

CRANIOSACRAL THERAPY Post-Treatment FAQ's

WE APPRECIATE THE OPPORTUNITY TO WORK WITH YOU AS PART OF YOUR WELLNESS TEAM. WE HOPE THAT YOU ENJOYED YOUR TREATMENT AND THAT YOU WILL CONTINUE TO RECOGNIZE POSITIVE CHANGES IN THE DAYS AND WEEKS AHEAD. WHILE EACH PERSON IS UNIQUE, THE FOLLOWING MAY HELP YOU BETTER UNDERSTAND SOME OF THE COMMON TRANSITIONS OFTEN EXPERIENCED AFTER A SESSION.

Q: What is happening to me during and after my treatment?

Trauma, stress and injury cause the body to protect itself in various ways. However, these protective patterns can cause areas of tension and imbalance around which the rest of the body must compensate. These patterns of tensions and compensations become layers of “organized dysfunction,” creating inefficiency, pain, discomfort, and dis-ease. CranioSacral Therapy helps peel through these layers of dysfunction to address the core issues so that your body can reorganize into a more efficient and balanced state of health.

Sometimes this re-organization phase can feel a little unsettling as your body is releasing old patterns and establishing new ones. Think of your treatment like clearing out your physical, mental, and emotional closets. In order to re-organize, you have to sort through what you have and let go of what no longer suits you so that you can make room for new things that better fit your current needs. Just as your closet may get a bit messier before it is neatly reorganized, the process of healing may feel a bit “messy” at times while your body systems are re-organizing into a more efficient state.



Q: How long before I notice any effects from my treatment?

CranioSacral Therapy helps restore balance in your nervous system, calming the fight/flight/freeze response and increasing your ability to access deep, restorative healing. This process is different for every person and can vary each session. Changes in pain, tension, and energy levels are often fairly immediate, and people commonly report feeling “lighter” and more at ease after a treatment. You may feel invigorated after some sessions, but need to rest after others. CranioSacral Therapy is cumulative in nature, and continues to process after your treatment. Therefore, the effects of a treatment will continue to integrate for several days — sometimes even weeks — and you should notice improvements continuing to develop over time.

Q: What kind of changes may I notice after treatment?

As your body rebalances, you may notice fluctuations in various systems including, but not limited to, those illustrated to the right. If you experience any of these natural fluctuations, they should stabilize within 24-36 hours.



POST-TREATMENT EFFECTS FOR CHILDREN

Children usually process treatments more quickly than adults and their rebalancing phase is often shorter. After treatment, children may exhibit changes in appetite, elimination, energy and sleep. However, these changes usually only last a cycle or two, and should pass quickly. If illness was a factor, symptoms may briefly flare again as pathogens are excreted and eliminated. Children may also exhibit short-term changes in behavior including regression, clinginess, and/or issues with modulation, balance, or coordination. For the most part, these shifts are normal and should not be a cause for concern. However, if symptoms persist or you have any questions, please let us know.

Q: Why might I feel discomfort after my treatment?

The healing process is not always straightforward. When restrictions in the craniosacral system are released, it impacts not only the area of the initial complaint, but the whole nervous system. This may cause reactions in areas/ways that you may not expect. Although positive changes are occurring on a deep level, at times you may feel some discomfort. Reasons this may occur include:

- A release of toxins can be a result of the body's natural healing process. This is most obvious with increased perspiration, nausea, headaches, muscle aches and pains, sore throats, and feelings of sluggishness. It is important to drink extra water after each session to help flush these toxins out. Once released, these symptoms should resolve quickly.
- Areas of "numbness" that have been in shock, dissociated, or injured may be "waking up" and "coming back to life," and therefore may be more sensitive.
- The body can "shield" injuries and trauma, compensating around them. As we "peel off these layers" of adaptation and get closer to the source of the problem, the suppressed pain (physical and/or emotional) may rise to the surface.

Q: What should I do if I experience discomfort?

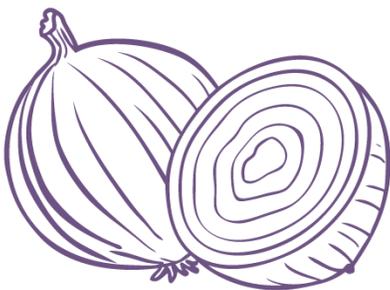
If you do experience symptoms as your body integrates and reorganizes, it should be brief – lasting anywhere from a few minutes to up to 36 hours, and should resolve on its own. Although it may not seem favorable, this indicates that change is occurring. Once it passes, you normally will feel some level of improvement.

Your therapist can give you specific suggestions to help you as you integrate after a session. However, here are some tips to help you move through any issues more quickly and easily.

- Trust that your body knows how to rebalance itself and be patient with your healing process. Recognize and appreciate how hard your body is working to unlock unhealthy patterns and return to a healthier, more natural state of wellness.
- Listen to your body and act accordingly. If you feel tired, rest. If you feel energized, enjoy — but don't overdo too quickly!
- Bring awareness to how you are feeling and reflect on any memories that may arise. Sometimes it is necessary to allow a past physical or emotional trauma surface in order for the tension pattern it created to be released.
- Drink lots of water to help the body release toxins and pathogens.
- Try to avoid taking non-prescribed suppressive medications such as acetaminophen and ibuprofen. These medications can interfere with your body's healing process. As long as there is no danger, it is better to use your own self-care practices (oils, ice/heat, meditation, rest).

If your symptoms do not resolve within 24-36 hours, please let us know. We may recommend you come in for another treatment so that we can assess what is going on and best assist you in moving through the layer of restriction that is causing you an issue. If you are ever in immediate distress, please call your physician or 911.

Q: How many treatments may I need?



CranioSacral Therapy is cumulative in nature. It can take time to help your body release tension patterns and move out of flight/flight/freeze mode. It commonly requires 3-4 hours of treatment to initially achieve this shift and come into a place of true healing. Therefore, after an initial treatment, we usually recommend a minimum of 3-4 follow up sessions within a 14-21 day period.

In cases of chronic or deep physical, mental and/or emotional trauma, getting to the source of the issue is a bit like peeling an onion. Treatments work collectively to move down layer-by-layer to access and heal the root cause of the issue.

Again, this is an individual process and may vary depending on your needs. Your therapist will discuss their specific recommendations with you at the time of your treatment. You can also call or email us at any time with questions and concerns.