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ARTS & LIFESTYLE  
Health

Headlines Index

Last 6 Days

Search Archives

Shopping

Careers

QUICK SEARCH

ADVERTISING

# Health

## NineOneOne: Psychological Relief A guide to post-9/11 recovery sources

By NANCY O'BRIEN

**D**uring the first few days, rescue workers bent and exhausted after 12-hour shifts on the pile found healing hands at Stuyvesant High School, where volunteer therapists had set up shop.

One of the therapists was Liz Pasquale, who made the trek daily from Ossining. The therapies she used have odd names, names that raise eyebrows — cranial-sacral therapy, lymphatic release, visceral manipulation — but the stream of workers who found relief in her care wasn't concerned about the names. The therapies simply worked.



Sipkin NEWS

Like many of the region's chiropractors, physical therapists, occupational therapists, osteopaths and other health-care workers, Pasquale learned the art of cranio-sacral therapy from Ken Frey at the Institute of Physical Therapy on W. 60th St.

**Cranio-sacral therapy may help those undergoing stress.**

The way it works, Frey says, is kind of like jumper cables. There is an area that is blocked — the dead battery — and through light hands-on manipulation (even through turnout coats, as Pasquale found at Ground Zero) those blockages are opened up, allowing the body's own healing abilities to go to work. Headaches disappear; stiffness eases; swelling shrinks; pain vanishes; tears pour out; strength returns. Frey has found the therapy especially effective in releasing the contractions and restrictions around the chest area, allowing his patients to breathe easier.

To arrange for the therapy, a primary-care doctor or your main doctor gives you a prescription for physical therapy. Certified therapists follow only doctors' orders. Payment is handled

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through the usual insurance paperwork.

The release of emotional and psychic pain is often a component of the therapy, but by no means a requirement or a goal. Nonetheless, Pasquale often unblocked emotional logjams in her Ground Zero patients, to the workers' great psychic relief.

It is a therapy a few dozen people in the area are highly certified to provide. And it is a therapy that is safe, done by those already certified as health-care workers.

For those rescue workers who would like more of the same — and anyone else in need of a helping hand — check the following sources:

- [www.upledger.com](http://www.upledger.com): This is the Web site of the Upledger Institute in Florida, where it all started — and continues. A great resource, where you can read Liz Pasquale's full account. They also have begun a foundation for Sept. 11, which will lead to more therapies in this area.
- Institute of Physical Therapy: 30 W. 60th St. (212) 245-1700.
- [www.IAHP.com](http://www.IAHP.com) — International Association of Healthcare Practitioners Web site: a listing of practitioners. Look for those classified "CST" in the listing and for those with a number of degrees after their names. They are the most qualified.
- Pediatric Associates in Chatham, N.J., a group of occupational therapists. (973) 635-0202.

*E-mail: [nobrien@edit.nydailynews.com](mailto:nobrien@edit.nydailynews.com)*

*The NINE ONE ONE archive of resources for New Yorkers dealing with the aftermath of the World Trade Center catastrophe will soon be available at the Daily News Web site: [www.nydailynews.com](http://www.nydailynews.com)*

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Date Sent: Monday, November 12, 2001 2:00 PM

From: CELINA@UPLEDGER (Celina Klee)

To: webmaster@mostnewyork.com (New York Daily News)

Subject: Community Calendar CST for 9-11 Relief

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Attachment(s): BRI-NYTP.DOC

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To whom it may concern,

Thank you in advance for publishing the following News Brief for your Community Calendar. If you would like any background on CranioSacral Therapy, please feel free to call me and I will send out a media kit to you.

Again, thank you.

Celina Klee