

# The Use of Craniosacral Therapy in Ante and Post Natal Support

By Cathryn Brooks RSHom. RCST

"Communicating with babies and children is easy but explaining to parents what I do is much more challenging"



As a trained homoeopath and doula working in North London, I had a busy practice but still felt that I wanted another skill. I wanted to study a hands-on therapy to compliment and deepen my work with mothers and babies. Through an injury to myself, I came to Craniosacral Therapy, a gentle, non-manipulative off-shoot of traditional osteopathy. And the journey began...

2 years later, in 2003 I qualified and began using the technique with my existing clients, in my treatment room.

As therapists, we work with stillness, listening via the cranial touch to what the body is telling us, moving our hands in response to the fluid motion, releasing strains and tensions and helping the body back to balance. Suitable for all ages from babies to the elderly, Craniosacral Therapy can be used to ease a wide variety of conditions. It has been found particularly effective in the field of birth-work from treating mothers-to-be with lumbar back ache, symphysis pubis or emotional problems after previous birth experiences to working with new born babies presenting with suckling difficulties, colic or sleeplessness and excessive patterns of crying.

The forces that move the baby through the birth canal can result in un-resolved compression for the baby's cranial bones, soft and open to allow for movement but vulnerable to twists and torsions that the suction power of suckling cannot overcome easily. Problems that arise and about which the baby will voice its displeasure strongly, have to do with systems or organs that do not get enough space to do their job because of all this pressure. My role is to use the gentlest of touch, maybe even working away from the head where added pressure may exacerbate the problem, to ease the stuckness and help the bones find their way to their own natural place in the skull. Fontanelles remain open to allow for movement and flexibility.

This Therapy is also particularly well suited to the treatment of children with special needs, Autism, Asperger's Syndrome, ADHD, learning difficulties, sleep disorders and bed-wetting.

I will be working at the Self-Centre one Friday per month from 10 am to 2 pm.