

*emBodyment-integrity through movement*  
*Jackie Hand*

**Newsletter**

Vol. 2 no. 2

**February 2011**

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

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



## **PEDIATRIC CRANIOSACRAL THERAPY**

I recently returned to North Carolina from taking the course, CranioSacral Therapy for Pediatrics 2 at the Upledger Institute in Palm Beach Gardens, Florida. I am highly enthusiastic about my experience and the information and knowledge gained in the incredibly exciting 4 days of classes!

Photos: (L) Instructor Rebecca Flowers, OTR, SCP, CST-D and Assistant Carol McLellan, CMT, CST - D listening to student discussion in the recent Pediatrics class.

(Center) A palm tree, (R) me, Jennifer Kirkhart Curcio with Angelo and Sienna Curcio during their mother's CST session.

Rebecca Flowers is truly amazing in her ability to work with children and adults. We learned, worked with children and their families, laughed. Her assistant Carol McLellan, who started the obstetrics course at the Upledger Institute was equally as knowledgeable and delightful. I had just read Carol's February 2011 article in **Massage** on "CranioSacral Therapy for Fibromyalgia." I am so fortunate to have had both these people teaching the course. I have a new respect and desire for knowing more of the anatomy of the brain. I deepened relationships from previous classes and made new contacts.

The third photo above reminds me that when I first started working with parents and children, I was unaware that working on the parent would directly and immediately influence the child and the family. My friend had a headache and we started with her infant resting on her, nursing. Before long her daughter, her young step-sister, and even her dog came into the room and settled. The energy was calm and healing, but all I felt was failure in that I hadn't been able to provide some alone time for Mom for a few minutes. I took my first CranioSacral Pediatrics course a few days later to discover that what had happened was actually a good thing and that I should have been

honored that all wanted to be a part of that sacred time and space. A constant lesson is learning to surrender my ego and my expectations of what constitutes a healing session to the intelligence of the body I am touching, i.e., to let my kinesthetic blending and listening to the body lead my intellectual knowledge. This is a different philosophy from that of "fixing" a client. The client's body has a wisdom and knows what it needs. I am learning to respect this wisdom and listen more attentively. The family above needed to be together during Jennifer's session.

On another note, my once-a-month Cary, NC CranioSacral study group has become an official Upledger Study group. Yaaa! If you have taken CST 1 or CST 2 and are interested in attending, contact me. 'Til March!

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



**Alexander Lewis,  
a happy little guy**

**Check it out!  
Tad Wanveer has released  
for sale his excellent DVD,  
"In Motion An Animated  
Exploration Of The  
Craniosacral Rhythm".**

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

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