

## Holistic Ways of Healing – Cranio-sacral Therapy

### Gently touching

Holistic ways of healing include Craniosacral Therapy. By gently touching the patient a therapist can change or release dysfunctions and blockages – also, when of psychic nature. The name is derived from the terms cranium = skull and sacrum = sacral bone. Within this area there flows the cerebrospinal fluid, which is renewing itself and is draining away in a certain rhythm and which is also protecting the brain and the spinal cord. The therapist receives indications for existing dysfunctions through this craniosacral pulse – that is to be sensed in the body as are heart- and breathing-rhythm.

The treatment strengthens the endogenous self-healing powers, so that local impairs as well as traumatic discomfort can be eliminated.



Address data

### Indications

adults	children
headaches, migraines, dizziness, insomnia, tinnitus, problems with joints of jaw, whiplash injury	birth trauma
traumatic injuries of skull and sacral bone, inflammatory diseases of the attention deficit disorder central nervous system	sleep disturbances
sinusitis pyosis	developmental disturbance
endogenous depression	learning disorder
general discomfort of the vertebral column, as there are: tension, back- and neck-ache, problems with muscles and joints	attention deficit disorder
gastrointestinal discomfort, constipation, menstrual pains	growth disturbance
	motor disturbance