

3942 CranioSacral in the capitol 725

A special touch may be coming to a capitol near you, as CranioSacral Therapy Legislative Day gains popularity with states throughout the nation.

At publication time, CranioSacral therapists in both Florida and New York planned to visit their legislators to offer free sessions of CranioSacral Therapy, while practitioners in Maryland, North Dakota and Hawaii expressed interest in doing the same.

"The point is to introduce CranioSacral Therapy to your legislators, to let them know about this form of therapy and the efficacy of it," said Barb Richmond, director of community relations for the Upledger Institute. "It's an awareness thing."

Richmond said she recruits physical therapists, chiropractors, occupational therapists and other health-care professionals who are trained in the technique to participate in the legislative outreach.

"This way legislators know that [CranioSacral Therapy] is used across the board for health care," she said, which may influence their decisions on health-related concerns.

CranioSacral Therapy is the Upledger Institute's hands-on method of evaluating and enhancing the craniosacral system, which consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

The technique is one type of craniosacral therapy that was created by John Upledger, D.O., and promoted by the Upledger Institute. The institute uses a unique spelling of the term to differentiate the specific method it teaches.

Richmond came up with the idea of a CranioSacral day at the legislative level after joining Florida massage therapists on their annual pilgrimage to the capitol for a massage-therapy awareness day in 2002. That same year, she organized a group of 15-20 volunteer CranioSacral therapists in Florida for the first-ever CranioSacral Therapy Legislative Day.

"The first year, we couldn't believe it, how busy we were and how open [the legislators] were," said Richmond. "It was thrilling."

A resolution was passed by the legislature that year declaring April CranioSacral Therapy Awareness Month. The Upledger Institute has since completed a guidebook for CranioSacral therapists who would like to organize legislative days in their respective states.

For more information on CranioSacral Therapy Legislative Day or CranioSacral Therapy Awareness Month, contact the Upledger Institute at (800) 233-5880, or visit www.upledger.com.

—Brandi Schlossberg

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"Healing emphasizes your connection to people, nature, and spirit. It includes more than self-centered or personal care. The goal of healing is both wellness and wisdom."
—Kenneth Cohen, in his book, *Honoring the Medicine*