



Michael J. Shea, RCST®, PhD, MT
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Year became RCST: 2000
Year became Approved BCTA/NA Teacher: 2000
Business Name: Shea Educational Group, Inc.
Primary Location: Europe

About Michael: Michael received a 100% service-related PTSD disability in 2019. He was in a terrorist bombing attack while in the United States Army in 1972. As a result of experiencing a moral violation and the resultant moral injury, he spent his life studying and practicing therapies and methods to help heal himself and others. He is fortunate that Dr. Jim Jealous was his mentor, who walked him through finding his embryo, his metaphor for love and compassion. Biodynamic Craniosacral Therapy is a gift from nature that he is fortunate enough to know a little and pass along. It is not his. It fits the needs of the contemporary client, He now applies these principles to the cardiovascular system and the heart which is now the center of the biodynamic model that he teaches and practices. He is currently studying to become a Buddhist chaplain to spiritually serve those who are suffering.

About His Teaching Style: Michael teaches what is called the long tide model. This is based on the perception of primary respiration and its interchange with the dynamic stillness. He begins his classes with a guided meditation that will be applied to table work in the afternoon. He then does a formal talk or A/V presentation and before lunch he does a demonstration of the first step of the hands on work. All afternoon is spent practicing the table work and subsequent skills with time permitting balanced with questions and answers.

His training is: Michael teaches a 300 hour advanced training series called Biodynamic Cardiovascular Therapy. All the principles of BCST are applied to the cardiovascular system.

Average Class Size: 25 to 35 students with five-to-eight assistants and a translator if needed.

Maximum number of students: 35 students

Teaching Staff to Student Ratio: One-to-five

Related Course: Michael teaches experimental classes in Europe using a Buddhist cosmological model of returning to origins for biodynamic healing. This includes his training in Tibetan Medicine and the empowerment he received of the Medicine Buddha. He also teaches Zazen meditation at his yoga studio (Native Yoga) in Juno Beach, Florida.

Tuition: All course fees are managed by the organizer and vary from country to country and year to year. Scholarships are available based on financial need or U.S. Military Veterans' status.

Required activities/fees: The advanced training program requires completion of a biodynamic foundation training or its equivalent. To receive the advanced certificate students are required to have 75 clinical hours plus supervision.

Support Materials: Michael uses five books which he has published on biodynamic craniosacral therapy with North Atlantic books as his basic texts. He writes an essay outlining the nature of each class and its intention to be used as a handout. In addition, he has a new book under contract for Biodynamic Cardiovascular Therapy that will be used as a new textbook.

About his class: Michael typically uses residential facilities that are quiet and out in nature. When such venues are available, a portion of each class is taught outside and the natural world is integrated into the clinical practice.

Michael teaches the principles of biodynamic practice (the interchange of Primary Respiration and stillness) applied to the cardiovascular system in the view of *The Rule of the Artery is Supreme* by A. T. Still, the founder of osteopathy. He is integrating aspects of Tibetan Medicine which he has studied for 45 years and the five elements into his teaching for the contemporary client in the Post COVID Age.