

## Did You Know You Can Get There From Here?

Some of our upper-level workshops have a range of prerequisites. So you may qualify for advanced classes now and not even realize it. Here are a few examples:

### CranioSacral Therapy & the Immune Response

Prerequisites include *one* of these:

- SomatoEmotional Release II
- Adv. I CranioSacral Therapy
- Clinical Application of CranioSacral Therapy & SomatoEmotional Release

### Lymph Drainage Therapy: Brain Tissue, Nuclei, Fluid & the Autonomic Nervous System

Prerequisites include four years of clinical practice, a strong recognition of neuro-anatomy, a finely tuned sense of touch and *one* of these:

- Adv. I Lymph Drainage Therapy
- SomatoEmotional Release II
- Practical Integration of Visceral Manipulation
- Adv. Visceral Manipulation
- Manual Thermal Evaluation and VisceroEmotional I
- Nervous System: Brain, Cranial and Thoracic Nerve

### Healing From the Core

Once you take **Grounding and Healthy Boundaries**, you may qualify for *any* of these:

- Release and Renewal
- Expanding Present-Moment Consciousness
- From Trauma Recover to Ecstasy – Healing the Nervous System
- Adv. Energy Dynamics and Applications

### Call Us Today to Learn More



Upledger Institute

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## CranioSacral Therapy and Sensory Integration Prove a Powerful Duo

One look at 3-year-old John Dewing and you know he has a lot on his mind. He doesn't share those thoughts in words just yet, but his sounds, gestures and facial expressions speak volumes.

This particular day he is lying on a treatment table at The Upledger Clinic. His big eyes, framed by long lashes, rarely break a gaze with CranioSacral Therapist Rebecca Flowers. John's mom Carol has put headphones on his ears, which deliver listening therapy that is helping to modulate communication between his left and right brain. A gentle, well-placed touch elicits a quick punch in the air, a squeal and a big, dimpled grin. John is clearly enjoying himself.

The CranioSacral Therapy and Sensory Integration Therapy John is receiving on a



Photo courtesy of Emily Carter

Rebecca Flowers works with John Dewing in The Upledger Clinic's new Sensory Integration room.

regular basis are breaking through barriers that once threatened to keep him on anti-seizure medication and functionally disabled for life.

### Double Trouble

John was born with double brain hemispheres (two right and two left) along with a rare neurological condition called lissencephaly.

Symptoms can include difficulty swallowing, failure to thrive, muscle spasms and seizures. The National Institute of Neurological Disorders and Stroke classifies the condition as one that "most likely will not respond to treatment." Doctors treating John said that he would be on anti-seizure medication his entire life.

Searching for options to help their son, Carol and Jay Dewing followed the advice of their family massage therapist and turned to pediatric specialist Rebecca Flowers at The Upledger Clinic. Flowers is one of only a small number of therapists in the United States who is board-certified in CranioSacral Therapy, Sensory Integration and Pediatrics.

During John's first session, Rebecca focused largely on evaluating his deep thoracic fascia, thoracic dural tube, sternum, thoracic inlet, and the cranial base into the intracranial membrane system. "These are areas we work on a lot," she says. "In John's

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# Resolving Misshapen Heads With Help From CranioSacral Therapy

by Rebecca Flowers, OTR, BCP, CST-D

By all appearances, the incidence of infant plagiocephaly or “misshapen heads” is on the rise in the United States. The causes vary: babies who are consistently placed on their backs to sleep, increased medical intervention in the birth process in the form of optional C-sections, even epidural and Pitocin use. Whatever the reasons, more cases than ever are being recorded of misshapen infant heads.

The good news is, CranioSacral Therapy (CST) has been shown to help restore symmetry and facilitate health and healing in many of these cases. CST gently and noninvasively releases abnormal tensions deep within the head, spine and body. This process makes it very effective at normalizing plagiocephaly and the torticollis (twist in the neck) that often accompanies it.

Too often plagiocephaly is viewed from its outward manifestations alone — flat skulls and uneven ears and eyes. Yet there is potential over time for more severe problems to arise, including headaches, scoliosis, visual disorders, TMJ problems, and sensorimotor- and sensory-processing dysfunction.

Fortunately, more practitioners are being educated on the seriousness and scope of the condition. The problem is, the primary recommended correction is still the “DOCband” helmet. This blanket approach can cause an infant’s head shape to change outwardly while the internal underlying causes of the problem are left uncorrected. Or worse, the approach could induce new internal problems.

## It’s All a Matter of the Tissue-Bone Relationship

To better understand the consequence of leaving the underlying causes of plagiocephaly uncorrected, let’s examine the

Plagiocephaly is one of many ways CranioSacral Therapy can help infants and children alleviate potential long-term problems. Learn more in the CranioSacral Therapy for Pediatrics workshop being held at these locations:

- Calgary, Alberta (Can.) – Oct. 26-29, 2006
- Detroit, MI – March 3-6, 2007
- Los Angeles, CA – July 12-15, 2007
- Palm Beach, FL – August 2-5, 2007
- Dallas/Ft. Worth, TX – Nov. 15-18, 2007

Also check out Upledger’s first Pediatric Clinical Symposium presented by Rebecca Flowers. It’s being held in San Diego on Dec. 9-10, 2006. If you attend the symposium and you’re also a CST teaching assistant, plan to stay on for your FREE TA meeting on Dec. 10-11.

*For details or reservations at any of these classes, contact The Upledger Institute toll-free at 1-800-233-5880 or visit our website at [www.upledger.com](http://www.upledger.com).*

relationship between bone and soft tissue. Soft tissue consists of the muscles, tendons, ligaments and connective tissue, which includes the lining of the skull (meninges), intracranial membranes, and the membrane sac that houses the spinal cord (dural tube).

Essentially, the bones are at the mercy of the soft tissue. They move and mold in whatever direction they’re pulled. That’s why tension in the connective tissue can so easily result in a twist in the neck (torticollis) and/or a misshapen skull. CST works to effectively remove and unwind these tensions.

In many instances, the use of CranioSacral Therapy on infants with plagiocephaly results in better-proportioned head shape. Perhaps more importantly, CST helps bolster the performance of their underlying systems. Results include greatly improved feeding, sleeping, and sensory and neuromotor development.

From my experience, the earlier the intervention with CranioSacral Therapy, the more rapid the outcomes. Yet this shouldn’t deter you from using this approach on older clients. I’ve seen the head shape and facial features of a 60-year-old woman change in less than six CST sessions!

The lesson is this: It’s never too late to make a difference in a client’s life. CranioSacral Therapy is a safe and proven method of effectively reversing the effects of plagiocephaly at any age.



Rebecca Flowers, OTR, BCP, CST-D

*Rebecca Flowers, OTR, BCP, CST-D, is a certified CranioSacral Therapist on staff at The Upledger Clinic. She holds specialty certifications in the administration and interpretation of the Sensory Integration and Praxis tests by Sensory Integration International, and she has a Pediatric Specialty Certification from the American Occupational Therapy Association. Rebecca is also a certified Upledger Institute instructor.*