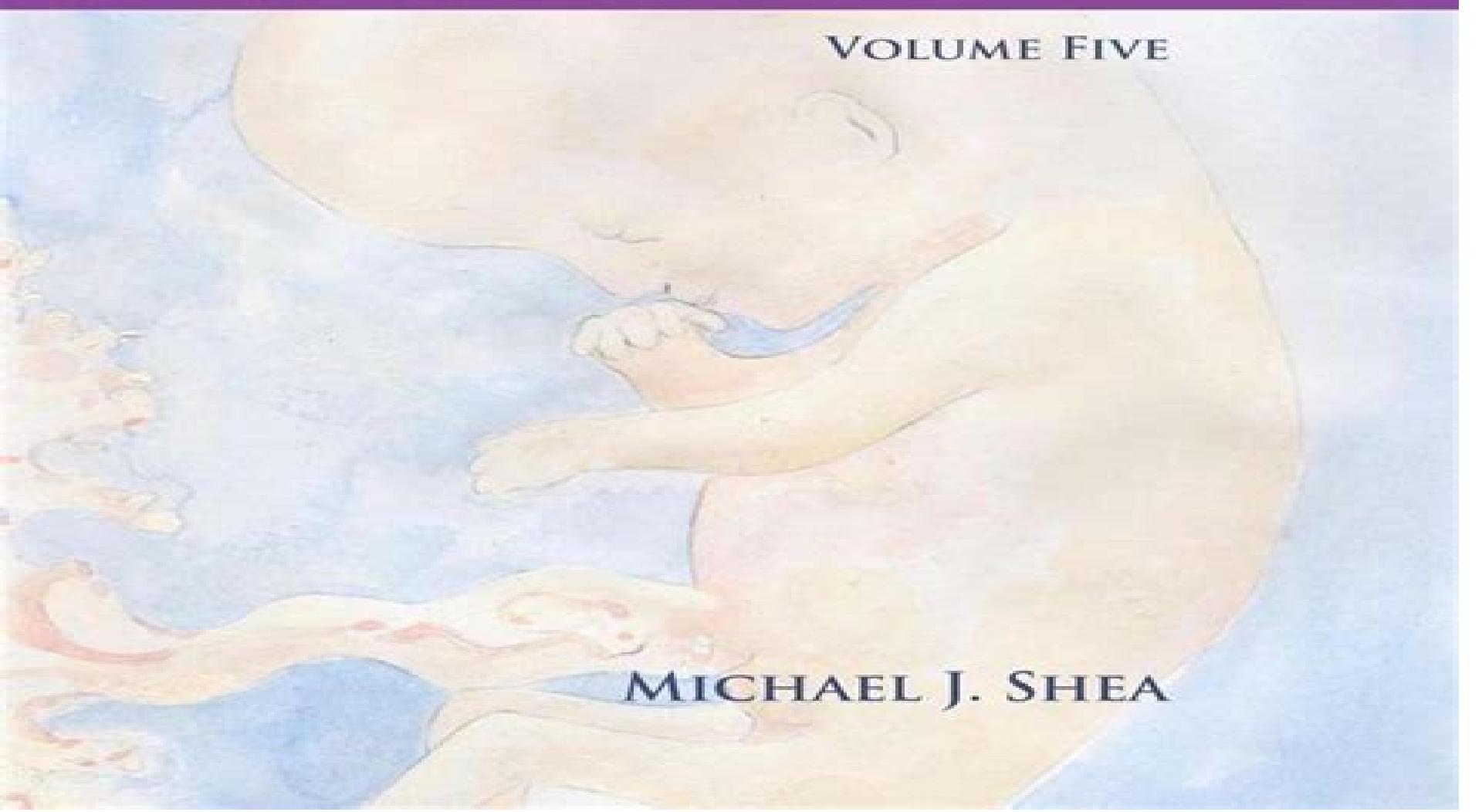


# *Biodynamic* CRANIOSACRAL THERAPY

VOLUME FIVE



MICHAEL J. SHEA

# Biodynamic Craniosacral Therapy Volume Five

**Michael J. Shea, Ph.D., Holly Pinto**

## **Biodynamic Craniosacral Therapy Volume Five:**

Biodynamic Craniosacral Therapy, Volume Five Michael J. Shea, Ph.D.,2013-04-30 In Volume 5 of his innovative series on biodynamic and craniosacral therapy Michael Shea presents invaluable information about therapeutic approaches to pre and neonatal babies in particular low birth weight babies In addition more than 50 meditations on stillness are provided for the benefit of the practitioner The first part of Biodynamic Craniosacral Therapy Volume 5 contains multiple photographs and descriptions of the best ways to make physical contact with low birth weight babies Included are several protocols for babies while they are in neonatal intensive care units as well as protocols for once they have been discharged and are at home Shea also offers insights on therapeutic approaches to babies in utero Using photographs and text descriptions he explains how to position a woman who is pregnant on a table in order to practice biodynamically and which hand positions to use during the session The second part of the volume provides more than fifty meditations and guided visualizations all of which were transcribed and edited from the full foundation training in biodynamic craniosacral therapy These meditations can be used to help the practitioner to establish proper orientation to the body and breath and to balance focused and unfocused attention Lastly mindfulness meditation and the research surrounding it is discussed

## **Biodynamic Craniosacral Therapy,**

**Volume Five** Michael J. Shea, Ph.D.,2013-04-30 In Volume 5 of his innovative series on biodynamic and craniosacral therapy Michael Shea presents invaluable information about therapeutic approaches to pre and neonatal babies in particular low birth weight babies In addition more than 50 meditations on stillness are provided for the benefit of the practitioner The first part of Biodynamic Craniosacral Therapy Volume 5 contains multiple photographs and descriptions of the best ways to make physical contact with low birth weight babies Included are several protocols for babies while they are in neonatal intensive care units as well as protocols for once they have been discharged and are at home Shea also offers insights on therapeutic approaches to babies in utero Using photographs and text descriptions he explains how to position a woman who is pregnant on a table in order to practice biodynamically and which hand positions to use during the session The second part of the volume provides more than fifty meditations and guided visualizations all of which were transcribed and edited from the full foundation training in biodynamic craniosacral therapy These meditations can be used to help the practitioner to establish proper orientation to the body and breath and to balance focused and unfocused attention Lastly mindfulness meditation and the research surrounding it is discussed

## **Myofascial Release Therapy** Michael J. Shea, Ph.D.,Holly Pinto,2014-11-18

Michael Shea one of the foremost experts on myofascial release presents straightforward practical instructions for dramatically releasing pain and restriction of motion in the body's fascia muscles and connective tissue He introduces a soft tissue hands on approach for massage therapists physical therapists and other healthcare practitioners that reduces tension and stress in their clients entire myofascial systems as well as their musculoskeletal and cardiovascular systems Therapists with little or no background in myofascial release and deep tissue reorganization can follow this book's easy guidelines in

order to facilitate substantial orthopedic changes and pain reduction in their clients Illustrated with 70 black and white photos Myofascial Release Therapy includes an at a glance section that provides a step by step procedure for quick reference Each photo is supplemented with instructions as well as with arrows for easy reference in the clinic This book provides the first integration of the verbal visceral and palpation skills of the therapist It also includes work on the viscera as a way of integrating soft tissue work through the abdomen and pelvis While manuals on the bones muscles and viscera have previously been divided into separate volumes this book combines them into one The author offers specific tools and protocols for helping patients destructure past somatic experience and reform it into something healthier He illuminates the interconnectedness between bodies and their relationships to the outside world including how sensations feelings and emotions are organized in the body and how they are coupled to meaning and memory The result of many years of experience and knowledge this book provides compelling evidence that myofascial release therapy encourages more rapid healing response of injured tissue

*Biodynamic Craniosacral Therapy, Volume Three* Michael J. Shea, Ph.D., 2010-11-30 Dr Michael J Shea's series on Biodynamic Craniosacral Therapy is based on healthcare providers physically sensing love and accessing a deep sense of warmth and stillness in the heart He begins this third volume by emphasizing the therapeutic application of touch therapy skills As in the previous two books he teaches these skills by explaining the importance of practitioners being able to perceive Primary Respiration a slow rhythmic tidal movement in the fluids of the body He goes on to discuss the distinctive influence of human embryology on any therapeutic modality A number of other experts in the field contribute chapters that illuminate the spiritual and psychological dimensions of human embryonic development especially the heart Dr Shea offers valuable new skills for anyone from midwives to pediatricians working therapeutically with infants In addition he summarizes current thinking on infant brain development discusses the long term consequences of attachment issues between the mother and infant and explores the importance of understanding the similarities of the mother infant and the therapistpatient relationships

**Biodynamic Craniosacral Therapy, Volume Two** Michael J. Shea, Ph.D., 2008-08-19 The first volume of Biodynamic Craniosacral Therapy presented the basics of craniosacral therapy as a gentle compassionate healing art that can be used by psychologists midwives chiropractors and massage and physical therapists In this second volume author Michael Shea goes deeper into the entire biodynamic paradigm analyzing the relationship of trauma resolution psychodynamics and shamanism and providing practical meditations visualizations and clinical skills to restore physical spiritual and emotional health The book opens by exploring the meaning of biodynamic followed by a discussion of human embryology as a path to healing in any form of therapy This section offers a set of pioneering techniques based on perceiving stillness slow movement as a fundamental healing influence The next section describes the bridge between trauma resolution therapy and biodynamic work establishes a new containment model and offers skills for resolving shock and trauma A special section contains fresh strategies for anyone working with infants and children along with a provocative

analysis linking the infant mother relationship to the patient therapist relationship Finally Shea provides a unique perspective on depth psychology mythology and healing This includes the defining difference between biodynamic craniosacral therapy and all other forms of craniosacral therapy the focus on the nature of spiritual disease and shamanism

Biodynamic Craniosacral Therapy, Volume Four Michael J. Shea, Ph.D., 2012-04-17 Interest in craniosacral therapy has exploded in recent years not surprising given its gentle effective approach to working on the spine and the skull and its cranial sutures diaphragms and fascias The treatment focuses on the 92 percent of the human body composed of living water rather than the eight percent that most therapies address Building on the previous books which explored underlying principles differentiating the components of the practice and combining theory and practice this volume illustrates the evolution of craniosacral therapy over the past 30 years More than 50 hand positions are presented in detailed photographs many with multiple views each of which can be used immediately and effectively Additional chapters focus on the correct use and boundaries of the therapist s hands a precise sequence to follow when practicing biodynamically and working with the therapist s perception of the therapeutic process Written for practitioners in the fields of massage mental health complementary and alternative medicine and chiropractics this book like the others in the series is equally useful read on its own or in sequence **Library Journal**, 2006 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

Foundations in Craniosacral Biodynamics, Volume One Franklyn Sills, 2012-01-10 Biodynamic Craniosacral Therapy BCST is commonly seen as the spiritual approach to craniosacral therapy CST in fact BCST as taught by Franklyn Sills the pioneer in the field is quite different from conventional CST Biodynamic work is based on the development of perceptual skills where the practitioner learns to become sensitive to subtle respiratory motions called primary respiration and also to the power of spontaneous healing Through the Breath of Life which Sills asserts echoes the Holy Spirit in the Judeo Christian tradition bodhicitta in Buddhism and the Tai Chi in Taoism students of BCST learn to enter a state of presence oriented to the client s inherent ability to heal In Foundations in Craniosacral Biodynamics Sills offers students and practitioners an in depth step by step guide to the development of perceptual and clinical skills with specific clinical exercises and explorations to help students and practitioners learn the essentials of a biodynamic approach Individual chapters cover such topics as holism and biodynamics mid tide Long Tide Dynamic Stillness and stillpoint process the motility of tissues and the central nervous system transference and the shadow shamanistic resonances and more **Craniosacral Biodynamics, Volume One** Franklyn Sills, 2012-11-13 Craniosacral therapy is based on the belief that functions of the human system are maintained and integrated by a biodynamic force known as primary respiration or the breath of life Found in the brain spinal cord and bodily fluids this rhythmic pulse promotes healing and health Written for students and practitioners but accessible to lay readers this text presents the fundamental concepts and techniques of a method that redirects the cerebrospinal fluid to areas of

imbalance thus enhancing overall health Volume One covers both the history and conceptual ideas fundamental to Craniosacral Biodynamics as well as the more complex structural and tissue relationships **Foundations in Craniosacral Biodynamics, Volume Two** Franklyn Sills,2012-12-18 Foundations in Craniosacral Biodynamics presents a comprehensive grounding in the clinical skills needed in a biodynamic approach to craniosacral therapy Author Franklyn Sills places particular emphasis on developing what he terms perceptual skills diagnostic skills that enable the practitioner to perceive the subtle sensations and intuitive insights that are the groundwork of most forms of holistic somatic therapy The biodynamic approach has its origins in the clinical exploration of W G Sutherland DO 1873 1954 the founder of osteopathy in the cranial field and forefather of craniosacral therapy In the last ten years of his life his work changed from a biomechanical approach to a fully holistic orientation toward the ordering and enlivening forces present in the human system Sutherland described his experiences of a mysterious presence the Breath of Life from which ordering forces and healing intentions arose His work then shifted from biomechanics to biodynamics from analysis and motion testing to an appreciation of the unfolding of the inherent treatment plan Sutherland encouraged practitioners to use no outside force whatsoever but to allow the inherent ordering forces which he called potency to make the decisions and do the work Franklyn Sills pioneered the biodynamic approach to craniosacral therapy outside the osteopathic profession This approach has now spread around the world in various forms Sills wrote the early books in this field and this new book now brings the text up to date Foundations in Craniosacral Therapy Volume Two expands on the work described in the previous volume starting with an overview of a biodynamic approach to craniosacral therapy which emphasizes the suspensory nature of the human system Here we review and deepen our understanding of the three bodies the physical fluid and tidal bodies We also review and expand upon the suspensory nature of the holistic shift the physical body suspended in the fluid body in turn suspended in the tidal body within the context of the inherent treatment plan The following chapters of the book orient to our earliest life experiences the embryonic period and the pre and perinatal experience with chapters devoted to birth birth dynamics and craniosacral approaches oriented both to birth trauma and to the tissue patterns it generates Here we orient to the prenate and birthing infant as a sentient being having and responding to life experience Further chapters orient to the primal notochord midline and the tissue structures that form around it We explore the dynamics of the pelvis vertebral axis cranial base face and hard palate Volume Two finishes with four important chapters on the neurophysiology of stress and trauma and related craniosacral and verbal skills All chapters include appropriate biodynamic approaches to traumatization and CNS activation

**The British National Bibliography** Arthur James Wells,2007 *Biodynamic craniosacral therapy* Michael J. Shea,2002 **The Journal of the American Osteopathic Association** ,2009 *The Breath of Life* Cherionna Menzam-Sills, PhD,2018-04-17 A unique approach to Biodynamic Craniosacral Therapy a whole body healing therapy focused on working with the forces underlying health and healing Cherionna Menzam Sills draws on her extensive background in pre

and perinatal psychology embryology bodywork Continuum Movement and other somatic therapies as well as years of working with her husband Biodynamics pioneer Franklyn Sills to present this accessible introduction to the meditative healing practice of Biodynamic Craniosacral Therapy BCST This book offers a personal journey of embodied inquiry into each element of biodynamic session work using meditative explorations personal descriptions and illustrations to convey the essence of Biodynamics It emphasizes breathing and body awareness exercises that help the practitioner become more attuned to her own body so that she can create an effective relational field with her client An essential guide for new practitioners students and clients as well as a valuable reference for experienced practitioners this book illuminates the path toward the intelligent formative forces of the mysterious presence called the breath of life and its transformative power for health and wholeness

*Wisdom in the Body* Michael Kern, 2011-08-30 Accumulations of life stresses physical injuries emotional and psychological stresses birth traumas and toxicity can become imprinted in the tissues acting like a videotape that is replayed whenever stimulated Biodynamic craniosacral therapy aims to resolve the trapped forces that underlie and drive these trauma based patterns of disease and suffering in body and mind *Wisdom in the Body* teaches practitioners to develop the finely tuned skills of hands on palpation and perception to sense the body's subtle rhythms and patterns of inertia or congestion with the goal of ending trauma and facilitating the expression of the breath of life A comprehensive introduction to this practice the book draws on the insights of pioneers like Drs W G Sutherland and Franklyn Sills to explain the key principles about the body's natural intention to heal and how this capability can be encouraged A valuable resource for students practitioners and the lay reader the book also includes a foreword by Dr Franklyn Sills

**Biodynamic Craniosacral Therapy** Michael J. Shea, Ph.D., 2016-05-05 This new book by Michael Shea PhD is a revisioning of Craniosacral Therapy in general and its biodynamic application in particular Through a series of new chapters and innovative infographics Dr Shea provides the reader with an important therapeutic bridge between working with the nervous system the so called fluid body and finally into the cardiovascular system The contemporary client is a metabolic client in which their challenges are mediated by the blood vascular system and the heart in particular This book investigates a new paradigm in the ever expanding field of manual therapy and especially Biodynamic Craniosacral Therapy as a compassion based therapeutic methodology

**Craniosacral Biodynamics** Franklyn Sills, 2001 Covering the period c 1200 c 2000 this book provides an innovative investigation of entrepreneurship in a long run historical perspective presenting new insights into the personal characteristics of successful business people and deepening our understanding of the roots of industrialization and economic growth

**Cranial Intelligence** Ged Sumner, Steve Haines, 2010 This new and important textbook demystifies the biodynamic approach to craniosacral therapy and shows how and why it can be so effective at bringing about a natural realignment towards optimal health The authors describe how to respond appropriately to each client's system and how to support deep felt and lasting change in patients

**Craniosacral Therapy ...** Upledger, 1995

**Stillness** Charles Ridley, 2006-12-19 Charles Ridley is known for having refined a version of biodynamic craniosacral work that is nonmedical and nonmechanical. In Stillness he clarifies the three fundamental types of this work: biomechanical, functional and biodynamic. He explains the requirements and pitfalls of each model and how to discern the differences and similarities between them. He guides the practitioner experientially to explore what he is describing and offers exercises drawn from his own practice to help therapists access directly the whole felt body sense that connects each individual with the Breath of Life.

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