

We look forward to seeing you and Student at our upcoming CranioSacral Therapy for Pediatrics workshop. The course will be held in Dallas/Fort Worth, TX on Thursday November 12, 2009 - Sunday November 15, 2009, at Holiday Inn Select North Dallas in Dallas, TX.

The focus of the course will be on developing a deeper understanding of CranioSacral Therapy techniques and treatment styles for infants and children. The class attendees as well as the infants and children they bring will benefit from your participation. Our hope is that you will also gain from the participants' clinical experience. The participants in the class are required to have attended at least three levels of training in CranioSacral Therapy prior to this course, and have experience with the techniques.

To learn more about CST, information is available at <http://www.upledger.com/therapies/cst.htm> or by calling us at 1 800 233-5880. Additionally, we've enclosed answers to some commonly asked questions along with information on what a session is like. A packet with more information, including articles on the application of CST on children, will be available at the class.

Accommodations:

Holiday Inn Select North Dallas
2645 LBJ Freeway
Dallas, TX 75234
Phone: 972-243-3363
www.hoteldallastexas.com
Group Rates: Single: \$82 Double: \$82

Directions to the Holiday Inn Select North Dallas:

I-635 (LBJ Freeway) Exit Josey Lane. Located at NE corner I-635 and I-35 (Stemmons Freeway).

The hotel is 10 miles from D/FW International Airport and 13 miles from Love Field Airport.

The hotel has complimentary shuttle service from DFW airport. You can call them on the courtesy telephone at the baggage claim area.

You are an important and integral part of this workshop. The skills the therapists learn at this workshop will help countless children improve their quality of life. We appreciate you taking your time and hope you will find it as beneficial to you child as other parents have.

The week following the class, Sean was more emotionally stable and not having his typical "meltdowns". He was able to sleep in his own bed without getting up five or six times a night.

Julia attended two sessions as a patient for the pediatrics class. My husband, not very familiar with CST, was amazed watching Julia review the birthing process. Julia, who rarely naps, slept deeply after the session.

We also found she was better able to nurse after the two sessions and I believe this is an excellent way to keep Julia happy and healthy.

Madeline's overall health has improved with CST, and even more so since the demonstration. Madeline's head circumference has increased, her vision has improved, she has fewer headaches and generally seems happier and healthier.

Class hours are 9:00 a.m. to approximately 5:00 p.m. daily. We ask that you and Student plan on arriving by 10:45 a.m. on the third day, staying until the lunch break and returning at 1:30 p.m. and staying until approximately 2:45 p.m. Please be prepared to attend a 1/2 hour morning session the fourth day, the scheduling of which will be done before the completion of the third day. You may want to bring toys or books with you to keep your child entertained during the potential waiting periods. The meeting site will have signage near the entrance indicating which room The Upledger Institute meeting is located in.

Please communicate to the referring therapist that Student will be at this program. Enclosed is a demonstration waiver form that assures consent for both parties. Please sign, bring it to the meeting with you and return it to the person coordinating the seminar. Please be aware that some children will cry during the demonstrations and know that you are welcome to ask questions of the therapist during the demonstrations.

Due to the litigious society in which we live, the following disclaimer is provided on the advice of counsel. Attendance at this course requires you to hold The Upledger Institute and its representatives not liable and harmless from litigation for any injury, accident or undesirable effect that may occur at the meeting site, from their equipment, and/or from other attendees.

This is to include, but is not limited to, faulty elevators, slippery stairs or walkways, falling light fixtures, breaking chairs and/or collapsing tables. If you are more comfortable bringing your own equipment, including a treatment table, you are welcomed and encouraged to do so. The Upledger Institute and its representatives are also not liable for any injury, accident or undesirable effect that may occur due to any equipment another party, such as a fellow participant, may bring in. This is to include, but is not limited to, a treatment table that may be shared or be the cause of an accident or injury.

It is also agreed that The Upledger Institute and its representatives are held not liable for any inappropriate behavior or actions by any persons encountered at the seminar. This is to include, but is not limited to, hotel or meeting-site staff, other participants, teaching assistants and UI staff. If you encounter any inappropriate behavior, please notify the instructor or facilitator immediately. If this is not possible, please contact The Upledger Institute office directly.

Feel free to call me if you have questions or concerns.

Sincerely,

Pediatrics Demonstration Coordinator

FREQUENTLY ASKED QUESTIONS ABOUT CRANIOSACRAL THERAPY

How does CranioSacral Therapy work?

CranioSacral Therapy works by helping the body's natural healing mechanisms dissipate the negative effects of stress on the central nervous system.

This is accomplished through utilizing a physiological body system called the craniosacral system, which maintains the environment in which the central nervous system functions. It consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord, extending from the bones of the skull, face and mouth (which make up the cranium) down to the tailbone area (or sacrum). The role of this system in the development and performance of the brain and spinal cord is so vital that an imbalance or dysfunction in it can cause sensory, motor and/or neurological disabilities.

Like the pulse of the cardiovascular system, the craniosacral system has a rhythm that can be felt throughout the body. Using a touch generally no heavier than the weight of a nickel, skilled practitioners can monitor this rhythm at key body points to pinpoint the source of an obstruction or stress. Once a source has been determined, they can assist the natural movement of the fluid and related soft tissue to help the body self-correct. This simple action is often all it takes to remove a restriction. Other times, CST may be combined with other complementary therapies to help restore the body to its optimum functioning level.

What conditions can CranioSacral Therapy help?

Because of its influence on the functioning of the central nervous system, CranioSacral Therapy can benefit the body in a number of ways – from bolstering overall health and resistance to disease to alleviating a wide range of specific medical conditions.

Among CST's largest patient groups are those suffering chronic symptoms that haven't been aided by other approaches. In particular, CST is beneficial to those with head, neck or back injuries resulting from an accident - be it from a car, sports or work mishap, or from a fall. The extremely light touch involved in the application of CST makes it a safe approach as well for children, infants and newborns with early traumas, including birth trauma. They can especially benefit from the timely identification and release of restrictions in the craniosacral system, thereby preventing future difficulties such as learning disabilities or hyperactivity.

Another area of principal effectiveness is with stress-related dysfunctions. Insomnia, fatigue, headaches, poor digestion, anxiety and

temporomandibular joint (TMJ) dysfunction are just a few examples. CranioSacral Therapy works to reverse the debilitating effects of stress by providing the conditions in which the nervous system can rest and rejuvenate. In fact, it's this capacity to reduce stress that's leading an increasing number of people to include CST as part of their wellness routines.

Other conditions for which CranioSacral Therapy has shown to be effective are various sensory disorders. Among these are eye-motor coordination problems, autism, dyslexia, loss of taste or smell, tinnitus, vertigo and neuralgias such as sciatica and tic douloureux.

Is there any condition for which CST shouldn't be used?

There are certain situations where application of CST would not be recommended. These include conditions where a variation and/or slight increase in intracranial pressure would cause instability. Acute aneurysm, cerebral hemorrhage or other preexisting severe bleeding disorders are examples of conditions that could be affected by small intracranial pressure changes.

How many CranioSacral Therapy sessions will I need?

Response to CST varies from individual to individual and condition to condition. Your response is uniquely your own and can't be compared to anyone else's - even those cases that may appear to be similar to your own. The number of sessions needed varies widely - from just one up to three or more a week over the course of several weeks.

When was CranioSacral Therapy developed?

It was in 1970, during a neck surgery in which he was assisting, that osteopathic physician John E. Upledger first observed the rhythmic movement of what would soon be identified as the craniosacral system. None of his colleagues nor any of the medical texts at the time could explain this discovery, however.

His curiosity piqued, Dr. Upledger began searching for the answer. He started with the research of Dr. William Sutherland, the father of cranial osteopathy. For some 20 years beginning in the early 1900s, Sutherland had explored the concept that the bones of the skull were structured to allow for movement. For decades after, this theory remained at odds with the beliefs of the scientific and medical communities. Dr. Upledger believed, however, that if Sutherland's theory of cranial movement was in fact true, this would help explain, and make feasible, the existence of the rhythm he had encountered in surgery.

It was at this point that Dr. Upledger set out to scientifically confirm the existence of cranial bone motion. From 1975 to 1983 he served as clinical

researcher and Professor of Biomechanics at Michigan State University, where he supervised a team of anatomists, physiologists, biophysicists and bioengineers in research and testing. The results not only confirmed Sutherland's theory, but led to clarification of the mechanisms behind this motion - the craniosacral system. Dr. Upledger's continued work in the field ultimately resulted in his development of CranioSacral Therapy.

What is The Upledger Institute?

The Upledger Institute is a health resource center located in Palm Beach Gardens, Florida, that's recognized worldwide for its groundbreaking continuing-education programs, clinical research and therapeutic services.

The Institute was founded in 1985 by Dr. Upledger to educate the public and healthcare practitioners about the benefits of CranioSacral Therapy. It conducts hundreds of workshops throughout the world each year, educating healthcare practitioners of many diverse disciplines in CST. To date, more than 60,000 have been trained. Among them are osteopathic physicians, allopathic physicians, doctors of chiropractic, doctors of oriental medicine, naturopathic physicians, nurses, psychiatric specialists, psychologists, dentists, massage therapists, physical therapists, occupational therapists, speech and language pathologists, acupuncturists, and other professional bodyworkers.

Also located in Palm Beach Gardens is The Upledger Institute, Inc., HealthPlex Clinical Services. This innovative clinic offers both private sessions and unique intensive-therapy programs that address such conditions as migraine headaches, traumatic brain and spinal cord injuries, chronic neck and back pain, emotional difficulties, motor-coordination impairments, stress and tension-related problems, central nervous system disorders, temporomandibular joint dysfunction, orthopedic problems, chronic fatigue, scoliosis, neurovascular or immune disorders, infantile disorders, colic, post-traumatic stress disorder, autism, post-surgical dysfunction, learning disabilities, fibromyalgia and other connective-tissue disorders. In addition, UI HealthPlex provides infancy-to-preschool evaluations and helpful one-day ShareCarer seminars designed for the general public.

For more information about how CranioSacral Therapy works, we recommend the book *Your Inner Physician and You* by Dr. Upledger. In it he explains the origin of his discovery along with specific cases and treatment outcomes. The book also includes a question-and-answer section in which Dr. Upledger addresses some of the questions most commonly asked of him.

How a session is performed?

A CranioSacral Therapy session usually takes place in a quiet, private setting. We recommend that clients wear loose, comfortable clothing. Clients remain

fully clothed, though most choose to remove their shoes. The session is performed with the client reclining on a massage or treatment table while the practitioner stands or sits, positioned at various times throughout the session at the client's head, middle torso or feet.

What you may experience during a session?

Experiences during a CST session are as individual as the clients and practitioners themselves. They also may differ from session to session. At times, a client may deeply relax or even fall asleep; at other times, he or she may talk a great deal, recalling hidden memories or expressing emotions. Some will remain still during the entire session, hardly noticing the practitioner's evaluation and treatment, while others will experience sensations within the body as the evaluation process is carried out.

At various times throughout the session, the practitioner will support a client's limbs and spine while facilitating release of accumulated tension. This process is called energy cyst release or tissue release. During this release, the client might recall circumstances surrounding a past shock, trauma or injury. Releasing and re-experiencing past hurts assists the body in reversing dysfunction and restoring the previous level of mobility. This entire process has been named SomatoEmotional Release.

What you may experience following a session?

Just as individuals experience CST sessions differently, the immediate results can be diverse as well. This relaxed state may cause some to sleep for many hours after a session. Others may experience an increase in energy. Reduction of pain or an increase in function may occur immediately after the session, or it may develop gradually over the next few days. Since CST helps the body resume its natural healing processes, it isn't unusual for improvement to continue weeks after the session. For some there may be a reorganization phase as the body adapts to the release of previously held patterns.

The Upledger Institute, Inc. Demonstration Waiver

MEETING: CranioSacral Therapy for Pediatrics in Dallas/Fort Worth, TX on Thursday November 12, 2009 - Sunday November 15, 2009

I hereby agree to act as a willing participant in a demonstration performed by The Upledger Institute, Inc., for the purpose of public education. I understand that the therapies presented through The Upledger Institute, Inc., are designed to encourage the body's natural healing processes. I agree that The Upledger Institute, Inc., will not be held responsible for any changes that occur during or as a result of this demonstration which may affect my health and well-being in any way.

I hereby release and hold harmless The Upledger Institute, Inc., and its officers, directors, shareholders, agents and/or employees, from any and all actions, causes of action, suits, controversies, damages, judgements, executions, claims and demands whatsoever, in law or in equity, which the undersigned hereinafter may have or which any heir or devisee of the undersigned, hereinafter can, shall or may have, against The Upledger Institute, Inc., and its officers, directors, shareholders, agents and/or employees, for, upon or by reason of any matter, cause or thing related to this demonstration.

Signature: Parent/Guardian

For: Childs Name

Date