

**Jennifer C. Corlett, RCST®, Ph. D.,**

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Year became RCST: 2006

Year became Approved BCTA/NA Teacher: 2011

Business Name: Northcoast Craniosacral

Primary Location: Cleveland, OH

Other Locations: Columbus, OH

**Biography:** Jennifer blends experience as a BCST practitioner and teacher, Gestalt trained clinician and OSD consultant, psychologist, Heartfulness meditation trainer, and longtime spiritual seeker to create a Foundation Training program that prepares the mind, heart, and hands of students studying to be Biodynamic Craniosacral Therapists. Her trainings offer more than professional enrichment; they are an opportunity for self-exploration into the mystery of human experience and our essential wholeness in the midst of suffering.

- Jennifer also offers BCST Introductory programs, provides supervision to BCST practitioners, lectures on related topics, teaches meditation, and maintains a private practice in BCST and psychotherapy with an emphasis on life transitions and holistic approaches to trauma recovery.

**Teaching Style:** Classes are small, providing opportunity for each student to receive the direct attention and support of the instructor and teaching staff. Teaching staff is a minimum of 1 to every five students. Didactic presentations, experiential exercises, guest speakers, demonstrations and hands on practice provide multiple ways to learn and integrate the principles and practice of BCST.

**Foundation Training Program:** A day program – Usually 12 module (10 four day modules and 2 five day modules)

**Average Class Size:** 8 - 15 students

**Maximum number of students:** 20

**Teaching Staff to Student Ratio:** A minimum of 1 to 5. Often more assistants on board for some modules

**Related Classes:** Introductions to BCST and varied lectures on related topics.

**Required activities/fees:** Students are required to receive 10 professional sessions from an RCST® outside of class for certification, cost determined by provider and is not included in tuition.

150 hours of practice sessions held outside of class.

Any case study requirements as applicable per training.

**Distinguishing Class Features:** Classes are small offering the opportunity for the personal attention of the instructor and teaching staff. Previous graduates, above and

beyond the teaching staff, often attend as added support for new students. Guest presenters with special expertise add to some of the topics presented either virtually or in person. Opportunities for supervised review and practice are available in some locations.

I feel very privileged to teach and to practice this work. The encounter with our own Inherent Health, that discovery of an ever present deep well of wisdom and resource is often a turning point for our clients and students. It is an experience that opens a remarkable vista of possibility.... perhaps never thought possible. Learning the skills of BCST prepares us to be doulas of this experience. What a wonderful way to serve others.