleep or Hyperactivity
Posture
Balance and Coordination
Speech Articulation
Bonding

Healing Power of Gentle Touch

CRANIOSACRAL THERAPY

A form of manual therapy that works with rather than forcing the body is craniosacral therapy (CST). CST enhances the body's natural healing processes. For almost 40 years it has frequently been shown to decrease pain, improve sleep, decrease fatigue, improve posture, improve sensory and motor function, decrease traumatic stress, physical and emotional trauma and improve ease of mental function and focus.

CST relaxes tight connective tissue and improves spinal fluid, blood and lymph flow. With CranioSacral Therapy, you learn to pay attention to and trust sensations and emotion, confront negative generators, release tension and find language and images that help you understand how to increase your inner peace and physical, mental and spiritual health.

CranioSacral Therapy

for

Childhood Issues

Karen Jaeger
Physical Therapist
Certified in CranioSacral
Therapy Techniques

301 South Bedford Street
Madison, WI 53703
608 294-5943

www.karenjaeger.com

CranioSacral Therapy for children is a family affair. Mom or Dad hold, comfort, or entertain as needed or is age appropriate. Bringing food and drinks, favorite toys or books is very helpful. Sometimes older children don't want their parents present.

CranioSacral Therapy is about finding and focusing on whatever is in the child's body that is ready to become more relaxed and function with greater ease. This can mean greater energy flow. It can also mean letting go of tension. Until your child gets used to how this feels and learns that it makes them feel better, there can be anxiety. With consistent, persistent, calm presence we, as the parents and the therapist help them get over any initial fears.

You or your child may have many different experiences with CST in one session or between sessions. It is not uncommon for a child or parent to fall asleep during the session. There might be increased awareness of body sensations, emotions, memories or thoughts. This might give your child a sense of relief or it might cause temporary discomfort. This all can be experienced as a delayed response after the session is over.

Children may become agitated

during session. One response is for Mom or Dad to get treated. Seeing and feeling parents receive focused attention and experience release of stress, can help the child do the same. Other times, the work of the session is just being with their distress. Being with what is truly bothering them can increase bonding and trust.

What is important about energy flow?

Root causes of the distress we feel and the health problems we experience have to do with three occurrences.

1. The tissues do not have enough energetic charge or fluid hydration.
2. The tissues have a build up of energetic or fluid pressure because of obstructions to flow.
3. Certain chaotic, disorganized forms of energy associated with trauma and negative thoughts, tissue memories or emotions hold the tissues hostage so that they do not function optimally.

How does a therapist intervene with these disturbances in energy and fluid flow?

Again, the answers lie within the tissues themselves. Effective craniosacral therapists and the successful craniosacral therapy patients come to trust that the tissues are intelligent and know how to make the changes needed for improved health. What the tissues need is sustained focus on areas where change is trying to happen. This is very different from a typical state of affairs of being ignored, distracted, misunderstood or overworked. (There should be no blame here. Only recently are we becoming aware of the importance of focused consciousness.)

Another important factor for understanding what is happening is that touch allows us to feel what is usually not accessible to our consciousness. Only a small amount of our body function is part of our usual body awareness. Yet the tissue's intelligence needs to be recognized and supported. Sustained, focused touch speeds the corrective processes and allows the body to get past what can seem insurmountable.

Tissues become awakened to greater possibilities. They are empowered. Changes the tissues already know how to make happen.

