

Frequently Asked Questions

What does a CST session involve?

Your practitioner takes a written case history, listening with care to the reasons for your visit. This part of the session is important, both for gathering information, and to establish a good understanding with your practitioner. You then lie fully clothed on a treatment couch. If you are unable to lie flat, you can be on your side, or in a chair. Typically during the session you relax quietly while the practitioner uses a number of gentle hand contacts on the head, base of the spine, and other areas.

How long is a session?

Craniosacral Therapy sessions usually last for an hour, though this can vary.

What will I experience during a session?

People report a wide variety of experiences, including the following: Relaxation and sense of ease. Warmth, and tingling sensations. Feeling accepted. A sense of harmony and peace. A feeling of letting go. Feeling balanced. Increased energy. Feeling more fully alive. Seeing different colours and patterns. Remembering past events. Getting in touch with emotions. Connecting with a sense of Spirit. Deepening self- and body- awareness.

How many sessions are recommended?

To fully benefit from craniosacral therapy, you may need more than one or two sessions. You and your practitioner will decide on how many sessions will be best for you.

Is CST suitable for adults and children?

As Craniosacral Therapy is so gentle and non-invasive, it is suitable for all ages

What is different about CST?

Through the simplicity of gentle listening touch, Craniosacral Therapy offers a distinctive stillness that allows your mind and body to rest deeply and begin to restore a natural balance. Craniosacral Therapy recognises and assists the connections between body, mind and emotions. In the peaceful space created during a session these strands can become more fully integrated.

Is CST for me?

If you have any questions about Craniosacral therapy and whether it is suitable for you, please contact a practitioner, who will be happy to help you.

Can I use CST with other complementary therapies and approaches to health?

Craniosacral Therapy works well on its own, and can also alongside other forms of complementary approaches, such as Acupuncture, Homeopathy, and Yoga. If you are unsure please talk to a practitioner.

How does CST relate to psychotherapy and counselling?

CST is a perfect complement to talking therapies. Processing emotional issues and trauma held in the body supports the work of counselling and psychotherapy.

If I have a medical problem can CST help?

CST is not intended as primary healthcare but to work alongside the relationship you have with your doctor. If you have a particular medical concern we would always recommend that you consult your GP. CST practitioners do not diagnose or prescribe medication.