

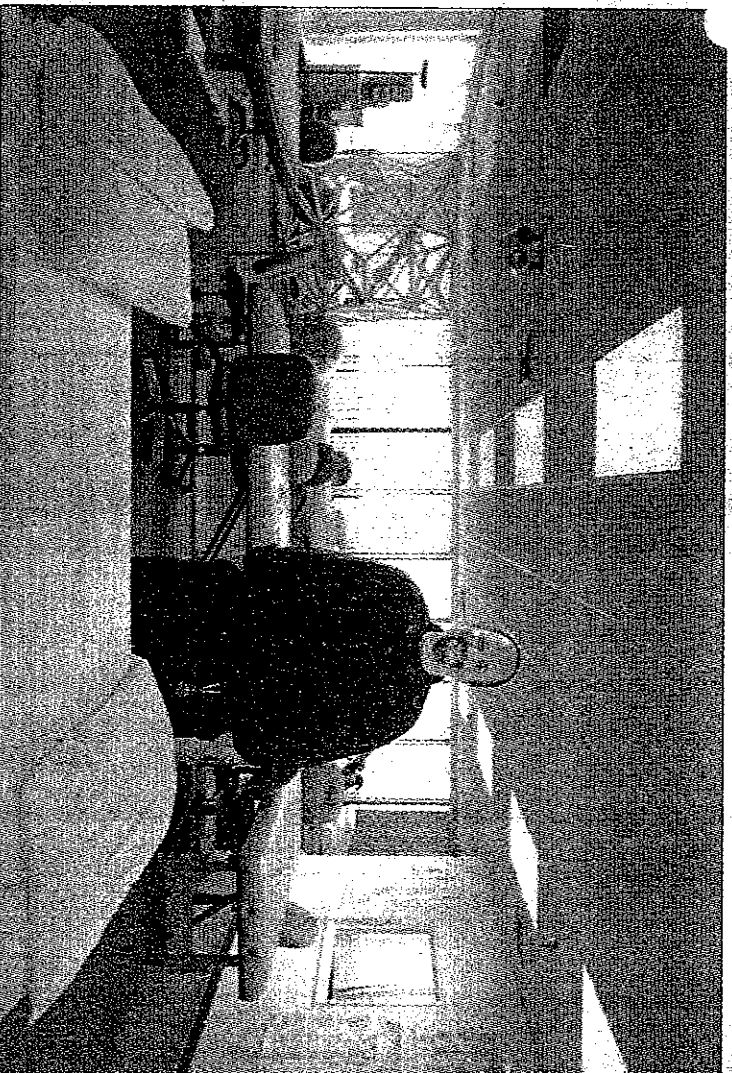
# INSIDE LOCAL BUSINESS

David Halton's  
a natural to  
direct intensive  
programs for  
The Upledger  
Clinic, 7F



WSO\*

## MOVING UP



Upledger Clinic massage therapist David Halton uses gentle touch and taps into the craniosacral system to help the body heal. Halton finds the therapy helps soldiers and those with autism.

LIBBY VOUGES/Star Photographer

### David Halton

#### Director of Intensive Programs, The Upledger Clinic

**Name:** David Halton

**Title:** Director of intensive programs for The Upledger Clinic

**Place of business:** Palm Beach Gardens

**Recent accomplishments:**

When the previous director of intensive programs for The Upledger Clinic left late last year to start a private practice, David Halton was a natural to fill the vacancy.

Halton was one of an exclusive team of therapists to participate in the Upledger Institute's landmark program for Vietnam veterans.

The veterans received hands-on therapy designed to ease the disabling symptoms of post-traumatic stress disorder. Independent studies demonstrated dramatic improvements with the application of craniosacral therapy, a gentle, hands-on approach that works through the craniosacral system to release stress from the body and mind and improve the functioning of the central nervous system.

"If you remember how the Vietnam veterans were treated when they came back you know how different it was from World War II," he said. "Their lives were shattered and many

were pumped with meds. They were in so much pain. A lot of guys slept with one eye open, and some were still ready to dive under a table when they heard a plane coming in."

At the institute, Halton said, medical experts were able to work with the soldiers, including emotional components, and help them get some rest and be able to integrate into normal society.

That work was rewarding, he said.

Halton, who was born in Brooklyn, N.Y. and moved with his family to Florida when he was 11, didn't set out to become a massage therapist. As a guitar player and rock musician, he performed through high school and until he was 26. To supplement his income, he worked as a carpenter.

As musical opportunities lessened, Halton looked for something else, and that when his fiancée (now his wife) went for a massage. "I thought, 'I like that,'" he said. "I looked into massage schools and found one I could work around my job. The first week somebody treated me with craniosacral therapy, I felt profound changes."

He began working at Upledger Institute in 1998, not long out of massage school.

His job, he said, is "to assist the body's natural healing process." His patients include therapists with

burnout, people with head injuries, autistics, people with fibromyalgia and those suffering from migraines.

The Upledger Institute (www.upledger.com) was established in 1985 by craniosacral therapy pioneer John E. Upledger, an osteopath. The institute is a health resource center dedicated to the advancement of complementary and innovative techniques such as CST.

"I get to work with and meet different people from all over the world," Halton said. "We have had an impact on people's lives for the better."

**Education:** Has a diploma in massage therapy from the American Institute of Massage Therapy in Port Lauderdale.

**Age:** 36

**Personal:** Married 10 years to Jennifer, a nail technician. They live in Lake Worth with their two children, Gage, 7, and Aidan, 2.

**Hobbies:** "Spending time with family, playing with the kids. I take taekwon do with my son and play guitar when I can."

**Career highlight:** "Working with Vietnam vets has been very profound, and working with children. I worked with a boy who was 2 and autistic and nonverbal. Last week, he said 'Mama' for the first time."

**Favorite quote:** "I could have missed the pain, but I'd of had to miss the dance."  
— from the Garth Brooks song *The Dance*  
— Mary Thurnwachtler