



Summer 2008
www.craniosacraltherapy.org

Cranial Wave

The Newsletter of the
Biodynamic Craniosacral Therapy Association of North America

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2008 Breath of Life Conference, September 19-21

Raleigh (Cary / Research Triangle), North Carolina

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Register online or call Edwin Nothnagel, 919-349-3914, or Carol Verner, 919-933-2330

Early-bird deadline August 30

Come to Rest . . . in the

Cloud of Unknowing

Biodynamic Craniosacral Advanced Practitioner Skills

October 5 - 10, 2008

Explore the possibilities associated with uncertainty; those mysterious *clouds of unknowing*, opening yourself to the many *blessings of insecurity*.

This course will deepen your practitioner skills in:

- ❖ Accessing dynamic stillness
- ❖ Laying the intellect aside and trusting The Intelligence to guide the work
- ❖ Working with what arises in the moment, both in the client and in yourself
- ❖ Communication that fosters revelation leading to transformation

Course Logistics:

To insure the uninterrupted time needed for deepening inward, we will retreat to **La Foret Conference and Retreat Center** www.laforet.org tucked among the Ponderosa pines in Colorado's Black Forest, just 15 miles north of Colorado Springs.

Full cost for this residential retreat experience is **\$795**
(Lodging and all meals are included)

when a deposit of **\$195** is received by **August 1**
(After August 1, \$1050 due in full)

For information and to register contact:

Julia Marie Gillett, RCST® at 970-318-0074
equanimous1@yahoo.com



Only the Nose Knows: Smells and Substances Eliminated During Healing

Sharon Porter, RCST®

Sharon Porter, SEP, RPP, RCST® is a BCTA/NA instructor and energy medicine trainer currently teaching Somatic Trauma Resolution. She recently moved to Los Angeles, where she is writing, seeing clients, training practitioners, and playing with her family, including her three-year-old granddaughter. Her website is HealthWaveInstitute.com.

Most of us are surprised to learn that substances we ingested or inhaled long ago—even as far back as our childhood—may still be in our body. We now know that when experiences are too overwhelming to be immediately discharged, their high activation is held as frozen potency. This can create symptom after symptom to manage the activation until it can be skillfully released by resolving the fulcrum through biodynamics, somatics, or other energy approaches that access the wisdom of the Breath of Life.

Sometimes the discharge that follows is a definite and recognizable smell or aroma. This phenomenon has always fascinated me and is the reason I encourage clients to arrive aroma-neutral—that way, I can catch what's coming off of them. I don't yet know the full physiology of this mysterious phenomenon, but I suspect it has something to do with the etheric body and cellular memory, as well as the energetics of trauma healing. But to move this from theory to reality, one only has to have a good nose. These stories are shared with the hope that they will stimulate further observations from your own work.

Case 1: My beginning Polarity Therapy students were practicing some bodywork on each other when I noticed one of the students backing away from her massage table as if she were suddenly feeling ill. I followed her as she hung her head out the door to get some fresh air.

“What’s up?” I asked.

“That woman I was working on started smelling like Kent cigarettes, except they were old, awful—the smell of stale smoke and nicotine. Yuk!”

After she recovered, we went back to the student she'd been working on and asked her if she'd ever smoked.

“Yes,” she replied, “but not for 10 years. I only smoked for a couple of years in college. I must have gotten rid of that by now. I've done all kinds of cleansing, drunk wheat grass, done yoga . . .”

“Well, your partner says you smell just like Kent cigarettes,” I said.

“Oh!” the woman gasped. “That's the only brand I ever smoked!” From her comment, you can see that the

odor being released can be so precise that one can determine the product brand.

Many people take up smoking because they are trying to suppress feelings; later, they become addicted. Smoking-related smells that emerge during a session may have to do with feelings returning to be resolved, with the repetitive toxicity, or both.

Case 2: I was doing craniosacral work on a client who was congested with a sinus condition. I'd released energy blocked in the frontal and ethmoid sinuses and was fluctuating fluids through her head to release congestion that seemed to be blocked in her upper and mid-brain. A faint but unmistakable waft of fresh sawdust floated up off her head. I sat with this woodsy aroma for a couple of minutes before deciding it was significant enough to mention. I prefer to empower the client's discovery as much as possible, but with a persistent smell; I will at least mention it, though I won't push them to identify the source.

“I'm smelling fresh-sawed wood coming off your body. Does that have any meaning for you?”

“What? I haven't been around that lately,” my client replied.

“Well, it's certainly coming off of you.” We were silent, until the following percolated to the surface of her mind.

“Oh my gosh, I know what it is. My father was a builder and he'd take me with him when he took a team of men out into the woods to cut down trees to build houses with. It was hard for me, because I felt badly for the trees that were being cut down. I'd wince when I heard the saws whining, and I'd cry when the trees fell. I knew he had to cut some, but there was something violent about the way the men did it. I felt scared around their violence and the loss of the trees. Lately, as I've become more sensitive to environmental issues and the importance of keeping forests, I've been thinking about what I saw and felt with my father as a child.”

The fresh sawdust smell continued, off and on, for about an hour, as we continued with the session and talked about her dad.

Sixteen years later, in preparation for this article, I called this client and asked her how the above experience may have affected her long-term. I summarize her response:

“Whereas I was always sensitive to the consciousness of the trees and had difficulty being with people who have a lack of regard for nature, that experience at now I speak up when something happens. I teach in many ways about the sacredness of life and especially of

plants. Also, my sense of smell opened after that session, and I became more aware of smell as a way to access healing. I saw that trauma embeds in the sense of smell. I have since become a healer myself and can sometimes intuit an aroma that will be therapeutic to a client's need before they even walk in the door."

I then asked her what she thought about the physiology of the aroma-memory phenomenon. She said:

"An ayurvedic doctor recently put a few drops of oil in my nose. I soon felt really high and was running around in a speeded-up way. I realized that those drops had activated the cocaine snorting I had done a couple of times as a youth. To me, it feels like the frequency pattern of an experience, including a smell, is stored at the etheric level (ether is the most subtle of the five elements in Polarity Therapy). Later, it may be recreated in the body so that the trauma can be recalled and resolved." I'm sitting with this idea, as I've seen it more as bound-up potency that becomes bioavailable, as per the biodynamic model.

Case 3: A female client had just returned from a weekend meditation retreat. She was inconvenienced by congestion in her head and a runny nose, but felt it was a good elimination. It was the result of vibrational work she had been doing to increase her capacity as an energy healer. She had come for her third session of cranial work. As I was working on her cranium, I felt that the energy being released there was not able to get down through her body to be eliminated and may have caused her symptoms. I began doing a Polarity lymphatic pump that alternates pumping of the neck and armpit; two of the key areas for creating flow in the lymphatic system. After about 15 seconds of pumping, she felt energy shoot down her leg and I smelled bologna.

"Uh, this is kind of strange, but I'm getting a real strong bologna smell off you," I told her after a couple of minutes of waiting to see if the smell would go away. This was a delicate matter, because I knew this woman ate a perfect diet, took the right supplements, and was extremely conscious about how she led her life.

"It must be the new supplement I've been taking. It has a kind of funny smell," she said.

I shook my head. "I don't think so. This is unmistakable. Oscar Mayer bologna. The kind you eat on white bread."

"I ate tons of that as a child," she told me. "Huge amounts! My mother would have been mortified if she'd known how much of that stuff I ate. The big packages. I'd come home from school so hungry, race to the frig, fold a piece of Wonder Bread over two or three slices of bologna, and gobble it down. I couldn't eat it fast enough, I was that hungry."

"Well, it's coming out now," I said.

"My nose is so stuffed up I can't smell it," she said. "I guess God picked the perfect time to get rid of that, because it would have been hard for me to have to relive the whole thing again. I've been so careful about what I eat since I had the cancer."

The bologna came out in waves as I was working on her, for the next hour-and-a-half. It was so specific, I could see and smell the cut peppercorns, just as strongly as if someone had broken open a package of bologna and put it two inches from my nose. It was the strongest, clearest smell elimination I've ever experienced.

Why had she held it this long? It was probably a combination of sheer volume of bologna, locked in by the intensity of her hunger and her need to keep it secret from her mother. The higher the activation level in the nervous system, the greater the likelihood of a freeze response setting in.

Case 4: I was doing craniosacral therapy with a woman of middle age who had chronic fatigue. As I sat with the Breath of Life, I felt birth trauma coming up and asked her what she knew of her birth.

"My hip got dislocated," she replied.

Her legs were becoming dense, heavy, and rigid, as if they couldn't move even an inch. Previously, she had told me that she couldn't get her legs moving while playing tennis. I asked her if her legs had ever

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Welcome to Our Community

We have 15 new RCST®'s since the publication of our last newsletter. Congratulations to all on completing the Foundation Training and receiving your RCST® designation. We also welcome one new graduate who has completed the Foundation Training.

New RCSTs

Lauren Anderson
Naples, FL

Tony Booth
Black Forest,
South Australia

Richard Borthwick
Roberts Creek, BC

Jeanne Brouillette
Las Vegas, NV

Leyla Castro
Austin, TX

Holly Crammer
Monroe, MI

Sharon Creech
Winnipeg, Manitoba

Jody Donnelly
Pasadena, CA

New RCSTs, cont.

Jennifer Eisele
Santa Cruz, CA

Debra Hodgen
Vista, CA

Laura Hudak
Akron, OH

Amira Tal-Henig
Ann Arbor, MI

Ann Oswald-Laird
University Heights, OH

Hufrish Oshidar
Toronto, Ontario

Juanita Vierra
Salida, CA

New Graduate

Catherine Procopio
New York, NY

A Paradigm Shift to Wholeness: Nature & Biodynamic Craniosacral Therapy

Peggy Risch, RCST®

Peggy Risch is a Registered Physical Therapist and Registered Biodynamic Craniosacral Therapist. She received certifications in Germany as a Manual Therapist and Schroth Scoliosis Therapist and trained directly with Gerda Boyesen in her Biodynamic Psychotherapy three-year program. She was introduced to osteopathic manual medicine in the early 1980s at Michigan State University. Peggy has a practice in Mount Shasta, California and has been recognized for her participation in protecting sacred landscapes. She will present at the BCTA/NA conference this September. You can contact Peggy at www.dynamicwholeness.com.

In the natural world, we discover a treasure rich in biodynamic forces expressing wholeness. As Biodynamic Craniosacral Therapists, we are very familiar with the metaphor and felt sense of the oceanic tides: the tide comes in, the tide goes out. We learn to sense this as an invisible, universal breathing that is in all things. On an experiential level, this breathing teaches us about the rhythms of life, and it is powerful—beyond words. I feel blessed to live in a natural environment that sustains this experience. I sit by a spring as it bubbles in a hundred places out of the ground, with waters so pure that I drink without concern. I feel its aliveness and gifts. I am fully present. The energies of the natural world are sustaining a biodynamic potency within the core of my being.

One's connection to wholeness often becomes chaotic or disorganized in disease or trauma, yet wholeness itself is never lost. With a lucid focus, we can directly contact wholeness, regardless of the state of disorder that is experienced. As this wholeness responds, it bathes us in fluidity, liquid light, sound, spaciousness, stillness. My experiences in nature anchor me to this primordial Intelligence. A particular image arises again and again in session: The waves on the volcanic lake sparkle with thousands of shimmer-



Photo: Stefan Schittko

ing lights that are much like the stars illuminating a moonless sky. I wonder at the transparency of my hands as I swim in this watery universe of light.

In the late 1980s and early 90s, full of questions about scoliosis, I wrote the midwestern osteopathic physician Robert Fulford. He explained to me in a letter that "...the human body is composed of an electromagnetic field. This field must ground itself to the earth's surface. The breath maintains a rhythmic balance interchange between the opposite polarity of electricity and the magnetic forces which must be grounded. When the vibratory blockage is released the emotions flow out freely." I did not know quite what he meant until years later when I directly experienced a client's system's desire to self-regulate and felt a rhythmic interchange.

Biodynamic Craniosacral Therapists may feel or sense inertial forces as shifts and pulls, vectors, film-script-like images, geometric shapes, or even smells. When these patterns are acknowledged in a field of wholeness rather than rejected, fragmented, or pursued, they eventually settle. As practitioners, we consciously create safe boundaries and consciously acknowledge the available resources, providing a healing container for self-regulation. The client's perception of the holistic shift embraces as many variable forms as there are grains of sand or flakes of snow.

Vitality begins to return to an individual as the inertial energies holding the stress patterns are liberated. Whether the dam completely disintegrates or just begins to open, the released waters return to the stream. The river flows to the ocean. The nervous system recalibrates to a new baseline. An individual discovers new choices in challenging circumstances: the sympathetic response (fight or flight) and the parasympathetic response (freezing/dissociation) modulate towards greater health.



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MEET THE TEACHER

An Interview with Cherionna Menzam

Donna Waks, RCST®

Donna Waks, RCST® since 1999, certified Laban/Bartenieff Movement Analyst, and massage therapist, lives, works, and plays in Washington D.C., where she has a private practice offering BCST and massage, as well as fluid movement classes. She served on the Board of the BCTA/NA from 2004–2006. Donna created and has been writing the "Meet the Teachers Column" for the Cranial Wave since 2005.

How did you get involved with Biodynamic CST?

My first introduction to CST was in 1991, as I was completing a six-month intensive training in Rebalancing Integrative Bodywork. This work combines a gentle, sensitive form of deep-tissue massage with rocking joint-release work inspired by Trager; psychotherapeutic techniques like Gestalt; body awareness work similar to Feldenkrais; and energy balancing. In the last week of the training, we did some CST as a form of “advanced” Rebalancing. I knew immediately this was the work I wanted to do. I went on to take some Upledger courses until 1993, when I took what I thought would be a two-year break to do my M.A. in Dance/Movement Therapy at the Naropa Institute in Boulder, Colorado. Graduate school took me in unexpected directions and, to make a long story short, I found myself in private practice in the same building as John and Anna Chitty. Many of my friends were studying with them, and their training was happening on the other side of my office wall. Each time one of my friends practiced Biodynamic work with me, I learned more about the approach and did my best to incorporate it into the work I was already doing. When I was preparing to take Ray Castellino’s Prenatal and Birth Therapy Practitioner training and needed to have at least a five-day intro in Biodynamics as a prerequisite, I finally gave in to my longing to take the training with the Chittys. I had been trying to wait until I completed my Ph.D. in Pre- and Perinatal Psychology, but I couldn’t wait any longer! From the first class, I loved the work. Questions that had come up for me about what I was palpating that had never been answered in Upledger courses were immediately addressed in the Chittys’ classes. I felt like I had come home.

What areas of BCST are you most passionate about?

I am passionate about somatic awareness and how the Breath of Life expresses and can be accessed through subtle movement. I work with a variety of people, ages

and conditions. I love working with birth at any age. Most of my clients are going through some kind of major transition in their lives. It may be literal pregnancy and birth, death, loss, or other life changes, like “mid-life crisis.” I seem to spend most of my time supporting clients



(and students) in accessing the wisdom in their bodies in this present moment. As a Continuum teacher, I am fascinated by the parallels between Continuum Movement and BCST. I see Continuum as Biodynamics through movement, so I frequently bring Continuum into my BCST sessions and BCST into my Continuum classes. Continuum uses breath, sound, and movement to settle into slow, fluidic states remarkably similar to the slower tides and Dynamic Stillness we work with in BCST.

How do you see your “work” evolving? The field of BCST?

I see my current mission as being about nurturing the bridge between BCST and Continuum. I am currently teaching Continuum workshops called “Embodying Biodynamics,” where I present aspects of the craniosacral system and Biodynamic principles and we explore them in our own bodies using Continuum. I am also using Continuum in my BCST trainings to help students learn the relevant anatomy and understand BCST principles more readily in their own bodies. I want to develop this work further. I also envision doing more work with combining my background in Prenatal and Birth Therapy together with BCST and Continuum as a way for people to learn about and resolve issues from this potent time of life in the most resourced way possible.

Where are your current trainings?

I am currently teaching a foundation training in Santa Monica and two in Nelson, British Columbia. I have also been offering introductory seminars in Vermont and Massachusetts, where I have been invited to start a training in 2009. ♦

Cherionna Menzam has been approved as a Biodynamic Craniosacral Therapy teacher since December 2007. She lives in Santa Monica, CA, where she has been immersed in writing poetry and studying with Emilie Conrad, the founder of Continuum Movement.

Our Unfolding Organization: An Update on the BCTA's Growth

Linda Kurtz, RCST®, President

From a time of stasis, the Biodynamic Craniosacral Therapy Association of North America is moving forward into a new time of foundation-building and growth, energized by a new board, new volunteers, and a commitment to growing and leading through biodynamic principles.

The Board

Two new people have joined our board of directors: Dave Paxson and Marilyn Angell. You can see their bios on page 10. We now have a four-member board. Ideally, we'd like to have seven people, so, if you have an interest in joining, please let us know.

Dave Paxson, currently of South Carolina, is a new board member who brings a great deal of experience to the board, both from his past work as an executive at a trade association and as a social worker. Ginger Ingalls, RCST®, nominated Dave, citing his consistent, steady, and considerate energy, his intelligence, and his mediation skills. Dave has graciously agreed to become the association's treasurer and will also be taking the lead in revamping our website.

Marilyn Angell of Pennsylvania called me to volunteer to help the association in whatever way she can, including being on the board, because she cares deeply about the BCTA. Marilyn brings with her a great deal of enthusiasm about BCST. Both she and Dave have joined other of our members, including **Rosemary Myers**, **Victoria Stewart**, and **Suzanne Getz**, in calling members to bring them up to date on the organization, its activities, and its volunteer opportunities. Marilyn has also joined the conference committee.

Sharalee Hoelscher, despite pursuing an opportunity in her personal life that gives her an extremely limited amount of time to devote to any outside activities, continued to serve as our volunteer coordinator and vice president until June 19. It is she who organized the phone-calling campaign mentioned above. Sharalee deeply regretted leaving the board, but realized that she could no longer devote the time she felt was needed to serve responsibly. We on the board will miss Sharalee's spirit and intellect.

Edwin Nothnagel devoted many hours this past year to membership renewal activities and answering your email questions, as well as keeping board minutes and making sure that the website is kept updated. Edwin, along with **Rebekah Crown**, continues to handle the email addressed to admin@craniosacraltherapy.org.

New Directions

Our new board, consisting of myself, Edwin, Dave, and Marilyn met in person at the end of May this year. By meeting in person, we were able to address a large

amount of association business relatively quickly. One of the things we decided to do was begin using a professional office services firm to assist in some of our administrative tasks. They quickly and cost-effectively helped process this year's renewal forms, reducing Edwin's workload considerably. Thanks also to everyone who helped out by renewing online.

We have plans to revamp the website, both to make it more navigable and more up to date, and also to make it possible for board members or volunteers to do much or all of the updating. Currently, if you send us an update that needs to go on the website, we must send it to our website manager. He is not always able to do it as quickly as we would like, and we hope that the revamping will allow updates to appear more quickly.

For over a year, Edwin, Sharalee, myself, and the teacher liaisons worked via email or over the phone, most of us never having met each other. We all know that trust is built in part by in-person contact and by shared activities. Dedication and the use of biodynamic principles allowed us to interact effectively and deal with difficult situations at a time when there were, for many, questions about the association's viability. Not only did the organization continue, we have slowly moved toward greater membership involvement, greater responsiveness to the membership, and a more financially viable future.

The Conference Committee

The Conference Committee continues to work quite hard on organizing the 2008 Breath of Life Conference, which will take place September 19–21 in Raleigh, North Carolina. **Edwin Nothnagel** and **Mary Louise Muller** have taken the lead in formulating the schedule, logistics, and marketing materials. **Carol Verner** continues to contribute as she is able, and **Clare Bonser** is serving as a consultant. As noted above, new board member **Marilyn Angell** has also joined the committee. The committee contacted various members early this year about volunteering to help with the conference. They have told me that currently they feel it is easiest to work as the small group they now are and that most of the help they need will be at the conference itself. Those of you who volunteered and have not heard back from the committee will, hopefully, be hearing from them as the conference date comes closer.

The conference itself should be fantastic. Numerous members of the BCTA are presenting workshops on a multitude of topics. Franklyn Sills will be presenting as well, and will be conducting a post-conference workshop. He has generously agreed to donate a portion of the proceeds from the workshop to the association. The conference is generating interest among people outside the

association, so you might expect to meet a fair number of people who are not (yet) RCSTs. It is quite wonderful to see how the buzz about this work is beginning to spread. A description of the workshops being offered at the conference begins on page 17.

Email Committee

Rebekah Crown has been working hard answering many of the emails that are sent to the association. When Rebekah noticed that the References section of the website was outdated, she took the initiative to send out a letter to all of the teachers asking them to contribute articles—their own or those of students and other members—to the website. If you have written or know of an article that would be useful to add, please send it to admin@craniosacral.org. We'd like to have another couple of people jump on board to help answer emails, so contact us if you are interested. Rebekah will soon be sending out the mass emails to the membership that heretofore Edwin has been responsible for. We really, really appreciate her hard work.

Volunteers

I want to offer, on behalf of all of us on the board, our gratitude to the many people who have volunteered to assist with various tasks and activities. Some of you we have already put to work, and the rest of you we will be contacting as projects come online. In addition to the volunteers mentioned above, we have received a great deal of help from **Karen Goodfellow**, who helped me edit this edition of the *Cranial Wave*, **Susan Blue**, who helped do the layout, and **Sari Lewis**, who proofread this issue. I also want to thank all of the authors who put their time and energy into writing some wonderful articles.

Jennifer Song, who served on the first board, continues to work with keeping a record of our expenditures from her post in Burlington, Ontario.

Stephanie Rogers has taken over from Sharalee the job of volunteer coordinator. We are truly grateful to her for stepping into this role. She says that she looks forward to hearing from anyone who would like to volunteer, and she will match your skills and interests with the appropriate task.

You can contact Stephanie at stephsbodyworks@mindspring.com or 970-618-6899. Every little bit of help you can offer will help make this organization more efficient and allow the board to lift its collective head out from the crush of work that currently buries us! We are having fun, but we sure would love your help! If you'd like to do something ongoing or take on a one-time task, we would love to hear from you! ♦

Advertising

Submit all advertisements to lindakurtz@netzero.net. Ad specifications are found at www.craniosacraltherapy.org under the tab *Newsletter*. Ads for the next edition should be submitted no later than November 14, 2008.

New Approved Teacher: **Bhadrena Tschumi-Gemin**



Bhadrena Tschumi-Gemin was approved as a Foundation Training teacher in August 2007. Bhadrena has been immersed in the craniosacral field since the early 1980s, "ever since," she says, "my heart responded to that first craniosacral touch." Her first studies were with John Upledger, D.O., and Richard MacDonald, D.O. She worked with the latter in his neonate practice. She trained with Franklyn Sills in the late 1990s, and he continues to be a mentor and colleague.

In 1986, after assisting teachers at the Upledger Institute and apprenticing with a number of osteopaths, she and her husband and co-teacher, Kavi Gemin (an osteopath who has been deeply influenced by the work of Dr. James Jealous), founded the International Institute for Craniosacral Balancing® (ICSB) in Switzerland. She has taught in Europe, Japan, Australia, and India and is currently conducting a course, her first with the BCTA/NA in Vancouver.

In addition to teaching BCST, Bhadrena also teaches for Diamond Logos and is an SE and pre- and perinatal practitioner. Her special interests are in working with babies and their immediate support system and in developing new teaching programs that honor the potential and the essential qualities of the human being. ♦

Itching, Looping, and Projection

See the June 30 issue of the *New Yorker*, p 58, for a very interesting article about itching. The author, Atul Gawande, M.D., talks about new methods being developed to deal with unceasing and insatiable itches and phantom limbs. Some doctors are experimenting with techniques very similar to the looping used in somatic experiencing and the referencing to our inherent ordering principle in BCST, with some excellent results.

In addition, the article talked about how our perceptions are based not just on raw sensory data; rather the brain makes a "best guess" about what is happening, using not only current sensory input but also past experience and past knowledge. In other words, it projects. ♦

Reviews

Have you read an interesting article or book you'd like to tell others about? If so., submit a short or long review for the next *Cranial Wave* to the editor, lindakurtz@netzero.net. Deadline for the next issue is October 31, 2008.

Email Communication to Members Increasing

We at the BCTA/NA are intending to increase our electronic communication with the membership. Such a shift has advantages of speed, cost, and timeliness. Also, it may save a few trees. Be assured that key communications, such as renewal forms and conference registration forms, will still be sent to you simultaneously by regular mail.

With such a shift, it is important that we have current email addresses of our members. Be sure to send us changes to your email addresses right away so that you don't miss any email updates and so that we can change your information on the web page. Send changes to admin@craniosacraltherapy.org.

You may want to adjust your spam filters to decrease the chances of your not receiving BCTA/NA communications. Some members have been unable to receive BCTA emails because of overly aggressive spam filtering. If you do not know how to adjust your spam filters, contact your filter provider for guidance. Sometimes this is your email provider, sometimes your anti-virus or firewall provider.

BCTA/NA has three distribution lists for sending mass emails to you. The three distribution lists used and their purposes are:

- *membernews@craniosacraltherapy.org* — used to send information regarding BCTA/NA business
- *conference@craniosacraltherapy.org* — used to send information regarding the Breath of Life Conference
- *promotions@craniosacraltherapy.org* — used to send information regarding member-sponsored workshops and trainings

You can use these addresses to properly adjust your spam filters by adding these addresses to your safe list.

On average, we expect to send out about one email communication per month. Sometimes, such as around renewal time, you may receive two or three in a month. We know that not everyone uses email with any frequency. For those of you who don't use email often, we suggest checking your inbox every two or three weeks for any communications from the BCTA. We hope that these emails will help all of you stay better in touch with what is going on in the organization.

Any suggestions or comments you have on how we can better communicate with you via email will be gladly received at admin@craniosacraltherapy.org. ♦



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NEW BOARD MEMBERS



Dave Paxson

One of my key interests is the furtherance of the principles and practice of Biodynamic Craniosacral Therapy in our society. My involvement in the healing field started with my training as a medic and then nurse in the U.S. Army

during the Vietnam era. I recently retired from the Maryland area to South Carolina after 20 years as a social worker and program administrator with Montgomery County.

I have had a life-long interest in alternative medicine and have been personally involved in bodywork, Polarity, and CST (my study was with Roger Gilchrist). One particular area of my focus area has been trauma resolution for clients who are veterans. Presently I am engaged in a two-year course (taught by Myrna Martin) studying the importance of prenatal, birth, and early childhood attachment issues in healing; BCST is an integral part of this work.

Our members have come to BCST from many diverse healing modalities. The question as to how BCST or any modality integrates with all the others is an important one. For many years, I have been investigating the best ways to integrate standard and alternative healing resources and I worked toward that integration when I was involved in program development, training, and management for addiction rehabilitation centers. I think that the BCTA/NA should work to be a part of the investigation and discussion of this issue. My view is that BCST is distinctive amongst healing modalities because it "meets and honors what is there" and in its commitment to reinforcing the 'inherent treatment plan.'

To the board I can bring my past experience in business management, trade association management, and market research. In addition, I have a great deal of experience in meeting planning and in using computers for data management and accounting tasks. ♦

Write for the Wave!

We are seeking submissions for the next issue of the *Cranial Wave*. I hope that you will contribute to our next issue. Articles, poems, book reviews, questions, and accounts of your experiences are all welcome. So are drawings and photographs. Share your thoughts and questions about Biodynamic Craniosacral Therapy with your fellow members.

Please send your contributions to the editor, Linda Kurtz, at lindakurtz@netzero.net by September 30, 2008.



Marilyn Angell

It is an honor and pleasure to be considered worthy to be a board member of the Biodynamic Craniosacral Therapy Association of North America.

In the year 2000, I began the journey toward becoming a practitioner. The foundation course with Michael Shea was completed in December of 2003. Since then, as a TA, a foundation course was completed in January 2006 with Elizabeth Hammond. Additional trainings and courses with Franklyn Sills, Jaap van der Wal, Michael Boxhall, and John Chitty have been completed.

In the last few years, I have been promoting CST at alternative health fairs and giving presentations to anyone who will have me concerning this wonderful technique that we are privileged to participate in.

Having an organization to sponsor us gives credence to the therapy. It is also imperative that we have an organization to support, monitor, and provide learning experiences for all of our members.

Hopefully, I will bring my education/training from a master's degree in business administration with an emphasis in human resources, my many years of experience working with volunteers and volunteer organizations, and my humanness to the board and the organization.

As a member of the board, I hope to work at uniting all of us so that we can share this wondrous technique and make a difference in the lives of all those with whom we are privileged to come into contact. ♦

Liability Insurance for Members

The BCTA/NA has established a relationship with Associated Bodywork and Massage Professionals (ABMP) in order to provide our members with an easy and reasonably priced method of acquiring liability insurance. Membership with ABMP at the Professional Level, for which our U.S. resident graduate members qualify, costs \$199 per annum, with a \$50 discount for BCTA/NA members. So for \$149 p.a., among other benefits you will be covered for liability at the rate of \$2,000,000 per incident as well as have the option of being listed on their nationwide network of bodyworkers. Unfortunately this offer is not available to our out-of-U.S. members.

Currently this listing will be under the heading *Cranio-Sacral Therapy*, the only option at this time. However, once 50 of our members are registered as ABMP members, they will add a *Biodynamic Craniosacral Therapy* listing. For further information, please visit their website at www.abmp.com or phone them at 800-458-2267.

Biodynamics for the Other Hemisphere

G'donya, mate! Great news! Two classes of new Biodynamic Craniosacral Therapists graduated this January in Australia. The courses were taught by Roger Gilchrist at the Natural Health Academy of Australia in Adelaide, South Australia, beginning in January 2005. Most students had studied craniosacral therapy previously with either the Milne Institute or the Upledger Institute and were taking the biodynamic course to deepen their professional skills. Class membership included physiotherapists and myofascial therapists from Sydney, Brisbane, and Adelaide. Many students also had an extensive myofascial therapy background, having studied with Patricia Farnsworth, Australia's most experienced myofascial teacher and a direct protégé of John Barnes.

"It was exciting to teach such an experienced group," commented Gilchrist. "They represent a group committed to professionalism and high standards of bodywork practice." Students noted that the precision of such biodynamic skills as states of balanced tension added a great deal to the efficacy of their existing practices. Many of the students reported that their clients were having more specific improvements.

The original invitation to teach Craniosacral Biodynamics in Australia came from Patricia Farnsworth and her husband, Peter, Natural Health Academy's principal. They had studied with Gilchrist in Crestone, Colorado in the summer of 2004. Following this, the idea was born to conduct a complete Biodynamic training at the Australian school.

An important objective for the larger course was keeping parity with the educational standards of Craniosacral Biodynamics organizations around the world so that international reciprocity for practitioners may be easily allowed. Therefore, course structure followed BCTA/NA standards, with a 10-class series conducted over three-and-a-half-years. During the course, students had the unique opportunity to attend a cranial anatomy and dissection module run by a chiropractor and neuroanatomist Paul Doney.

Paul Vick of the U.K. taught Australia's first Biodynamic CST course. Terry Collinson, who apprenticed with Vick, has run others. Gilchrist, in addition to the two Australian Foundation courses mentioned above, has conducted several advanced craniosacral classes in Australia, including one on therapeutic approaches to nerve facilitation.

The recent graduation of the two foundation classes in Australia adds 32 new Biodynamic practitioners to the Southern hemisphere, distributed throughout the eastern half of the continent "down under," demonstrating the continued growth of our profession around the world. ♦

Member Meeting

The biennial member meeting will be held at the 2008 Breath of Life Conference in Raleigh, NC on Saturday, September 20. Please contact Linda Kurtz, Board President, if there is anything you would like to see on the agenda. Email lindakurtz@netzero.net.

The bylaws regarding member meetings are published below for your information.

Section 2.4 BIENNIAL MEMBER MEETING. The Corporation's members shall meet every two years in September (or in a month otherwise designated by the Board) in a location determined by the Board. At every biennial member meeting, in addition to any other business that may be transacted, the report of the directors and the financial statements shall be presented. The members may consider and transact any business, either special or general, at any member meeting.

SECTION 2.5 SPECIAL MEMBER MEETINGS. The Board, the president, and the vice-president each have the power to call at any time a special member meeting.

Section 2.6 NOTICE OF MEETINGS. Each voting member must be given at least 14 and not more than 50 days' written or personal notice of any biennial or special member meeting. Notice of any meeting where special business will be transacted must contain sufficient information to permit the member to form a reasoned judgment on the decision(s) to be taken. No error or omission in giving notice of any biennial or special member meeting shall invalidate the meeting or make void any proceedings taken at it, and any member may at any time waive notice of any such meeting and may ratify, approve, and confirm any and all proceedings taken at the meeting. Notice to any member, director, or officer shall be to his or her last-known address recorded on the Corporation's books.

Section 2.7 VOTING. Each voting member present at a meeting shall have the right to exercise one vote. A majority of votes cast by the members present and carrying voting rights shall determine the questions in meetings except where the vote or consent of a greater number of members is required by law or these bylaws. ♦

Join the Primarywave

We would like to invite you to join the Primarywave. Members of the BCTA/NA sit with Primary Respiration and the intention of peacefulness, 1:00–1:30 p.m. EST, every second Sunday of the month, as a way to strengthen our biodynamic community and perhaps encourage a shift toward world peace.

We encourage you to share your experiences during Primarywave with the community. Emails may be sent to sjberman@mindspring.com (Sarajo Berman) with "Primarywave" in the subject line.

Continued from page 4

been put in a leg brace that holds the legs straight and apart.

"Yes," she said, "for nine to twelve months."

As I gently held her right leg, it moved from straight to bent, then pulled up as if for diapering. Suddenly, the words "Baby powder!" came out of my mouth. We both laughed.

She went silent for awhile. I smelled the baby powder so strongly it was as if someone had shaken it right in front of my nose.

My client dropped into stillness for a few minutes.

The next thing I heard from her was, "It is safe."

"What are you meaning, that it is safe?" I asked her.

"I was born in a bomb shelter, in London, with the bombs coming down. I was trying to make myself smaller, to shrink away from all the noise and upset, and I didn't want to even be born, because it wasn't safe. It was a long labor. Now I can feel my body relaxing, more than I've ever felt it before. And the words have come, 'It is safe....Safe to come out now.' I can let go."

After this session, her energy level increased and she was soon able to play tennis without her legs holding her back.

Case 5: A woman with a bipolar disorder who had suffered many traumas came to me seeking help with chronic pain, exhaustion, and weakness. During her first session, we located and tracked a resource, with phe-

nomenal results. Her energy level went up and she was without any pain for several days. The second session, I muscle-tested that she was resourced enough to work on the time that she had almost died giving birth to a child while suffering from severe toxemia, a condition that can be caused by the cells of the body producing poisonous substances. To begin, I asked her to describe her toxemia symptoms, and soon she was tracking sensations. Seated three feet away from her, I smelled something chemical and asked her about it. She told me it was the drug sulfa, which had been prescribed for the toxemia. I was seated across from her, tracking reorganization all over the body while intermittently following the arising of the mid-tide in order to increase potency and Intelligence. After a few minutes, I smelled old cigarette smoke, shortly followed by sweet alcohol.

She told me that a relative who molested her in childhood would first drink sweet vermouth with her and cook her lovely dinners. He also smoked. In her mind this man had been a supportive and loving presence in her life. When she came to see me, she was only beginning to consciously sense that the sex may have been inappropriate, but I suppose that her body had always known and had frozen the substances as well as much of her energy. When she was pregnant, the toxicity from these held substances may have contributed to her toxemia. As we discharged the toxemia, her cells released the sulfa. This opened her neural pathways for discharges related to the early molestation. As many practitioners

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LIFE SHAPES

Biodynamic Craniosacral Foundational Trainings and Advanced Classes

Upcoming Classes in Southern California and Maui

Biodynamic Foundations and Practices

August 17-20 Maui • Dec 3-6 Temecula

States of Balance and Natural Healing Process

Feb 11-14 Temecula • Feb 25-28 Maui, 2009

Restoring Resilience in the Nervous System

Sept 3-6, 2008 or March 11-14, 2009 Temecula

Upcoming Advanced Classes

Social Nervous System March 25-28, 2009

Heart Rhythm, Breath and Bone July 22-25, 2009

For Class Information email lifeshape@aol.com

have discovered, pregnancy and childbirth couples onto earlier unresolved traumas, causing frequent complications during the birth process.

Two days later, she called to say that she was feeling much more balanced than before and that she felt her PTSD was now gone. Because she felt so improved and had no money to pay for further sessions, she did not return, but I have heard from others that she is much more stable now.

Case 6: I was riding a bus in England three decades ago, en route to the airport after attending lectures by a great spiritual teacher. Riding along on the bus, quite relaxed, I suddenly noticed the taste of Novocain being ejected from my gums into my mouth. Dentistry was the farthest thing from my mind at that moment, and yet I felt my mouth going numb, just as it does after an injection at the dentist's office. I began spitting into a tissue and spat repeatedly for about 40 minutes, until finally the numbness wore off. I had been into natural healing for several years at that point, but was still amazed, because I knew I had not had Novocain for 12 years. Which means that my body had been holding the anesthetic for at least that long. Why did it come out when it did? Probably because the spiritual uplift I'd experienced had raised the frequency of my vibration enough to force my body to eliminate some of its denser material, including the anesthesia held in my cells. Trauma to my mouth that I had experienced early in life, and which had not at that time been resolved, may have contributed to holding in the Novocain. I'd like to note here that the release of anesthesia often opens the system for easier discharge of other substances and experiences. Tracking the discharge with the client as well as looking for the potency within it makes the elimination and reorganization more thorough. ♦

The Voice of the Mother

I have heard the voice of the Mother singing in my bones
The back of my baby head resting on mother's chest.
The vibration of her song forming my skull.

Her heart sings me into form.
My mother's heart has known war and death.
The ancestors stand behind her with their weeping.
The suffering of the world is a memory in my cells.
I took it into my body out of love.
My neck holds the suffering of the ancestors.
Today there is a wall in the Holy Land.
Today there is genocide.

Today and everyday I feel the weight of the world
on my shoulders.

Today the voices of the ancestors who starved
and never had enough,
Whisper their conviction of shame and
unworthiness in my ears.

Breathe up to the wall in my ears.
Breathe into the rocks in my shoulders where
I feel so defeated.
Breathe into the closed throat of the little girl
who was told her words were stupid.
And simply open.

Asking my cells to remember the song of the Mother.

Asking the sound of unconditional love
to resonate through my bones.
Cells to align with purpose.
Health to arise.

Beauty remembered.
I become a resonator for Her voice.
She who is stronger than death.
She who cannot be overcome.
She who lives.
She who always returns.
She who passes through all changes.

She is
The ceaseless tenderness,
The gentleness stronger than all pain
Everpresent
Holding

She gives my body shape.
She forms my cells.
She lives through me.
She creates again and again.

A child springs forth from darkness
Who has heard the Song of The Mother
The world is new in my bones.
I am hope from barrenness.
I am life from death.
Again.

Rebekah Crown

More Clarity Around Supervision's Meaning

Linda Kurtz, RCST®, President
Dave Paxson, RCST®, Treasurer

The BCTA/NA policy on supervision has been in place now for two renewal cycles. The questions and comments we on the board have received from members have made it apparent that the intent and the requirements of the policy are unclear to many and that the policy has engendered negative and positive feelings in members in about equal measure. We on the board would like to take this opportunity to try to clarify what is meant by *supervision* and to address the questions and complaints we have received about it.

The Term *Supervision*

Almost everyone agrees that the term *supervision* is unfortunate—it is misleading and has caused a lot of confusion. For many, the word *supervision* brings up a picture of oneself as a subordinate to an authority. Shapes (energetic, emotional, or nervous system patterning based on conditioned experience) are often formed around this power dynamic. For some, the shape brought up by the word *supervision* is big enough to compromise any value that might be gained from a supervision session. We on the board want to make it clear that supervision is *not* about being overseen, evaluated, or judged. It is *not*, in contrast to some other professions (such as physical therapy), about someone evaluating whether you are fit to continue to be credentialed as a therapist. The board that instituted the supervision policy had trouble coming up with a word to embody the policy and finally chose *supervision* because that is the term used in the U.K. for this type of process; apparently, it does not have the same connotations in the U.K. as it does here.

We are asking members for suggestions for a more appropriate term that better embodies the meaning of *supervision* in our context. *Mentoring* has been mentioned, but that term is already used in other fields to describe a different process (that of gaining more skills and knowledge). One suggestion that might work is *personal/professional consultation*.

We recognize that the supervision policy was implemented with little advance notice and insufficient consultation with the membership. This, of course, feeds into issues one might have around power differentials. The current board is committed to talking with and receiving feedback from the rest of the membership before instituting policy changes of a similar nature.

Clarifying the Intent of Supervision

Entering into a therapeutic relationship with someone, or even simply choosing to give advice, creates fertile ground for projecting. We are inclined to *see* what we most need to observe, *speak* what we most need to hear, and *teach* what we most need to learn. Following

these inclinations often leads us to our quickest path to wholeness and healing. These predispositions also affect our relationships with our clients. It is of critical importance that anyone involved in therapeutic efforts keep continued awareness of these dynamics of projection and countertransference and not lose sight of the fact that any therapeutic relationship is as much about the practitioner as the client. This is even more true when the therapeutic mode involves deep listening. When there is deep listening and deep resonance, what is being heard can mean as much for the practitioner as for the client.

A key goal of the supervision policy, one that was not clearly communicated, is to ensure that BCST practitioners are seeking consultation on a regular basis that focuses on countertransference and projection in their therapeutic relationships with their clients. In the counseling field, *transference* is the term used to describe the client projecting onto the therapist, while *countertransference* is used when the therapist is projecting onto the client. The past board felt that the nature of biodynamic practice requires that each of us be engaged in ongoing efforts to improve both ourselves and the content of our practices. Other requirements (such as continuing education, mentoring, or supervised case management) could meet the general goals of general personal and practice improvement, and the board considered these options, but as the board reflected on the deep relational nature of biodynamic work, it became clear that consultation on countertransference and projection deserves top priority.

Therefore, the primary goal of the supervision/professional consultation requirement is that each of us, as RCST®'s, seek regular counsel addressing how our respective practices are affecting us (both personally and professionally), and specifically how countertransference and projection are involved. Such consultation should improve our practices by helping each of us to better hold a neutral space and be more open to accessing and supporting the inherent treatment plan that already exists in a given client's system. While it is preferred that supervision address the above, it may also be about what is going on in your life, even if it doesn't *seem* to directly relate to the work you are doing with clients: The clearer you are in your own life, the clearer and more beneficial your sessions with clients will be. As you address the ongoing issues in your life, the degree of countertransference and projection will diminish and also become more apparent to you.

We invite you to choose a counselor (or counselors) who have the awareness, skill, and intent to meet such a goal. If the therapist you are using as a supervisor is someone who can reflect, mirror, and hold what you bring to the session, then her/his knowledge or lack of knowledge about Biodynamic Craniosacral Therapy

should rarely be problematic. Supervisors do not have to be psychotherapists. Supervisors people have used include RCSTs, somatic experiencing practitioners, enneagram practitioners, and social workers, as well as people with a combination of credentials. Supervision is not necessarily talk therapy; in fact, a session that does not include some component of body awareness will not do much to create change.

Under the supervision policy, supervision must be one-on-one, not group. Group supervision can be useful, but you will not get the depth and individual attention that is necessary to fully and deeply work with the issues of countertransference and projection. This does not preclude you from doing group supervisions, it is just that such sessions can't be used to fulfill the BCTA requirement.

Why Require Rather Than Recommend Supervision?

One might ask: "If I am aware of the pitfalls of countertransference and projection, why can't I use my own judgment, deciding when I need supervision? If I have done enough personal work to know when I do and don't need it, why should the BCTA mandate that I have four sessions a year? In some years I might need no sessions, in others, I might need six." It is the nature of countertransference that it is not always recognized. Thus, you might feel that things are going along smoothly when, in fact, countertransference that is unhelpful to or counter-productive for the client may be occurring. As the saying goes, "Self-diagnosis is a slippery slope."

Some might feel that they have done enough self-discovery to have transcended the necessity for outside input. Others decide to keep their own counsel because they ascribe to the belief that the ability to resolve one's own issues is a sign of deep personal or spiritual development or feel that seeking counsel diminishes them as therapists. The reality is, we need reality checks, and those can come only from the outside. Each one of us has the potential for infinite growth, and while we might get closer and closer to becoming a perfectly realized being, we will never actually reach that mark, at least not in this form. This need for outside, neutral facilitation is one of the underlying premises of BCST—by holding a neutral, appreciative space for whatever is in our clients' systems, we allow them to move closer and closer to that perfection.

Many practitioners have written to us to say that they are grateful for the supervision requirement because they would not otherwise have taken the time to receive what have been invaluable sessions. Certainly one would hope that, with or without a supervision requirement, each one of us would be working with someone on our personal development, as this is part of the biodynamic process and growing as a practitioner and a human. The board doesn't want you to be "supervised"; we want you to be counseled and supported in maintaining awareness

of how much you are a part of the therapeutic relationship. It is so important that one should never get counseling from someone who does not get such counseling themselves.

Legal Issues

There is another reason for requiring supervision / professional consultation. As an organization that certifies practitioners and grants a service mark (RCST®) to those it deems qualified to practice Biodynamic Craniosacral Therapy, the BCTA/NA is *legally* required to ensure that our registered practitioners meet our standards and that we have ongoing criteria for meeting them. We cannot simply award someone their RCST and never require further development. As this work is so much about relationship, supervision sessions in which the supervisee works with the supervisor on issues that the practitioner-client interaction brings up are a fundamental way to ensure that quality care continues.

Sitting with, and New Arisings

The questions and comments that the board has received over the past two years about the supervision policy made it obvious that the intent and requirements of the policy were less than clear. We hope that this article will shed a great deal of light on the nature of and reasons for the supervision policy. Time has been set aside at the biennial member meeting—which will take place at this September's conference—for member discussion of supervision. We hope you will let the information contained in this article digest a while. Then, see what comes out of it for you. Do you have ideas about how to make supervision "better"? Do you have an alternative plan or plans? Are there questions that are still unanswered?

The time at the member meeting set aside for supervision is a time for each one of us, as members and colleagues, to listen to each other, to take in what is being said, to acknowledge it within ourselves, and to give voice where we feel the need to be heard. As with any new information, what we take in will need time to percolate through our individual systems. As what you heard at the member meeting comes to some sort of completion or state of balance within you, we hope that you will pass on to the board and your fellow members your new understandings. The board will (probably next year) reevaluate the policy in consultation with the members, taking into account member feedback, organizational goals, and legal requirements, in order to decide whether to reshape it, tweak it, or institute other or alternative professional requirements.

In the meantime, please feel free to share with us your thoughts and your questions, as well as your ideas for an alternative term. You may reach the board as a whole at admin@craniosacraltherapy.org or you may email Linda at lindakurtz@netzero.net or Dave at davepaxson@aol.com.

For a list of resources, see page 16 of this issue.



Self-regulation mandates listening and space, and arrives organically. Many individuals sense “a lifetime of waiting for this to happen.” The pure waters of space, stillness, silence, and the cosmic void catalyze transmutation. The self drinks of its true essential nature. As one client explained: “When the essence of what is needed

most is met with full attention, a sense of balance and peace arises.”

In the same way as being in a pristine landscape, Biodynamic Craniosacral Therapy reminds me how to live with conscious awareness and presence, dropping into slower rhythms of existence. The natural world deepens my recognition of a universal law of motion, stillness, and the return of motion. Rooted in black, fertile wetland soils, the alder outside my window bends with the wind and the rushing clouds and then returns to stillness after the gusty storm.

Biodynamics embodies a paradigm shift not only in consciousness, but also in simple daily activities. In choosing to see ourselves as whole and not broken, something unique happens. Lives do change by remembering this simple basic truth. It is a shift of intention by a mere two degrees, yet it makes all the difference. ♦

Resources on Projection and Countertransference

Dave Paxson, RCST®

Those interested in learning more about projection, countertransference, and the shadow (discussed in the article “More Clarity Around Supervision’s Meaning” on page 21 of this newsletter) will find a lot of information on the web. Wikipedia offers a succinct definition of countertransference at [wikipedia.org/wiki/Countertransference](http://en.wikipedia.org/wiki/Countertransference).

Most basic texts on counseling and psychotherapy address these topics. One of the best non-academic books on the subject is *Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature* by Connie Zweig and Jeremiah Abrams. It is a compilation of over 25 articles written on the subject, many by folks well known in the therapy field.

Debbie Ford has written some good books for the layperson, including *The Secret of the Shadow: The Power of Owning Your Story*, and *The Dark Side of the Light Chasers: Reclaiming Your Power, Brilliance, Creativity and Dreams*. She also has an excellent workshop on the topic. See www.debbieford.com for a list of books and workshops.

For a more clinical tome, see *Transference and Projection, Core Concepts in Therapy* by Jan Grant and Jim Crawley. ♦

REMINDERS

Name of the Association

The name of the organization is now the *Biodynamic Craniosacral Therapy Association of North America*. Please update your website and written materials.

The acronym is now *BCTA/NA*. Note that there is no longer an *S* in the acronym: B-C-T-A / N-A.

Acronym, Logo, and RCST® Certificates

The logo has been revised to reflect the name change. If you would like a digital copy of the new logo, please email admin@craniosacraltherapy.org.

For an RCST® certificate that reflects our new name, please email angellbt@gmail.com. Allow four to six weeks for processing.

Spelling and Trademark Reminder

The trademark symbol ® serves to distinguish us in the marketplace as highly trained biodynamic practitioners. It indicates that the mark has been awarded to the user and is protected by copyright law. It is required to be used with the RCST designation; thus, RCST®. The approved name and spelling of the modality is *Biodynamic Craniosacral Therapy*.

The ® need appear with RCST only once in an article and once on a web page, even if RCST appears more often. See the Fall 2006 *Cranial Wave*, p 5 for more information.

Testimonials

Please see the Fall 2006 *Cranial Wave*, p 2 or the Ethics Code for permissible types.

2008 Conference Workshops



APPROACHING INTELLIGENTLY: TOOLS FOR CULTIVATING A RELATIONSHIP WITH THE LIVING GROUND

MARGARET ROSENAU (AKA
MAYA KAYA), RCST®, SEP APP,
APPROVED FOUNDATION TEACHER

In this workshop we will honor our cultural perceptions that favor the inanimate and static over the alive and dynamic. Then we will disengage from this way of viewing and together remember and reinvigorate a deeper perceptual knowing that sees the aliveness and potency in everything.

Margaret Rosenau's journey to bodywork as a profession began nearly 20 years ago when she experienced something greater than herself moving her body from within. Her desire to come into greater relationship with this Intelligent presence has guided her ever since. In her study and practice of Biodynamic Craniosacral Therapy, she has found a medium in which to deepen her relationship to this Intelligence. She is a teacher for the Biodynamic Craniosacral Therapy Association of North America and has taught in Canada and the U.S. In addition, she is a Somatic Experiencing Practitioner and Polarity Therapist, as well as a prenatal and birth therapist, and has maintained a private practice in Colorado since 1998.



BEING AND BECOMING FRANKLYN SILLS, RCST

This presentation looks at the nature of the “being” state—that is, the ability to simply be—and its significance in Biodynamic Craniosacral Therapy. This will be approached via spiritual traditions and via the importance of “simply being” in the development of personality and psychodynamics. In this context, the nature of the early holding environment and its influence in the therapist-client relational field.

Franklyn Sills has a background in orthodox sciences and medical research. He was one of the early students of Randolph Stone's Polarity Therapy and studied osteopathic practice and cranial work in the 1970s and early '80s. He has been a formative influence in the cranial field, being one of the pioneers of the biodynamic approach. He also has a psychotherapy background and has helped develop Core Process Psychotherapy with his wife, Maura Sills. Franklyn was a Buddhist monk for a period of time in the 1970s and considers Buddhist teachings the foundation of his approach to being in the

world. He is the author of The Polarity Process and Craniosacral Biodynamics, vols. 1 and 2, and is currently working on volume 3. He is also engaged in a lengthy project to integrate Buddhist self-psychology with western object relations and developmental theories and is involved in writing about and teaching these concepts. His upcoming book is called Being and Becoming: Psychodynamics, Buddhism and the Origins of Selfhood. He teaches on both the Craniosacral and Core Process Psychotherapy trainings at the Karuna Institute in the United Kingdom.



BIODYNAMIC CRANIOSACRAL THERAPY & CONTINUUM MOVEMENT: A PERFECT MARRIAGE

CHERIONNA MENZAM,
RCST®, APPROVED FOUNDATION
TEACHER, AUTHORIZED
CONTINUUM TEACHER

Continuum Movement, like BCST, supports health, taking us deeper than the patterns and habits of our daily lives and histories. Where BCST uses touch between facilitator and client, Continuum involves breath, sound, awareness, and movement. As Emilie Conrad, the founder of Continuum, has developed the work over 40 years, its form and language have changed dramatically. Recently, Conrad has described “three anatomies” that correlate perfectly with the three tides in BCST. References to the field, resonance, and the expression of embryological forces within us are also common to both practices. As a teacher of both BCST and Continuum, I have been fortunate to have the opportunity to offer Continuum to my BCST students as a way to support somatic learning. I have been amazed how easily students settle into the Biodynamic approach after practicing Continuum. This presentation compares the ideas and practice of Continuum and BCST through lecture and experiential exploration. You will have the opportunity to settle deeply within yourself with slow, resourcing movement and to carry this into relationship with another person.

Cherionna Menzam has been certified as a Biodynamic Craniosacral Therapy teacher since December 2007. She is an Authorized Continuum Movement Teacher, certified in Authentic Movement, and has an M.A. in dance/movement therapy from the Naropa Institute in Boulder. In addition, she has a Ph.D. in pre- and perinatal psychology, has completed Ray Castellino's Prenatal and Birth Therapy Practitioner training and is certified in BodyMind Psychotherapy. She lives in Santa Monica, CA, where she has been immersed in writing poetry and studying with Emilie Conrad, the founder of Continuum Movement.



BIODYNAMIC FORCES IN NATURE

PEGGY RENE RISCH, RCST®

Participants will explore scientific and energetic principles of the biodynamic forces that are found in nature. This presentation will be rich in images that facilitate a felt sense of inherent Health and Wholeness that is easily accessible during a Biodynamic Craniosacral Therapy session.

Peggy Risch is a Registered Physical Therapist and Registered Biodynamic Craniosacral Therapist. She received certifications in Germany as a Manual Therapist and Schroth Scoliosis Therapist and trained directly with Gerda Boyesen in her Biodynamic Psychotherapy three-year program. She was introduced to osteopathic manual medicine in the early 1980s at Michigan State University. Peggy has a practice in Mount Shasta, California and has been recognized for her participation in protecting sacred landscapes. She will present at the BCTA/NA conference this September. You can contact Peggy at www.dynamicwholeness.com



EXPLORING THE RELATIONAL FIELD DYNAMICS OF EARLY TRAUMA

PEGGY REYNOLDS-OLSEN, RCST®
SHELLI WORRALL, RCST®

Traumatic events during pregnancy, birth, and early childhood weaken a child's capacity to experience safety, love, and expressions of joy, which are elements vital to their well-being. In this workshop, you will learn strategies to resolve the traumatic effects of birth, strengthen the family connection, and support optimal brain development and secure attachment.



PEGGY REYNOLDS-OLSEN, RCST®

Peggy Reynolds-Olsen has been practicing in the healing arts in the San Diego area for the past 13 years, working with infants, children and adults. She specializes in early developmental trauma and attachment and bonding issues.

She integrates Biodynamic Craniosacral Therapy and Pre-and Perinatal Psychology to facilitate the process of trauma resolution for individuals as well as families. She is a licensed Holistic Health Practitioner, RCST®, and an Approved Teacher with the BCTA/NA. Peggy offers a two year foundation training in Biodynamic Craniosacral Therapy. She is also a Somatic Experiencing Practitioner (SEP) with the Foundation for Human Enrichment. Peggy has completed Ray Castellino's

prenatal and birth therapy training. She is founder and director of the Hridaya Family Healing Center, where she supports families in healing birth trauma and educates parents on this subject.



SHELLI WORRALL, RCST®

Shelli Worrall is the owner of True Essence Center for Wellbeing in Longmont, Colorado. She served four years on the founding board of directors and chaired two conferences for BCTA/NA. She completed her professional BCST training with Franklyn Sills in 1998 and the Castellino Prenatal Birth and Attachment training in 2001. She currently teaches, in addition to seeing clients at her private practice.



LYMPH AND CSF: THE AMAZING FLUID INTERCHANGE

KATHLEEN MORROW, RCST®,
APPROVED FOUNDATION TEACHER

In this workshop, we will look at the anatomy and physiology of the lymphatic system and how it interfaces with the cerebrospinal fluid. Using the biodynamic skills of practitioner neutral and a wide field of perception, we will experience the rhythm of lymphatic fluid at its terminus in the thoracic inlet.

Kathleen Morrow is the director of and a teacher/therapist at the School of Inner Health in Manitou Springs, Colorado, www.schoolofinnerhealth.org. She has 25 years of experience in the field of holistic health.

THE POWER OF ATTUNED RESPONSIVE RELATIONSHIPS

JEAN WEITENSTEINER, RCST®

This workshop takes an integrated approach that focuses on developing "attuned responsive relationship." The focus will be on developing presence and responsiveness within a whole family and its environment. We will use video clips and experiential exercises to develop skills that help us be present in the moment. We will look at case studies on working with families and children to see how Biodynamic Craniosacral Therapy is an integral part of making a difference.

Jean Weitensteiner has worked with individuals, families, and children for 20 years, integrating her skills as an occupational therapist, pediatric neurodevelopmental specialist, prenatal and birth therapist, guest lec-

turer, trauma resolution therapist, and Biodynamic Craniosacral Therapist. She works with infants, children, and adults in her private practice and with adults, infants, and families in a nonprofit research clinic and in early intervention settings.

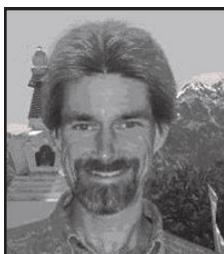


RESONANCE AND RESTORING RESILIENCE IN THE NERVOUS SYSTEM

MARY LOUISE MULLER, RCST®, M.Ed., RPP

Blending concepts from Stephen Porges' social nervous system, HeartMath's carrier wave function, and Biodynamic Craniosacral Therapy's Holistic Shift, we will deepen our understanding of and ability to restore balance to the nervous system.

Mary Louise Muller, RCST®, M.Ed., RPP, is a published author and internationally recognized teacher. She combines her background in Polarity Therapy, specialized kinesiology, somatic trauma healing, and craniosacral therapy into a healing approach that she calls Resonant Healing. Mary Louise has a Masters degree in Counseling and is course director for LifeShapes Programs. She has a private practice in Los Angeles and Murrieta, California. Mary Louise teaches in Switzerland, Italy, Maui, and southern California.

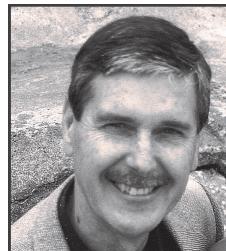


SPIRITUAL IMPLICATIONS OF NERVE FACILITATION

ROGER GILCHRIST, RCST®

This workshop integrates traditional osteopathic concepts with psychoneuroimmunology and central themes from transpersonal psychology. Gilchrist brings his background as a medical psychotherapist and studies in an osteopathic lineage descending from Robert Fulford, D.O., along with interest in all things transpersonal, together in this informative and practical seminar. Biodynamic craniosacral skills that are useful for ameliorating facilitated nerve pathways will be practiced and their broader applications to spiritual growth discussed.

Roger Gilchrist, MA, RPP, RCST®, originally studied craniosacral biodynamics with Franklyn Sills. He has done further studies with osteopaths who are protege's of Robert Fulford. In addition to biodynamic work, Gilchrist is also a Polarity Therapist and transpersonal psychotherapist. Gilchrist is the founder of Wellness Institute, and currently teaches biodynamics in Australia, Europe, Russia, and the U.S.



STRUCTURE IN MOTION—WORKING WITH THE KNEE

CHRISTOPHER MULLER, RCST®, RPP

In this presentation we will use a combined biodynamic/functional approach to the knee. We will look at detailed anatomy; work with stillness, potency, and embryological impulse; listen for unfolding states of balance; and integrate body postures and gaits.

Christopher Muller, RCST®, RPP, of LifeShapes Programs, teaches internationally and has a private practice in Los Angeles and Murrieta, California. He developed the most authentic disarticulated skull available and continues to develop new anatomical, audiovisual, and literary resources to support craniosacral education. Christopher teaches in Switzerland, Italy, Maui, and southern California.



SURFING THE INHALATION IN THERAPEUTIC ARTS

SHARON PORTER, RCST®, SEP, RPP

When seated across from a client, I often attune to the mid-tide and give it special attention on its inhalation phase, which deepens potency and causes the Inherent

Treatment Plan to choose the next priority for work. I note where the inhalation pauses and stay with its energetics as I ask the client what they are noticing. They point to the area where I noticed inhalation pausing and become my partner in working the fulcrum through to reorganization, assisted by sensation-based dialoguing skills. Dialoguing skills quickly increase the subtlety of a client's tracking skills and the progress of the treatment. (Dialoguing is also done on the table.) With practice, psychotherapists and others in the helping professions can learn to follow this arising. I will demonstrate and then support you developing this skill.

Sharon Porter, SEP, RPP, RCST®, is a BCTA/NA instructor and energy medicine trainer. She has developed Somatic Trauma Resolution (STR), which is based on Somatic Experiencing but deeply informed by the cranial and polarity systems and their energy fields. It uses the slower tides as a way to increase intelligence, potency, and fruitful outcome. A more complete description of this seminar is posted on her website, HealthWaveInstitute.com. ♦

Conference dates: September 19–21, Cary, NC
Register online or call Edwin Nothnagel or Carol Verner
Early-bird deadline August 30

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ACTIVE COMMITTEES

These committees generally have at least one board member on them, but should be constituted mainly of members. As you can see, most committees need members. Please volunteer!

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Does one of these topics interest you? If so, please call the chair of the committee. We would be glad for your contributions!