

KEY REASONS TO GET TRAINED IN CRANIOSACRAL THERAPY

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When a professional massage therapist or bodyworker branches out and brings a whole new modality into his or her practice, there are usually several motivating factors for such a change. CranioSacral Therapy is the perfect example of the type of touch therapy massage therapists and bodyworkers are often motivated to learn and bring on board within their own practices.

Here, we will explore a few of the most common reasons professional massage therapists and bodyworkers choose to learn CranioSacral Therapy and integrate this gentle hands-on method into their own practices. Keep in mind that in order to add CranioSacral Therapy to your menu of services, it is necessary to receive proper training. This typically begins with a beginning course on CranioSacral Therapy and progresses to more advanced CranioSacral Therapy classes.

Among the most common reasons people are interested in enrolling in courses to learn CranioSacral Therapy is because this noninvasive modality can be used to address a wide range of conditions. By learning to administer CranioSacral Therapy, practitioners learn a gentler method for addressing issues from traumatic injury and autism to chronic pain and vertigo, with many other conditions in between.

The reason so many health care providers turn to CranioSacral Therapy in an effort to help ease a long list of conditions is because CranioSacral Therapy focuses on the central nervous system—the command center for the body, which consists of the brain and spinal cord. By improving the proper function of the central nervous system, CranioSacral Therapy aims to improve the body's ability to heal and self-correct from top to bottom, inside and out.

For those who may be unfamiliar with how CranioSacral Therapy works, this method of healing involves the use of very light pressure, no greater than 5 grams, or about the weight of a nickel. With this incredibly light touch, practitioners aim to release restrictions that may be impacting the craniosacral system—the membranes and cerebrospinal fluid that surround, protect and nourish the brain and spinal cord.

In addition to the fact that CranioSacral Therapy can be used to help address such a broad array of issues and conditions, this modality may also appeal to professional massage therapists and bodyworkers for a secondary reason. Besides helping their clients in so many different ways, CranioSacral Therapy can also help practitioners, in the sense that this form of touch therapy tends to be far less physically demanding than other methods that require the use of greater pressure.

By adding CranioSacral Therapy to the practice menu, touch therapists may find themselves feeling less fatigued and with fewer physical aches and pains, because CranioSacral Therapy can be performed with such a subtle touch. Fortunately, with the far-reaching benefits of CranioSacral Therapy, this is a winning scenario for clients as well.

Of course, there are many other reasons one might feel motivated to receive training in CranioSacral Therapy. Still, the most common reason remains the fact that CranioSacral Therapy can be used to address so many different and often complex conditions.