## The Border Mail

Thu, 20th April, 2006



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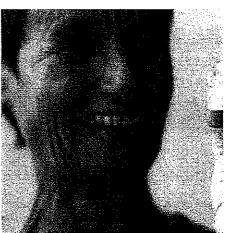
### Skull the focus of therapy BY SUE COULTON

A THERAPIST with worldwide experience has moved to Albury to share her expertise in helping clients recover from a range of medical problems.

Jacqueline Scott has shifted permanently to Albury from New Zealand, where she was working as a full-time certified craniosacral therapist for the past eight years.

She trained with The Upledger Institute in New Zealand, the US and Canada.

"I have specialised in pediatrics, although I work with all ages from newborns to the elderly," Ms Scott said.



Jacqueline Scott addresses health linked to the cranium as part of h work at Gentle Inspirations. Pictor RUSSELL

"Craniosacral therapy is a medically-based, researched and clinically prove non-invasive form of body work.

"It refers to the cranial or skull bones in balance with the sacrum, or base When there is an imbalance in this system it may cause any number emotional or neurological disabilities."

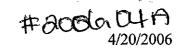
Ms Scott said a craniosacral therapy practitioner uses very little pressure to spine and/or bones of the skull, or to soften the tissue, muscles and/or o body to aid healing.

"A craniosacral therapist works with the client to assist and facilitate the natural self-correcting power to heal itself," she said.

"The craniosacral therapy SER (Somato Emotional Release) process is body/emotion release and incorporates psychotherapy and/or countechniques.

"Together with craniosacral therapy we recognise and work with the deep which cause emotional, mental and/or physical symptoms such as pain, il dysfunction for the individual."

Ms Scott works from Gentle Inspirations, 520 Swift St, Albury, on Ti





Wednesdays. Contact: (02) 6041 1277.

More details

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