



3rd Coast Craniosacral Education

700-HOUR BIODYNAMIC CRANIOSACRAL FOUNDATION TRAINING

This certification program's format is 50 days. Use of BCST (Biodynamic Craniosacral Therapist) designation indicates that the practitioner has completed a 700-hour training: 350 hours in classroom, 350 hours of homework and outside practice.

3-day modules will be held Friday through Sunday, 9:00 to 5:30, with a 90-minute lunch break. December 2018 will be two days only.

ADMISSION

Following completion of Module 1, students wishing to continue in the professional training will be required to fill out an application form to be evaluated for acceptance into the program.

Entrance to and/or dismissal from this training is based on subjective criteria at the discretion of the teaching team and 3rd Coast Craniosacral staff.

WHAT TO EXPECT

Biodynamic Fundamentals

History of craniosacral therapy, and an overview of the foundation principles of the biodynamic and functional models. Skills of stillness, presence, resonance and contact will be explored. Students will be introduced to the midline and various levels of perception in the craniosacral system such as Fluid Body, Primary Respiration and Dynamic Stillness. Throughout the training we will explore how these express themselves throughout various body systems and areas to facilitate integration a felt sense of wholeness.

Foundational skills will be explored in detail. Students will be taught the anatomy and physiology of the craniosacral system, sensing and palpating the bioelectric field, and the motions of the fluids, tissues and individual bones. They will begin to develop finely tuned palpation skills to work with what underlies, organizes and maintains the body/mind complex as a holistic fluid continuum.

Embryology

The embryological forces that brought us into organized form are accessible and can offer a deep level of healing. Students will learn to attune to the metabolic fields of embryonic development and the manner in which they express themselves in the adult body.

Neuroanatomy & Clinical Skills

This includes functional anatomy, study of the cranial nerves, and their clinical implications.

Brain areas . Central nervous system . Polyvagal Theory

Autonomic Nervous System & Trauma Skills

Growth and movement dynamics of the heart and other organs will be explored.

Working Biodynamically with:

Fascia (musculoskeletal, dural, visceral)

Heart & Cardiovascular System

Respiratory System

Heart & Cardiovascular

Digestive System

Kidneys & Liver

Pregnancy & Birth

GENERAL FORMAT

The two-year certification program comprises 700 hours of study. This involves 350 hours in the classroom, and 350 hours of homework and outside practice. Homework requirements include the following:

- Receive 10 sessions from graduates of 700-hour Biodynamic trainings
- Document practice sessions between each module (150 total)
- Written descriptions of 2-3 practice sessions between modules
- Home study and required reading
- Drawings or tracings
- Short essay questions
- Final Project
- Take-Home Exam

Material is presented at a pace that allows time to integrate and process it.

TUITION

Tuition for the training beginning in 2018 is \$125 per day.

Tuition is to be paid per module towards the entire training.
A 5% discount is available for prepayment of the entire training.

Students are expected to pay for the whole training, including days or modules missed.

ADDITIONAL COSTS

Each course has required and recommended reading, so a few books will be an additional expense. Tutorial make-up classes may require additional payment. Certification requires that ten private sessions (with graduates of 700-hour biodynamic trainings) be received outside of class.

ABSENCE & ATTENDANCE POLICIES

Absence from more than 5% of the training will cause withholding of the Certificate of Completion, until the material missed has been satisfactorily completed. 3rd Coast Craniosacral will work with students to accommodate schedule problems, including determining make-up options. Arranging logistics and resources for making up a missed class is the responsibility of the student, not the school. Students shall arrange for notes from (and practice time with) a classmate and receive tutorials from one of the teaching team (at the tutor's hourly fee).

TEACHING TEAM

Ginger Crisenbery, a Biodynamic Craniosacral Therapist registered with the International Association of Biodynamic Trainings, is recognized as a Full Instructor by Michael Shea and the International School of Biodynamic Craniosacral Therapy.

Assistants are graduates of 700-hour Biodynamic Craniosacral Therapy trainings.

This training follows the curriculum guidelines recommended by the International Affiliation of Biodynamic Trainings (IABT).



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