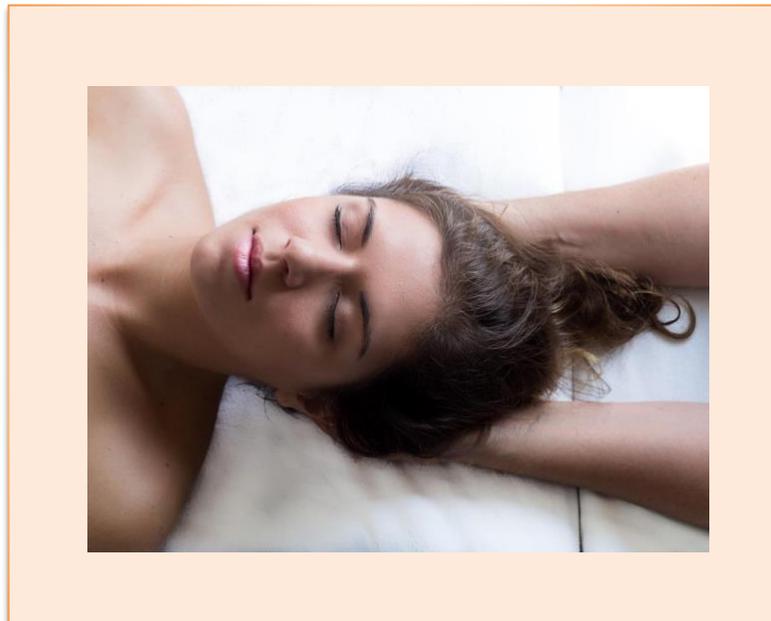


CRANIOSACRAL BIODYNAMICS PRACTITIONER TRAINING

Become a Registered Craniosacral Biodynamics Therapist



With Rebekah Crown, BCST, RCST®

"I truly know my body to be my home and a source of power and magic. It is my deepest desire to radiate this in my work and lead others into this awareness". Rebekah

Dear student,

I am proud to be able to present such a complete and in-depth course. I discovered Craniosacral Therapy in a weekend workshop in 1998. I was immediately fascinated and wanted to dive deeper. In 2002, I took the full foundation training in Biodynamics. I knew right away I wanted to teach and bring this work to a wider public. Although well known in Europe and the West coast of the US, trainings and practitioners are few and far between in Canada.

What I like about Craniosacral Biodynamics is that it is on the forefront of developments in bodywork and is constantly evolving to include new discoveries in science and in consciousness. The Biodynamic approach resonates deeply for me and I hope it will for you too.



This work has been a journey, a landscape I have traveled through. It is not a theoretical approach but a deep transformational process, something I have lived. The understanding of our own beautiful instrument is often missing from most people's education yet it is such an important piece of knowledge.

What I want to share with you are many years of experience in bodywork and BCST that have given me a vast understanding of the countless dimensions of the human body. The idea of working with a person's inherent health feels natural and empowering for both client and practitioner. You'll experience how this gentle and respectful approach to human suffering is both safe and compassionate. Compassion is an active practice. It is the "technology" of spirit. It is my intention to offer these tools and insights to the up coming generations. For those who wish to work with clients, you will gain a powerful and complex set of skills. Whether or not you become practitioners, this knowledge will resonate into your life and transform you and those you touch. The work itself can be adapted to people of all ages and in all conditions.

The atmosphere created in a room where people are being fully present for one another is unique. It is a privilege to be together in this profound and intimate way. The people you meet here will truly touch you. The course time is very full so I wish to create a space for being together in a more relaxed way. The time we spend in this sacred space becomes a touchstone for the rest of our life. It becomes a living memory of wholeness. In times of turmoil, we have this sacred moment alive within us when needed and we can return again and again to that radiant stillness.

With joy,

Rebekah Crown

TRAINING STRUCTURE

This is **700-hour** course training. It is an extensive, in-depth training and it leads you to be a Certified Practitioner recognized by the BCST association of North America. We're currently recognized by Quebec associations: Ritma and ANN and we're discussing recognition with others. We're bilingual. We alternate languages, so we offer French and English trainings every 2 years.

Our BCST Training is given in **12 seminars of 4 days each (with the exception of 2 that are 5-day seminars) over a 2-year period approximately**. This pacing offers both the intensive group study experience and time between seminars to practice skills, complete home study and fully integrate the material. Care is taken to create a safe container for students to trust the healing process.

- **350 hours in class:** This is a carefully layered presentation of material and supervised practice of BCST skills given through 12 seminars of 4 days each (except for 2).
- **150 hours practicum:** Between seminars students practice skills learned with people other than classmates. These are unpaid sessions and the clients are informed that the practitioner is in training. These sessions are written up and turned in to the teaching team for review.
- **150 hours home study:** Reading of texts in the fields of BCST, cranial osteopathy, trauma resolution, anatomy and pre and perinatal development. Drawing and modeling of anatomical structures will be practiced.
- **40 hours - Clinical project:** Students work with one client for 10 sessions, write up all sessions, research a specific condition the client presents and record how the healing process progresses through the BCST work.
- **10 hours of sessions received:** Receive 10 sessions from an RCST practitioner.
- **Final exam:** this is an open book exam given during seminar 12 graded on a pass/fail basis.

Pre-requisites:

- - **Association receipts:** For the moment, our training is recognized in the massage and naturopathy category at RITMA, ANN and AMTMDL. In Quebec, it is necessary to have 1000 hours in massage therapy. Our training offers 700 hours. Check with them to find out how to get your 300 additional hours. However, since most of our students are practitioners, they already have their 300 hours for having taken several courses for their practice. Our main organization is BCTA/NA (<https://www.craniosacraltherapy.org>) which covers the USA and Canada and we are currently in discussion with other associations in Quebec.
- **Session:** Before the training, students must receive at least 1 session from a certified practitioner of BCST.
- **Interview:** An interview with Rebekah Crown will be necessary either in person or over the phone (or SKYPE for those that are not in Montreal) prior to registration.

What you'll learn:

- Biodynamic principles of Breath of Life and Primary Respiration
- Embryology, birth and the universal force of nature
- Biodynamic verbal and listening skills
- Craniosacral anatomy and much more

And develop:

- Open hearted presence and a sublime body awareness
- Advanced subtle perception and touch
- Reconnection with inherent health and deeper sense of self
- Cutting edge skills to complement your practice for your client's wellbeing

Teaching methods: In all seminars, you'll enjoy a balanced mix of meditative practices, lectures, theory, visual presentations, movement, small group exercises and hands on supervised practice. You will also have the opportunity for deep personal growth and to create connection with an international community of practitioners.

Support and coaching: Teaching assistants will oversee home studies and be available if needed.

Community gatherings are possible in our large light-filled loft in the Mile End area of Montreal one day between 2 seminars to get together in whatever way you choose. There is a mini kitchen. The tables and material will all be available as well as a library of Anatomy and Cranial books. It could be a time for exchanges, group study or a potluck and dance party.

Our loft: Courses and sessions are given in our large light-filled loft in Mile End, Montreal at 5333 Casgrain #707. The Mile End is a very nice area. Some call it the Soho of Montreal!

Intro and advanced Workshops: A few introductory workshops are given throughout the year to give you an opportunity to experience the work and also see if the Professional Training is for you.

Who is it for? Open to all bodywork practitioners, osteopaths, massage therapists, yoga teachers, midwives, nurses, who wish to complement their practice, become BCST therapists or simply for someone who is looking for balance and harmony in their own health.

TRAINING OUTLINE

Seminar 1: Preparing the ground

Seminar one is health and resource oriented. Emphasis is placed on the preparation of the practitioner, creating safety, negotiating appropriate contact. Establishing a connection to our own sense of wellbeing is essential to the therapeutic relationship.

Content:

- History and evolution of the work
- Building a safe therapeutic relationship
- Resources and developing the felt sense
- The practice of presence
- Dynamic Stillness
- Orienting to health
- Establishing a wide perceptual field
- Practitioner neutral
- Practitioner fulcrums
- Intro to the relational field
- Beginning practitioner verbal skills
- Exploring touch history, nurturing touch/toxic touch
- The ritual of contact
- The Breath of Life, Primary Respiration and Biodynamic principles
- Anatomy and physiology of Primary Respiratory mechanism
- Palpation and perception; general listening contacts, Pieta and feet

EDUCATIONAL OBJECTIVES OF SEMINAR ONE - Students will be able to:

- Recognize their own state of activation or settling
- Understand what they bring to the table in relation to contact
- Negotiate boundaries in the therapeutic relationship
- Access the principle of resource for self-regulation
- Practice different listening positions
- Settle into stillness

Seminar 2: Re-Membering Wholeness

In seminar two, we begin to elaborate on Biodynamic Principles and put them into practice. Listening and verbal skills deepen. Sensing Primary Respiration becomes more evident and specific.

Content:

- The 3 settlings
- The suspensory nature of the three bodies
- The holistic shift
- Orienting to the whole
- Perceiving the unit of function of tissue, fluid and potency
- The Breath of Life and the 3 tides
- The fluid body and mid tide
- Anatomy of the neurocranium, structural and functional relationships of cranial bones
- Mobility and motility
- Cranial bowl motility
- Sphenoid/occiput: orienting to SBJ as an automatically shifting fulcrum
- Vault holds
- Stillness and the inhalation process
- Verbal skills: using resource and developing the felt sense with the client
- The inherent treatment plan part 1: Trusting the Breath of Life and Primary Respiration

EDUCATIONAL OBJECTIVES OF SEMINAR TWO - Students will be able to:

- Recognize client's state of readiness
- Recognize states of neutrality and unity
- Sense primary respiration in specific structures and the whole
- Orient to what the client's system is expressing
- Be in comfortable contact with the person's head
- Use verbal skills to facilitate autonomic nervous system regulation



Seminar 3: Inherent Health and History

Seminar 3 explores the interaction of the universal forces of nature, and the forces of life's conditions within our being. We learn how we hold our history in the body and learn to support the natural processes that restore health and balance.

Content:

- Biodynamic and biokinetic forces
- History and health as expressed through Primary Respiration
- Natural and inertial fulcrums
- State of balance and systemic neutral
- Becker's 3-stage process
- Anatomy: Reciprocal tension membrane, Dural tube
- Contact at the sacrum
- Occipital hold
- Pelvic dynamics
- Stillness and the exhalation process
- Practice management: resource-oriented intake interview and form

EDUCATIONAL OBJECTIVES OF SEMINAR THREE - Students will be able to:

- Students can now differentiate between conditional motion and expressions of health.
- Students will be able to recognize the inherent healing intention and orient to what the client's system is expressing.
- Students can now support client to orient to health during the intake interview.



Note: Dates may be subject to change as well as the course outline

Seminar 4: Reflections of the whole

Seminar 4 presents the interesting challenge of holding a very specific part within the perspective of the whole. This is a principle of the work, which takes a more refined sense of perception and creates a profound shift in consciousness.

Content:

- Natural Augmentation Process: Space, fluid drive, lateral fluctuation
- Anatomy: cranial base and its foramina, sutures, temporo-mandibular joint,
- Cranial base dynamics
- TMJ dynamics
- Pelvis and sacrum in relation to the cranial base
- Transverse diaphragms
- Holding the part within wholeness
- Inherent treatment plan unfolds: the perspective of wholeness

EDUCATIONAL OBJECTIVES OF SEMINAR FOUR - Students will be able to:

- Have the ability to sense detail AND wholeness at once
- Have skills for working with inertia in specific structures
- Work with the cranial base and TMJ in a non-directional way
- Understand and perceive how the system naturally augments health
- Be able to cooperate with the inherent forces of health and support their expression
- Deepen the art of listening
- Have more tools for integration

SEMINAR 5 (5 days): A Hero's Journey (Embryology)

Seminar 5 presents embryology as a template of forces at work in the adult. This seminar presents more process-oriented work where students have an opportunity to explore their own preverbal experience.

Content:

- The original Matrix
- Embarking on a journey into form
- Exploring our own experience from conception to implantation
- Embryology, conception to 4 weeks
- Side lie, sacrum occiput, sacrum ethmoid, holding the embryo

EDUCATIONAL OBJECTIVES SEMINAR FIVE - Students will be able to:

- Understand the movements of human beginnings and recognize these in the adult
- Have an experience of the beginning of our own intrauterine journey
- Recognize where the body is holding unresolved experience and allow it to resolve into wholeness
- Have tools to facilitate integration



It is important for us to create a safe place to learn the skills, to experience the power of stillness, to be able to listen with compassion, empowerment and joy, going deeper into the heart of healing. It is a process that requires commitment and trust.

SEMINAR 6: Vertical forces

Seminar 6 looks at the vertical forces at work in the human system. We explore their development, structure, relationships and movements.

Content:

- Midline concepts and the felt sense: primary midline, quantum midline, fluid midline
- Anatomy of the spine: atlanto-occipital (A/O) joint, cervical, thoracic, lumbar vertebrae, lumbosacral junction
- Occipital triad (occiput, atlas, axis) relationships
- Cervical relationships
- Thoracic relationships
- Lumbar and lumbo/sacral relationships
- Clinical skills with fluids and potency, augmentation, inertial Fulcrums, states of balance, stillness

EDUCATIONAL OBJECTIVES SEMINAR SIX - Students will be able to:

- Perceive and orient to different midline dynamics within themselves and the client
- Use their acquired skills to support healthy vertebral dynamics
- Understand the spine and midline as part of the whole

SEMINAR 7: Birth dynamics

Seminar 7 explores the experience of being born from somatic, emotional and spiritual points of view. We approach birth as an initiation that has effects on our present-day body/mind. We explore how to support resolution into health of this whole experience. Long tide is introduced and we enter into the realm of oneness.

Content:

- Embryology 4 weeks to birth
- Birth stages from baby's point of view
- Pre-natal trauma
- Impact of birth on life
- Physical breath in relation to birth process, breathing through the process
- Cranial base patterns in relation to birth process
- Intraosseous patterns
- Orientation to long tide and the tidal body

EDUCATIONAL OBJECTIVES SEMINAR TEN

On completion of this seminar, students will be able to:

- Have begun resolution of their own birth experience
- Recognize and support resolution of the forces at work on the adult which come from the birth experience
- Be able to enter into long tide as a unifying practice

SEMINAR 8: Meeting the world (Facial dynamics)

Seminar 8 focuses on the face. This is a part of us that develops from birth throughout childhood. We learn the structures, their interactions and how to support resolution of impact or inertia in this area. This seminar introduces the concept transference/countertransference in the therapeutic relationship.

Content:

- Anatomy: the viscerocranium,
- Embryology: the pharyngeal arches
- Facial bone dynamics
- Hard palate
- Hyoid bone dynamics
- Resolution of inertial forces in facial structures
- Working in long tide
- Practice management: shadow, transference counter transference

EDUCATIONAL OBJECTIVES SEMINAR SEVEN - Students will be able to:

- Recognize and support resolution of inertial forces in the face
- Identify transference and countertransference and know when to receive support for themselves
- Work according to the inherent treatment plan
- Work within the tidal body

SEMINAR 9: Nervous system –(I)

In seminar nine, we look at the ventricles of the brain and learn about the brain's fluid circulation. We learn a process for supporting optimum fluid circulation. Issues of chronic pain are explored within the biodynamic approach. Skills for supporting equilibrium in the system are practiced.

Content:

- The ventricles of the brain and venous sinus system
- Encouraging venous sinus fluidity
- CNS motility
- Understanding nociception
- Nerve facilitation and states of balance
- Practice management: setting up a private practice in BCST, manifesting your vision

EDUCATIONAL OBJECTIVES SEMINAR EIGHT - Students will be able to:

- Understand and be able to support enhance fluid circulation in the cranium.
- Develop skills to work with chronic pain and nerve facilitation.
- Students begin to envision their own practice in BCST



SEMINAR 10: Triune autonomic nervous system (II)

In seminar ten, Porges polyvagal theory is introduced. Different levels of activation and PTSD are explored within the biodynamic approach. Skills for supporting equilibrium in the system are practiced.

Content:

- Polyvagal theory
- Activation and discharge in the ANS
- Anatomy physiology: the triune nervous system, sympathetic, parasympathetic and social nervous system,
- Clinical and verbal skills to work with sympathetic activation, Parasympathetic activation,
- The CNS and systemic balance

EDUCATIONAL OBJECTIVES SEMINAR NINE - Students will be able to:

- Recognize the onset of trauma affect in a session and effectively support the person towards resolution and integration
- Help clients recognize and enhance their connection to health even if traumatic issues are present
- Offer antidotes to the after effects of traumatic events
- Help clients recognize the effects of stress and offer tools for ANS regulation
- Envision their practice

SEMINAR 11: Listening to the viscera

Seminar 11 presents a biodynamic approach to working with the internal organs. We learn to distinguish natural movements from expressions of distress. Being held and listened to in this deep way allows health and natural flow and function to return.

Content:

- Approaching the viscera in a biodynamic context
- Viscera: motility of internal organs: heart, kidneys, digestive organs, pelvic organs
- Nociception and the viscera
- Verbal skills: facilitating integration

EDUCATIONAL OBJECTIVES SEMINAR ELEVEN

On completion of this seminar, students will be able to:

- Support client to express what is held so deeply in these non-verbal zones
- Help the client in listening to their own inner voices
- Facilitate the client's integration of the session

SEMINAR 12: Ignition and completion

The intention of seminar 12 is to look at the ignition process, give students a sense of completion, further their competencies for their individual practice and ground them in the work.

Content:

- The ignition process
- Working with conception, heart and birth ignitions
- Presentation of final project, exam review, completion of student dossiers
- Practice management: the greater therapeutic community, building a practice
- Completion ritual and celebration
- Graduation

EDUCATIONAL OBJECTIVES SEMINAR TWELVE

On completion of this seminar, students will be able to:

- Sense a continuity and coherency in the system
- Sense particular structures as part of a unified whole
- Support inertial forces to resolve into health
- Use different skills according to the inherent treatment plan
- Maintain clear space
- Manage their practice
- Appreciate the forces of the tides
- Support reconnection with inherent health and reorient to a deeper sense of self

Please find our [training dates](#) on our site, in Calendar. It is a PDF format that you can register on your computer. Or, please feel free to request it by email.

Thank you!

Viviane

REGISTRATION AND TUITION

Registration is completed upon reception of the deposit and registration form and once you've had the interview with Rebekah. We are bilingual at any time!

Professional Training: \$3850 per year tax incl. or \$7700 for the full program, including:

1. The training manual and access to the library
2. Access to the loft space, tables and material for practice
3. Assistant coaching if needed

Deposit: A non-refundable deposit of \$100 is required upon registration, for administration fees.

Three different payments plans are available:

1. **Per seminar payment:** \$642 x 12. Fee per seminar payable one month in advance by postdated cheques
2. **Per month:** Possible at seminar 2 – To discuss dates and payment upon registration
3. **One full payment:** Pay one full payment in advance and get a 10% discount.
Total: 6930\$ tax included.

Referral Rebate Program:

- **Intro Workshop:** \$25 rebate if you refer us a friend that registers and pays the workshop fee.
- **BCST Training:** \$300 if you refer us a friend who registers at the Professional Training and pays full tuition. This amount will be deducted from the last installment.

Training Cancellation policy:

The presence of every participant is precious to the group. Together we create a safe container for the deep work we are engaged in. We are willing to help you work through obstacles that might prevent you from completing the training. We understand however there are major circumstances that might arise in the course of 2 years. Each case has to be studied and discussed. However, we wish and encourage the student to continue and commit to the whole training. The student can decide not to continue after the first seminar is taken. That's the only moment where it can be done. A \$100.00 cancellation fee is applicable.

REGISTRATION AND INFOS:

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