

RHYTHM AND TOUCH ASSOCIATION

Program of Study

INTRODUCTION

Craniosacral therapy was developed in the early twentieth century by a small group of Osteopathic physicians. Prime among them was William Sutherland. At first glance, Craniosacral appears to be a set of theories and techniques derived from Osteopathy. Generally, it is softer and more subtle than standard osteopathic adjustment techniques. As the practice evolved, the following ideas became associated more specifically with craniosacral therapy.

- Therapy helps the body heal itself;
- Less is more;
- We follow the inner wisdom of the body;
- We are working simultaneously with many dimensions of a person, not only the physical.

The Rhythm and Touch Program accepts the basic tradition of craniosacral theory and technique. Beyond this foundation, it holds that effective practice requires a broad grasp and awareness of the therapeutic situation. This includes a dual awareness by the practitioner: of self and of client. It involves sensitivity to many dimensions of the therapeutic environment, and a respect for the manner in which the inner process of the client unfolds. Thus, Rhythm and Touch is not doctrinaire. It places the inner healing process of the client above tradition, theory and technique. A continual emphasis is on therapist awareness, the broad view, and trust in the inner process of the client.

We offer a program of study and training reflecting these views. We provide the fundamentals of craniosacral technique. The distinctive character of our program is the emphasis on the overall therapeutic environment, and on the quality of interaction between client and practitioner.

OUR PHILOSOPHY AND GOALS

As humans, we are attuned to the rhythms of life, of conception and birth, of growth and development, of nourishment and healing, of life and death. In our lives we are touched by other rhythms: of injury and recovery, love and hate, of sickness and healing, of joy and sadness.

These rhythms function within the body and the inner being of each individual. They operate on many planes: the physical and emotional, the mental and spiritual. The rhythms of life flow between us in dyads, they flow among families and friends, within communities and between communities. They operate between therapist and client.

Our hope is to become more attuned to these rhythms. As we learn to respect and cooperate with the rhythms of life, we are able to assist in the processes of growth, development and healing. Our theme is to always remain in respectful subordination to the fundamental flow of these deeper rhythms. We hope to reflect these attitudes in the courses that we offer.

As humans, we touch. We touch with hand and heart. Touch may bring pleasure and comfort or pain and sorrow. Touch has the power to reach past skin or muscle to heart and health, to the inner core of the individual and the group. We may touch as lovers, as friends, as helpers and as therapists. We hope to learn to touch in ways that promote well being, health and freedom of spirit.

We are a organization of teachers and therapists who wish to promote these sentiments. We represent a variety of life experiences, of therapeutic training or inclination, and manner of expression. Bonds of mutual respect and affection join us together in our work. We offer courses or workshops for individuals intent on expanding their perception of self and others. Our courses are open to advanced therapists, to beginners and to lay people.

ORGANIZATION

We are an association of therapists who love this work and enjoy working together and sharing it with others. We are a living organization.

Program Director: Anthony P Arnold, PhD

Swiss Program Director: Ursula Spescha-Brosi

Advanced Study: Theresa Dätwyler

COURSE DESCRIPTIONS – THREE LEVELS

THE FOUNDATION OF CRANIOSACRAL BODYWORK

Rhythm and Touch I. A structured approach to touch and release.

Rhythm and Touch II. Structure and movement in the bones of the face and head; working with freedom within structure.

Hearing the Inner Voice. Recognizing process; responding to the inner dialog.

SKILL DEVELOPMENT IN CRANIOSACRAL BODYWORK

Freeing the Pelvis and Shoulders. A return to the torso; blending activity with stillness.

Therapeutic Dialog. The power and influence of words.

Deepening Therapeutic Practice. Becoming aware of the total therapeutic environment.

Craniosacral with Parent and Child.

Assistant Program. Rejoin courses to support and learn.

PERSONAL AND PROFESSIONAL INTEGRATION

The Heart of Healing I

The Heart of Healing II.

CERTIFICATION

Students may participate in these courses in pursuit of a Certificate as Craniosacral Practitioner. Our certification program is tailored to the needs of prospective practitioners in Switzerland. The courses listed previously are the framework of our training. A more detailed description of courses follows.

Along with the actual course participation, we require involvement in Supervision Sessions and in the Assistant Program, Exchanges with other students within our program, and documentation of therapeutic sessions. Certification is attained through an examination and practical demonstration.

Consultation with the Program Directors is an important part of the training. This applies to all students.

RECOMMENDED HOURS OF STUDY:

Craniosacral Courses	300 Hours
Sessions with advanced therapists	20 Hours
Supervision	30 Hours
Exchange with other students or therapists	60 Hours
Client sessions	100 Hours
Total	510 Hours

These hours are recommendations. They are required for certification in Switzerland. Individual students may benefit by more or fewer hours in a specific group. The actual program for each student is developed in consultation with the Program Directors.

Protocol – This is a brief documentation of each session. Indicate date, name, symptoms or reason for session. A diagram of symptoms and impressions is optional. There is no formula for this. The intent is that the protocol be meaningful to the practitioner.

SUPPLEMENTAL STUDY

In addition to the core program of craniosacral, it is important that students develop a broad knowledge of human anatomy, physiology and the context of therapy. They may participate in courses offered in other training programs or educational institutions. Alternatively, they may show that they are current practitioners, certified in another form of body therapy or medical practice.

RHYTHM AND TOUCH COURSES IN DETAIL

THE FOUNDATION OF CRANIOSACRAL BODYWORK

RHYTHM AND TOUCHSM I. A BASIC COURSE IN CRANIOSACRAL THERAPY.

A Structured Approach to Touch and Release

This is a beginning course in the art of healing through gentle touch and intuition. It presents a fundamental understanding of the inner process of healing based on craniosacral therapy. The student learns the structure of a full session in the craniosacral style.

Course content: Initiating contact through the Listening Stations; Release positions of the body, including pelvis, respiratory diaphragm; thorax and shoulders. Release positions for the head, including occiput, frontal, parietal, sphenoid, temporal bones and the lower jaw.

The focus from the first hour is on self-awareness, movement and comfort as the technical positions are demonstrated and practiced. As the course progresses there is special focus on recognizing and assisting in the process of therapeutic release. From this, students move to a familiarity with the craniosacral rhythm.

Text: Anthony Arnold, **Rhythm and Touch, a Handbook of Craniosacral Therapy**, Part I. Self published, Santa Fe, NM, revised, 2001.
German and Italian translations available.

Time: Four days, about 28 hours.

RHYTHM AND TOUCHSM II. SPECIALIZED ASSESSMENT IN CRANIOSACRAL THERAPY.

This course builds on the first, and on the subsequent experience of the therapist. Throughout there is an emphasis on developing greater freedom and spontaneity within each session. There is an emphasis on light touch, giving space to the client, providing a safe healing environment for both client and therapist.

The technical aspects: We look in detail at the structure and function of the bones, tissues and openings that form the cranial base. These include the occiput, the temporal bones, and the sphenoid as it relates to the other bones of the cranial vault.

We move from the cranial vault to the bones of the mouth and the face. We learn to recognize movement and assist in the release of the sutures or joints around the maxilla, vomer and zygoma. Techniques include work inside and outside the mouth. Because of the sensitivity of the mouth and face, there is special emphasis on the comfort and confidence of both therapist and client.

This course presumes the Basic Course and several months practice.

Text: Anthony Arnold, **Rhythm and Touch, a Handbook of Craniosacral Therapy**, Part II. Self published, Santa Fe, NM, revised, 2001.
German translation available.

Time: Four days, 28 hours.

HEARING THE INNER VOICE

Developing familiarity with process: responding to the inner dialog.

With Dr. Anthony P Arnold

There is a subtle, non-verbal communication between people, which influences our feelings, behavior and verbal dialog. In body therapies, this non-verbal communication provides important cues to the practitioner. Thus, the “inner voice” is actually a dialog. It is the total range of non-verbal signals passing between client and practitioner. As we learn to recognize and attend to these signals, we are able to attend more closely to the underlying process of healing.

This class is an opportunity for experienced students of craniosacral to work together, while deepening their ability to attend and respond to nuances of process. We will consider what are the cues or signals naturally occurring within a session, and how we can be open and receptive to these signals. Understanding how to listen, we will consider how the therapist responds appropriately.

The course leader, Dr. Anthony P. Arnold, has more than forty years training and experience as a therapist, including twenty years working more directly with the body. He brings a mature view of how the body therapist can integrate both verbal and non-verbal communication into the total context of therapy.

This class builds on previous courses and on the experience of the therapist. Both the Basic and the Second Course are required for participation.

This class is the foundation for the Dialog course. It is recommended before Heart of Healing.

Three days. Approximately 20 hours.

SKILL DEVELOPMENT IN CRANIOSACRAL BODYWORK

FREEING THE PELVIS AND SHOULDERS IN CRANIOSACRAL THERAPY

With Anthony Arnold

In this course, we return to the torso, and especially to those two regions that are often of concern to clients: the lower back and the shoulders. Furthermore, we return with a new level of activity. In our previous work, we have learned to be attentive to non-verbal signals, to give space and to follow the inner process. Our work has been very quiet and subtle.

Yet, both client and therapist often benefit from a more obvious movement of muscles and joints. In this course, we learn to work more actively, yet to retain the qualities of touch, respect and process orientation that has marked our work until now. We will review the muscular and bony anatomy of the pelvis and torso. Working with the gentle touch and intuition of craniosacral therapy, the course explores a variety of more active methods for assessing and releasing these structures.

Available to therapists who have completed both the Basic and the Second Course.

Three days, about 20 hours.

THERAPEUTIC DIALOG

With Anthony Arnold

In this subtle form of work, dialog is a continuous ongoing process. It is founded on attentiveness to the “inner voice”, the manifestations of change and process in both practitioner and client. Effective verbal dialog remains consistent with the inner process. It can be guided by an awareness of the power of conscious dialog, by an understanding of the workings of suggestion and the “unconscious mind.”

In this course, we will attempt to understand how the mind works while in a deep state of relaxation, an altered state of consciousness. We will practice the formulation of conscious conversation that enhances gains, empowers the client, and offers constructive direction – based on process, on the here and now experience of the twosome. This course will help the therapist to develop greater skills and awareness in the use of words, gestures and presence while with the client.

Required: The foundation courses, including Hearing the Inner Voice.

Two days, 14 Hours

DEEPENING THERAPEUTIC PRACTICE AND AWARENESS

With Anthony Arnold

In this workshop we will look at the elements comprising a therapeutic environment, including some of the following:

The importance of a sense of safety or security within the therapeutic context;

The recognition of individuality or clarity of boundaries within a session;

The practical meaning of respect for the client’s inner process;

How to cope with the needs of the therapist within a session;

Required: The foundation courses in craniosacral therapy.

Two days, 14 hours.

ASSISTANT PROGRAM

At the beginning level, student assistants participate as class members. It helps everyone to have more experienced students mixing with the newer students. The assistant is able to repeat the class, gaining from both the theory and the practice.

Student assistants may also observe the class, to learn by watching.

At some point, assistants can help new participants with hand position, body awareness or posture. This is a new learning for many - how to offer constructive suggestions, then give space for the student’s process of discovery. It often requires some special instruction from the teacher.

Eventually, some assistants can help to teach.

Fees vary, depending on the country in which the courses are taught.

Qualifications

A person may participate as a student assistant who has taken the Foundation Courses. Two or more courses must have been with Rhythm and Touch Association. Thus if the basic courses were with another teacher, then some advanced courses must have been Rhythm and Touch courses.

Registration as Student Assistant

Students who wish to assist join a “waiting list” for the course. We will decide how many assistants may attend as we receive registrations from regular participants.

Dr. Anthony Arnold or the course teacher gives approval to attend in this capacity.

Registration to Repeat a Course

If a student wishes a guaranteed place in a course, he or she may register to repeat the course at 50 % of the ordinary course fee.

PERSONAL AND PROFESSIONAL INTEGRATION

THE HEART OF HEALING I

With Dr. Anthony P Arnold

“Heart of Healing” recognizes that we are on a journey of discovery. Independent of our educational formation and technical training, we wish to respectfully follow and support the healing process.

We wish to look beyond the physical procedure, to study the inner process manifested by the body. We seek to open our perception to the messages transmitted, to the subtle changes manifested as the person experiences the process of release, balancing, integration.

This gathering in a residential setting combines the elements of retreat, holiday and experiential learning. Experienced practitioners learn and share as they work with one another.

This course is for therapists who have completed the foundation courses in craniosacral therapy and have been actively practicing for at least a year. Prospective participants who have trained with another school of craniosacral may seek to join this course. Usually, they are requested to attend one or more Rhythm and Touch courses in preparation.

Time: Four days, 30 hours.

HEART OF HEALING II

This workshop is open to practitioners who have previously attended Heart of Healing, with Tony Arnold. Therapists who are using craniosacral have the opportunity to meet together, sharing their skills and experience in an advanced learning situation.

Themes of the workshop will unfold in response to the group. These themes may include:

- presence as therapist and as group member;
- forms of communication in body therapy;
- the “inner voice;”
- qualities of the therapeutic relationship;
- qualities of a healing environment.

Requirements: Invitation to attend based on previous participation in Heart of Healing..

Active therapeutic practice, with some regular use of craniosacral therapy.

Four days, 30 hours.

ADVANCED STUDY:

VISCERAL COURSE I Available in Switzerland only.

With Theresa Dätwyler