

Craniosacral Therapy  
For Athletic Trainers  
(a two part hands-on workshop)

Sunday, April 11 & 25, 2010

**Do you have athlete's who suffer from head, neck or back pain.** Whether acute or chronic, craniosacral therapy can help. Craniosacral therapy uses very light pressure to detect restrictions and restore balance to the craniosacral system. The craniosacral system is made up of the dural membrane that covers the brain & spinal cord and the cerebrospinal fluid contained inside. It has been described as the deepest layer of the fascia. Like fascia, restrictions in the craniosacral system can cause pain and dysfunction and compromise the performance of the musculoskeletal and neurologic systems surrounding it. Craniosacral therapy is an effective treatment modality for head, neck & back pain, including concussions, migraines & headaches, acute & chronic neck & back pain, sacroiliac joint dysfunction and much more.

In ***Craniosacral Therapy for Athletic Trainers – Part 1*** you will learn:

- the anatomy & physiology of the craniosacral system.
- the benefits, indications and contraindications of craniosacral therapy.
- how to assess for restrictions in the craniosacral system.
- how to perform basic craniosacral techniques for the treatment of back & neck injuries.

In ***Craniosacral Therapy for Athletic Trainers – Part 2*** you will learn:

- how to perform basic craniosacral techniques for the treatment of head injuries.

***Craniosacral Therapy for Athletic Trainers*** is taught by Kate Peck. Kate has been a certified athletic trainer for the past 25 years. She spent 10 years on the Sports Medicine staff at Harvard University, as well as being the Head Athletic Trainer at Waltham High School, Regis College and for the New England Blazers Indoor Lacrosse Team.

Kate is also a certified massage therapist and founder of *Journey to Health*. She has been in private practice for 10 years, specializing in therapeutic massage, orthopedic massage, myofascial release and craniosacral therapy. Kate has been treating brain and spinal cord injured patients with craniosacral therapy at Spaulding Rehabilitation Hospital in Boston since 2000.

Class Date: Sunday, April 11 & 25, 2010

Time: 9:00 a.m. – 6:00 p.m. (7.5 BOC Provider Approved hours)

Location: Lasell College  
Wass Hall, Room 23  
1844 Commonwealth Avenue  
Newton, MA 02466

Cost: \$ 150.00 (part 1)  
\$ 275.00 (part 1 & 2)

**For more information and to register:** Go to: [www.thebodyworkeducationproject.com](http://www.thebodyworkeducationproject.com).