



PT Classroom - Discover CranioSacral Therapy for Post Traumatic Stress Disorder



Did you know that CranioSacral Therapy is very effective for treating symptoms resulting from Post-Traumatic Stress Disorder (PTSD)? Research and numerous case studies support CranioSacral Therapy (CST) as an effective therapy to assist with Traumatic Brain Injury, concussions, combat stress, panic attacks, insomnia, flashbacks, chronic anxiety, and more.

Recently, Upledger Institute Clinic, located at Upledger Institute International headquarters in Florida held a five-day program; **Veterans Therapy-Integrative Treatment Approach for Combat Stress and Post-Traumatic Stress Disorder (PTSD)**. Seven Veterans who suffer with PTSD and other

challenges were treated by a 26-member, multi-disciplinary therapist team who utilized CranioSacral Therapy techniques and other healing modalities aimed at helping the body heal itself. The Veterans were treated for 5-6 hours each day, by a minimum of two therapists simultaneously, sometimes three or four.

The results were amazing. At the conclusion of the program, the Veterans reported increased mobility, decrease in pain levels, improved sleep and increase in energy levels. Many of the Veterans have accessed other treatment over the years and one stated, "This was the most transformative process I have attended in 30 years."

The CranioSacral Therapists who participated in the program also gave great feedback: "*The program provided the veterans with an opportunity to touch their trauma events in a safe environment supported by qualified experienced therapists.*" and "*It was amazing to witness clients 'come home to themselves' and fell happy and euphoric for the first time in a long time.*"

CranioSacral Therapy (CST) is a gentle, hands-on treatment modality that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. Developed by Osteopathic Physician John E. Upledger, therapists focus upon the removal of restrictive forces within the membrane system surrounding the surface of the brain, the bones of the skull and the vertebral column, to relieve pain, reduce stress and help with relaxation.

About Upledger Institute International

Upledger Institute International, named for the developer of CST, is recognized worldwide as the leading provider of CranioSacral Therapy educational programs, advanced treatment options, and products.

For more information on Upledger Institute International and CranioSacral Therapy classes, visit Upledger.com.

Last revised: December 15, 2021

<http://www.cyberpt.com/cstptsd.asp>