
Who Can Benefit?

BCST is suitable for most people of all ages, including infants, children, and the elderly. It provides excellent support for pregnant women and babies in the womb.

What BCST Can Do for You

Because Primary Respiration functions holistically, I can not promise exactly how your sessions will benefit you. This is something we track and discover together. Anecdotal reports from clients do suggest that BCST is an effective form of work for a wide range of health concerns, such as:

- anxiety & stress-related conditions
- back, neck and shoulder pain
- chronic fatigue
- depression
- dizziness and proprioception trouble
- ear-aches
- hormonal issues
- immune system conditions
- insomnia
- discomfort in pregnancy
- TMJ/jaw disorders
- visual disturbances
- asthma
- birth trauma - infants & adults
- colic
- digestive disorders
- dyslexia
- headaches
- hyperactivity
- infertility
- post-surgery recovery
- spinal curvatures
- tinnitus

What to Expect

In a typical BCST session, my clients lie fully clothed on a massage table while I sit beside them. After receiving permission to do so, I will put my hands in various positions lightly on their body. Often I find in a first session this will be at the shoulder, the upper leg, the feet, the head and neck, and the sacrum at the base of the spine. Note that I don't simply focus on the head, or even just the spinal column. It is possible to work with Primary Respiration from anywhere on the body. Clients are usually on the table for 45-50 minutes and the total time for a session is 60 minutes.

What does BCST Cost?

- \$85 Standard rate per 1-hour session
- \$195 For an introductory 3-session package for adults, a discount of 24% is offered!
- \$110 session for infants and children with their family, 1-1.5 hrs (& incl. follow-up phone call for additional ½ hr)
- \$265 For an initial 3-session package for infants and children, a discount of 20%

REFERENCES

Michael Shea, *Biodynamic Craniosacral Therapy, Volume I*, 2007

Franklyn Sills, *Craniosacral Biodynamics, Volumes I & II*, 2001 & 2004

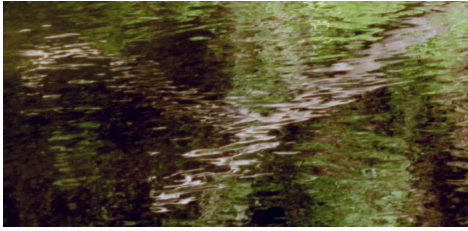
Biodynamic Craniosacral Therapy

with
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What is Biodynamic Craniosacral Therapy?

Welcome to my practice in Biodynamic Craniosacral Therapy.

BCST is a safe, gentle approach to healing through touch, with special attention to settling the nervous system and the treatment of the results from trauma. It directly supports the body's ability to regenerate using the developmental forces at work in us since conception.

Craniosacral Therapy is derived from the approach to health developed in the first half of the twentieth century by osteopath William Sutherland. His students continued to develop this work and now, thanks especially to John Upledger, Hugh Milne, and Franklyn Sills, it has become more widely available outside of the medical treatment room.

What especially distinguishes the biodynamic approach to craniosacral work is its trust in the slowest most stable rhythm found in the body, Primary Respiration. Dr. Sutherland observed how his work became more precise and effective when he allowed this subtle rhythm to guide treatments of his patients rather than imposing his own judgments. This has led to a deep understanding of the nature of health, as actually inherent and never lost in the human body.

The Potency of Inherent Health

Notice how an acorn holds within it the intelligence for developing into a full grown oak tree even through great environmental adversity. In a similar way, our bodies have held since conception the intelligence for our development as healthy human beings. While challenges may arise which impact our health, the innate force of life in us, the Breath of Life, always knows how best to meet these challenges given whatever limitations may be involved.

Think of how a river, in its strong impulse to find its course following gravity, will always find a way around and through whatever rocks, logs and other obstacles appear in its path. The shape of its course may be affected, the strength of its flow may be diminished, but its inherent nature as flow is never diminished.

In BCST we feel with our hands the flow of a client's deep life impulses originating from Primary Respiration, the Breath of Life. We call this movement the Tide, which naturally has patterns of movement and stillness. Remaining respectfully present to this most intimate revelation of a person's aliveness, we attend to a client's inherent health as it reveals itself through the Tide. Patterns of disturbance and imbalance show up, "bubbling" to the surface, and then if they are able, become reorganized and reintegrated as flow, resolving themselves and dissolving. Thus a gentle, powerful transformation occurs. How or why this happens remains a mystery of life.

"Health" literally means "wholeness", as it's derived from an ancient word meaning "whole, undivided", the same source that "whole" "holistic" and "holy" derive from.

BCST Training & The Embryo

Currently the 2-year training of a biodynamic craniosacral therapist includes cross-disciplinary studies in embryology, neurology, attachment psychology, and contemplative spiritual practice, as well as traditional anatomy and holistic somatics.

Embryology has provided a special contribution to this training. Some embryologists have studied the beginnings of human form and concluded that the forces driving the development and health of the human embryo are in the fluids of the body, right down to the cellular level. It's these forces that the biodynamic craniosacral therapist contacts through listening with his or her hands.

From the perspective of BCST, then, our health begins with our origin as an embryo. We can use the force of Primary Respiration still at work in our bodies since the beginning of our lives to find our original, inherent health, first of all, and then to support and enhance our health now through sensing that original health.

Scott's Bio

Scott Engler, MA, CMT, BCST, RCST®, is certified in Biodynamic Craniosacral Therapy, Castellino Prenatal & Birth Therapy, Lomi Somatic Education, and Massage. A long-time student of presence and the nature of healing, Scott began offering sessions in somatic work in 1995 while living at Esalen Institute where he also taught in the Movement Arts program. He has studied Aikido since 1992 and holds the rank of 1st-degree black belt. He lives in Petaluma with his wife, Zuza.