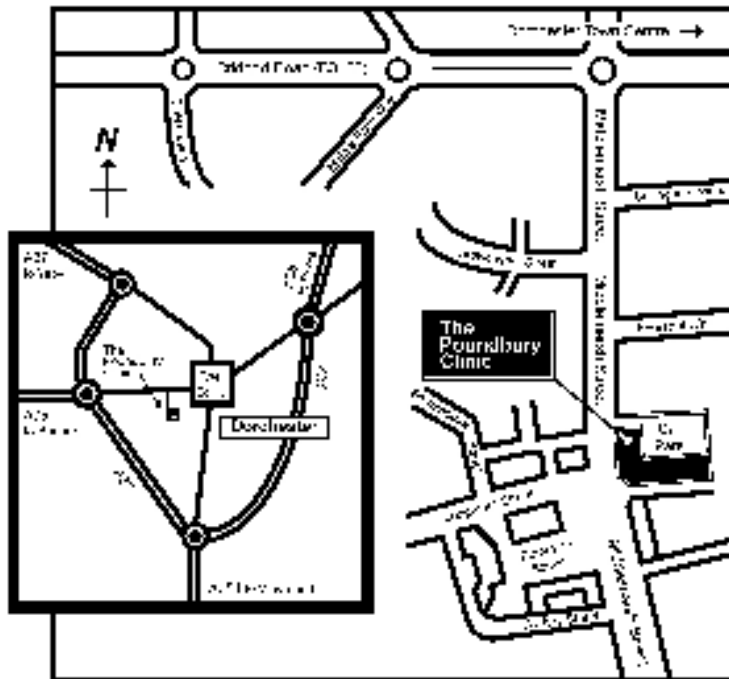


CRANIOSACRAL THERAPY

Clinic opening hours:
Monday - Friday 8.30am to 5.30pm

Practitioner: John Wilks MA, BTAA, RCST, MIIR, ITEC

Where to find us:



The clinic offers full wheelchair access and car parking at the rear of the building.



The Poundbury Clinic

Middlemarsh Street, Poundbury, Dorchester, DT1 3FD
Tel: 01305 262626 Fax: 01305 262641
Email: info@thepoundburyclinic.co.uk
Website: www.thepoundburyclinic.co.uk



Craniosacral Therapy

What is it? Craniosacral therapy originated with the work of Dr William Sutherland, an American osteopath, who discovered intrinsic movements of the bones of the skull around the turn of the century. His further research revealed different rhythmic tidal motions in the body. These movements, which can be measured with delicate scientific instruments and felt by a skilled Craniosacral therapist, are a direct expression of the health of the baby's and adult's system.

As research continued it became apparent that these movements are inextricably linked with not only physical health but also mental and emotional health. Palpation of these tide-like motions allows Craniosacral therapists to facilitate change in areas of restriction.

Who will benefit? Craniosacral Therapy is so gentle that it is suitable for babies, children, and the elderly, as well as adults; and also in fragile or acutely painful conditions. As a whole body therapy, treatment may aid almost every condition, raising the vitality and enabling the body's own self-healing process to be utilised.

The following is a list of some of the common conditions treated:

Back pain	Migraine and headaches
Birth trauma	Post-operative
Problems during and after pregnancy	Reintegration after accidents
Colic	Sciatica
Depression	Sinusitis
Digestive problems	Drug withdrawal
Menstrual pain, PMS	Stress related illnesses
Exhaustion	Tinnitus and middle ear problems
Frozen shoulder	TMJ (jaw) disorders
Hormonal imbalances	Visual disturbances
Hyperactivity	Whiplash injuries
Immune system disorders	

What are the side effects? None reported but clients are advised to rest after the treatment.

Craniosacral Therapy at The Poundbury

Name: John Wilks

Qualifications: MA, BTAA, RCST, MIIR, ITEC

Specific interests:

Musculo-skeletal problems, Mothers, babies and children, Headaches and Migraines

Days at clinic:

Usually Thursdays depending on teaching commitments

Further information from:

The Craniosacral Therapy Association of the UK –

www.craniosacral.co.uk

Understanding Craniosacral Therapy
pub First Stone publishing – John Wilks

Cost

Adults — £35 per 45 minute session
Child — £25 per 30 minute session