

*emBodyment-integrity through movement*  
*Jackie Hand*

**Newsletter**

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**July 2010**

**Encouraging Longevity  
of Your  
Health and Well-Being Through  
Movement and Touch**

[www.emBodyment-itm.com](http://www.emBodyment-itm.com)



## **I AM NOW AN UPLEDGER INSTITUTE CRANIOSACRAL THERAPY CERTIFIED TEACHING ASSISTANT!**

Assisting over 30 CranioSacral Therapy classes since 2003, I finally assisted the last of the 10 required classes to become "Certified."

**Above Photos L-R Mindy Totten, Wilmington, NC, also completed her Certified T.A. requirements in June with me when we assisted a SomatoEmotional Release II class in Tampa, Florida. She is with Baby E (who did not compete the requirements), another TA's seeing guide dog. A student and J. Ann Palomar, CTA, Clearwater Florida, look on.**

**Center: J. Ann and me. Mindy was "Eclipsed" from the photo to see the movie. The cover to my Flip is in my hand.**

**Left: TAs for CranioSacral Therapy II, Raleigh, NC in July were L to R: Lauren Scott Jones, D.C., Radford, VA, Dana Shoaf, King, NC, me, and Leslie Quier, Newport News, VA.**

I am sold on CranioSacral Therapy (CST)! I realize some of the readers of this newsletter may not know much about it, and since I'm so excited about my achievement, I am devoting this issue to CST. Much of this text is taken from my website.

CST is a gentle, non-invasive hands-on technique for balancing the CranioSacral System and for supporting your body in achieving optimal health. All ages, Infants to seniors, respond positively to CST. I lightly place my hands on your clothed body to evaluate and treat. I feel your CranioSacral Rhythm (the flow of the cerebrospinal fluid affecting your fascia) through my hands to determine where you may have restrictions that reduce your body's capacity for health. "Cranio" refers to the head (the cranium) and "sacral" to the sacrum, a triangular bone at the base of the spinal column. Even though I am working on the CST system, feeling one flow of movement, for instance from the head to the sacrum to the head again, the technique affects the whole body.

CST has been shown to positively affect many conditions that do involve the head and spine, such as headaches, migraines, TMJ, neck and back pain, autism, head injuries, brain injuries, dyslexia, nervous system problems, organ problems, etc. But CST also helps balance all the systems of your body, especially your nervous system and the fluid systems, by promoting and encouraging circulation. I have seen blood pressure lowered

after a CST session. It is effective in alleviating symptoms of stress, tension, depression and Post Traumatic Stress Disorder. It reduces inflammation and can be helpful in acute infections by lowering high temperatures. It addresses minor irritants and acute and serious chronic dysfunctions.

As mentioned in the May newsletter (Past newsletters are on my website: [http://www.embodyment-itm.com/embodyment-itm\\_webpage/Newsletters.html](http://www.embodyment-itm.com/embodyment-itm_webpage/Newsletters.html)), an experience can become trapped in the body, sometimes causing severe physical, emotional and/or spiritual pain for years. CST permits the body to release and process that pain. In combining CST and Connective Tissue Techniques with movement re-patterning, I am able to support my client in achieving effective, and often, over time, lasting change.

*Educating You in awareness  
of Your own body,  
its movement patterns and potential.*

**Coming in August:  
FASCIA**

Please email me: [Jackie@embodyment-itm.com](mailto:Jackie@embodyment-itm.com)  
if you do not wish to be on my mailing list.



**Healing Dogs**

**These last two CranioSacral courses had guide dogs present. Above is Maggie, the hearing guide dog in CST II. The presence of the dogs changed the energy/atmosphere in both classrooms, though I am not easily finding words to describe the change. A sense of love and tenderness is the closest I can come. And Baby E introduced fun by stealing our coffee and cups from under our chairs to play with them!**

Nationally Certified in Therapeutic Massage and Bodywork #003189-00  
Virginia Massage Therapy Certificate #0019007240  
New Jersey Massage, Bodywork & Somatic Therapy Certificate #26BT00007700  
North Carolina Massage and Bodywork Therapy License #8916