



As a result of September 11, 2001 and ongoing world events, fear, stress and/or emotional trauma have increased in

clients. When threatened or injured by shock or traumatic stress from watching television, reading newspapers or everyday life, body physiology frequently responds by speeding up, stiffening and/or withdrawing. These unconscious defense strategies immobilize parts of the body to prevent further threat or injury.

If these body patterns of dysfunction and held stress particularly in the musculoskeletal system, heart and brain are not given an opportunity to normalize (i.e. spinal relaxation, tissue flexibility, lowered heart rate), different symptoms may occur. Some of these are anxiety, depression, insomnia, visceral dysfunction, chronic pain, headache and numerous other adaptive responses.

When skillful observation of the client's autonomic nervous system is made and craniosacral therapy is applied gradually, stored stress is given the opportunity to release. Participants will learn a new approach to craniosacral therapy using neuro-affective touch. The focus will be on the practical

application of new research with biodynamic craniosacral therapy to increase clinical effectiveness for a wide variety of musculo-skeletal problems.

Note that emotional release work will not be taught. The focus will be on empowering the client to self regulate.

**LEVEL 1:**  
Jan. 19–22 & Feb. 23–26, 2012

### **An Introduction to Biodynamic Craniosacral Therapy: The Keys to Safe Trauma Recovery**

Students will learn clinical practices to sense wholeness moving three-dimensionally in the body and to palpate slow movements in the fluids of the body that support and restore health.

Also covered will be: appropriate therapist/client boundaries; Biodynamic Craniosacral Therapy theory (the view of the body as a primarily a fluid structure of living water, and how it carries its stresses, patterns of resistance and past traumas in these same fluids). The focus of this class will be on the development of the brain and body carried forward

## **Basic Biodynamic Craniosacral Therapy For Trauma Resolution**

CORTIVA INSTITUTE  
A 250 hour training  
Michael Shea, PhD



through life and the clinical implications of traumatic stress.

COST: \$495

**LEVEL 2:**  
April 18–22, 2012

### **Working with the Autonomic Nervous System**

*Learn the effects of traumatic stress on the musculoskeletal system*

COST: \$595

**LEVEL 3:**  
June 20–24, 2012

### **Working with the Heart & Face**

*Learn to repair the social nervous system*

COST: \$595

**LEVEL 4:**  
August 1–5, 2012

### **Working with the Gut & Extremities**

*Learn to reduce the fight-flight response*

COST: \$595

**LEVEL 5:**  
October 10–14, 2012  
**Working with the Heart, Spine & Brain**

*Learn to improve cardiovascular function*

COST: \$595

**LEVEL 6:**  
December 5–9, 2012  
**Working with the Cranial Vault & Base**

*Learn to improve brain function*

COST: \$595

**Registration:**  
Kallie Gough  
Cortiva Institute  
tel: 480.684.1247  
email: kgough@cortiva.com

Michael Shea, PhD, one of the nation's pre-eminent somatic educators and therapists. He has 30 years of experience in Biodynamic Craniosacral Therapy as well as long experience in Gestalt Therapy, Rolfing and trauma resolution therapies. The author of *Biodynamic Craniosacral Therapy, Volumes 1, 2 & 3* by North Atlantic Books, he has taught somatic psychology at numerous massage schools and centers in North America and Europe. He specializes in treating infants with neurological problems. He is adjunct faculty at the Santa Barbara Graduate Institute, teaching embryology in the pre- and perinatal psychology doctoral program. He is a continuing education provider for the Cortiva Institute and his courses are approved by the NCBTMB. He was a member of the Massage Therapy Body of Knowledge Task Force helping to shape the entire field.

**NOTE:** The introductory course is required for entry to levels 2-6. Admission to Level 2 is by approval of Michael Shea following the submission of an application after completion of the introduction (1). The training consists of 200 hours of classroom instruction and 50 hours of clinical practice on clients with traumatic stress.

This program is a pre-requisite for Working with Pediatric Stress and Trauma to be taught in 2013-2014.