



Fall / Winter 2003

cranial

Newsletter of the Craniosacral Therapy
Association of North America

Wave

www.craniosacraltherapy.org

ALSO IN THIS ISSUE...

President's Message Behind The Scenes

Beth Small, RCST®

Professional or Fraternal Organization... You Decide

Beth Small, RCST®

Review

John Chitty, RCST®, RPP

Witnessing the Health at the Breath of Life Conference

Karen Goodfellow, RCST®

Membership News

- **New Membership Benefit**
- **Educational Guideline Change**
- **Alternative Route to Teacher Approval**

My Summer Vacation in September

Betty Wood, RCST®

Election 2004

Clare Bonser, RCST®

Where's the Yin?

Susan Beale

Interview With Franklyn Sills

Lynn Warschauer

RCST®

Trademark Registration

By Beth Small, RCST® - CSTA/NA Head Office

We are delighted to announce that our application for trademark of RCST® has been accepted in both Canada and the United States. This brings to completion a lengthy legal process in both countries. We have been granted the right to award the use of RCST® to those qualified candidates that have successfully completed a 700-hour foundation training in biodynamic craniosacral therapy taught by an approved teacher of the CSTA/NA and are members in good standing with the CSTA/NA. The right to use this mark is contingent on retaining membership in good standing and being in compliance with the Standards of Practice and the Code of Ethics of the CSTA/NA.

Please be sure to include the ® after the RCST®. This indicates that the mark has been awarded to the user and is protected by copyright law. The mark is without punctuation, therefore no periods

are used after the initials. We will be required to submit evidence of use of the mark at various intervals in the years to come. We ask your cooperation to please save receipts for business cards and letterhead that shows the use of RCST®. We will also be required to show evidence of the use of the mark in advertising over the next 15 years. You will be contacted for these documents as required. This is an important step for us as an organization and this mark is an indicator of the standard of excellence achieved by our practitioners. It serves in the marketplace to distinguish us as highly trained biodynamic practitioners. Be sure to educate those in your community as to what RCST® indicates.

We encourage all those graduate practitioners who have made application for RCST® to use the mark in their advertising and in business dealings. ☛

primaryWave

By Sara-Jo Berman, Student Representative

During the Boulder conference, a group of us were talking about ways to continue to resonate with one another and build a strong biodynamic community - a way of coming into relationship. Parallel to this conversation we were discussing the "practice of biodynamic work" and its possible influence on world peace. And so was born an idea. It has come to be named the Primarywave, in keeping with the wave theme (Cranial Wave).

INTENTION • to invite peacefulness.

HOW • being with primary respiration for one-half hour a month

WHEN • every second Sunday of the month at 1 PM EST

Please drop a line if you are participating to sjberman@mindspring.com. I welcome any questions, suggestions and experiences that happen as a result of your participation.



B

ehind The Scenes

from the President - Winter 2003

cranial Wave
Newsletter of the Craniosacral Therapy Association of North America

“Cranial Wave” is published two times per year (June & December) by the Craniosacral Therapy Association of North America (CSTA/NA).

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EDITORIAL TEAM

Lynn Warschauer
 Sara-Jo Berman
 Sherry Phillips, RCST®
 Susan Beale
 John Chitty, RPP, RCST®
 Mike Boxhall, RCST®
 Michael Kern, DO, RCST®, MIGA, ND

DESIGN & PRODUCTION

Laurie Copeland, RPP
 Inzane Visual Communications Inc.
 Studio 203 - 61 Elm Grove Avenue
 Toronto, Ontario, Canada M6K 2J2
 t. 416.534.1960 f. 416.531.9123
cranial.wave@inzane.ca

Opinions expressed in this magazine are not necessarily intended to reflect those of the publisher, editor, designer, or the CSTA/NA.

As I write this article I am enjoying the lunar eclipse of the moon and marveling at the beauty of our universe. This is at the same time as I struggle to compact all my thousands of CSTA/NA emails from my computer before the operating system is removed from the device. Such a move from the wide perceptual field to the minute details. Overall, I am much more thrilled with the magnificence of the heavens and hopeful for the future of this planet and mankind. This observation is not unlike the similarity of administration of the CSTA/NA head office versus my work as a practitioner. Sometimes you just have to work and live in two different worlds before you can appreciate the intelligence of it all.

It was truly wonderful to meet new friends and become reacquainted with so many of you at the recent conference in Boulder, CO. I thank those that were able to attend for making the trip to Boulder and supporting our organization in its early days. To friends not able to attend this year, I ask that you look ahead and mark your calendar for our next event scheduled for the third weekend of September in 2005. It is a wonderful opportunity to hear a variety of excellent speakers and to meet your fellow practitioners from both the US and Canada.

It has been a busy time for your Directors. We have received confirmation of acceptance of our application for trademark for RCST® for both Canada and the United States. This is exciting news and brings to completion a 5 year legal process. Please see details on the cover article of this edition of the Cranial Wave.

We say good-bye to our faithful editor, June Crinnion, and thank her for her many offerings to this organization over the past number of years. June has filled many roles and worn so many hats that it is difficult to fathom how one person could accomplish and give so much. It is the work of the tireless volunteers behind the scenes that keep this organization moving and breathing.

Thanks are due to the presenters and the volunteers of our Boulder conference for making this event such a success for all in attendance. We look forward to the day when our membership is large enough for us to make the conference an annual event.

Once again we are looking for interested and qualified candidates to serve as Directors for the Board. Please see Clare Bonser's article for the details. Serving as a Director has been an enlightening experience for me personally. I have been called upon to develop new skills and found new abilities that would otherwise have remained hidden. The opportunity to meet so many of you has been the rewarding part of my time in this office. My term is nearing completion and it is my wish that the future Directors have the chance to learn and grow as I have over the last few years.

On behalf of the Board of Directors I wish you all a happy holiday season with much joy and laughter.

Beth Small RCST®
 CSTA/NA President

Study Groups

If you are interested in being part of a local/regional study group, please contact Sara-Jo Berman at

sjberman@mindspring.com

or call (919) 688-6428

Send your e-mail address and phone number in order to help with the organization of the groups. Also, let me know if you are willing to act as the initial group organizer. Once the groups are set up they will come to life and the group will find joy in sharing the responsibility.

This is a wonderful opportunity to deepen your understanding of the work, hear other perspectives, share your stories, and come into relationship with your fellow biodynamic practitioners.

Sara-Jo Berman, Student Representative CSTA/NA Board of Directors



P

rofessional or Fraternal Organization... You Decide

By Beth Small, RCST® • CSTA/NA President

The Board of Directors of CSTA/NA is asking you to decide on the future course of this organization. It is the position of the Board that we continue to move toward becoming a professional organization, but to do this we need a mandate from you, the members.

HISTORY AND ACCOMPLISHMENTS

The CSTA/NA was founded in 1998 and incorporated in Canada in 1999.

The organization has served to:

1. Set the educational standards for foundation trainings in the biodynamic model.
2. Set the Standards of Practice.
3. Obtain trademark registration for RCST® in both Canada and the United States.
4. Maintain and provide governance for the Code of Ethics.
5. Set standards for education and approval of teachers.
6. Provide RCST® (Registered Craniosacral Therapist) designation for qualified candidates.
7. Provide a referral base for RCST® designees
8. Provide an environment for the building of community.
9. Produce a semi-annual newsletter/journal, Cranial Wave.
10. Provide a venue for liability insurance for members.
11. Develop a mentoring program for graduates.
12. Maintain a website to provide information to both the members and the general public.
13. Hold 3 successful conferences for members and the general public.

DEVELOPING A PROFESSIONAL ORGANIZATION

A professional organization is responsible for governing its members and providing qualified practitioners that it determines are safe and competent to serve the public. Additionally, as a professional organization, CSTA/NA is charged with the training and approval of its teachers.

In our short history we have already satisfied a number of the conditions required of a professional organization.

These accomplishments are:

1. Incorporation: We are a legal entity.

2. Fiscal responsibility: We remain fiscally responsible and make available to our membership our annual external financial review. We are required as a condition of our incorporation to have this external review performed each year by a chartered accountant.
3. Trademark registration: We have obtained registration of the certification RCST® for both Canada and the United States.
4. Establishment and maintenance of the Standards of Practice: A review of these Standards is being undertaken at this time.
5. Development of a Code of Ethics: A process for complaint resolution is now available to members and the general public.
6. Teacher qualifications: We have in place a teacher training and approval process.

TASKS AHEAD

In fulfilling the required tasks of a professional organization there are a number of outstanding issues that need to be addressed.

We need:

1. To implement standardized examinations for all graduates of foundation trainings with both subjective and objective findings in order to determine proficiency prior to granting RCST®. This will increase the value in the marketplace of membership in CSTA/NA as well as truly define the standard of excellence in training and practice of the RCST®.
2. To revise mission statement on biennial basis.
3. To appoint an advisory group to review the activities and performance of the Board of Directors on an annual basis.
4. To create Bylaws appropriate for a professional organization.
5. To retain a clerical assistant to handle the day-to-day administration of the Head Office and to assist the committees and Directors. This is the first of several steps towards the retention of a full-time Administrator.
6. To develop and govern a Code of Conduct of which the Code of Ethics would be a part. This code would deal with numerous areas of professional practice and clearly define expectations of the organization for members.
7. To establish the organization's Head Office outside of the President's home.

WHERE WE ARE NOW

The Board of Directors is a group of volunteers without clerical and/or office support. Head Office traditionally is in the home or other personal space of the current president. That will have to continue for some years yet, as the organization needs a far greater number of members to sustain payment of rent for a Head Office. This would be the physical location that eventually would house a paid administrator. The membership has grown significantly in the last two years. We have close to 300 members at this time, and are certain that our membership will continue to grow. Our operating budget is approximately \$18,000. This covers only postage, telephone, and professional fees related to operations. It does not allow us to secure the help we so need at this point in our development.

For us to continue toward true professional, self governing status, the need for more volunteers and greater financial resources is critical. The volunteerism is up to you, the members. Additional increases in annual membership fees are inevitable, and will eventually bring our dues in line with other professional organizations. It is challenging to be such a young organization with so few resources right at the time that so much foundation work is required.

FRATERNAL ORGANIZATION

A second option available to us is to become an organization of fellows. In such a structure we would become a group of like-minded individuals that would meet to discuss common interests and engage interesting speakers.

We WOULD NOT:

1. Provide RCST® designation to graduates of foundation trainings.
2. Maintain the Standards of Practice.
3. Govern the Code of Conduct.
4. Approve teachers or work to increase our profile in the public domain.

It would be the responsibility of some other umbrella organization to carry out the many tasks the CSTA/NA currently undertakes. We WOULD relinquish the trademark registration we have been awarded and other goals we have achieved.

Continued on page 4.



Review

By John Chitty, RCST®, RPP

ROBERT FULFORD, DO AND THE PHILOSOPHER PHYSICIAN

By Zachary Comeaux, DO, FAAO. Eastland Press, Seattle, 2002. 204 pages

Robert Fulford, DO, has attracted great interest in the past few years due to two books published posthumously, the best-selling *Spontaneous Healing* by Andrew Weil, MD (Fulford is the subject of its most interesting chapter 2) and later *Dr. Fulford's Touch of Life*. Now we have a third resource for benefiting from the thoughts and skills of this remarkable practitioner. Comeaux's new book is a wonderful, provocative, informative survey of Fulford's life and times, sure to please Craniosacral Therapy practitioners.

Born in 1905, Fulford represents a next-generation after William Sutherland (1873-1954) and Randolph Stone (1890-1981), in the same generation with Rollin Becker (1907-1994). He was a free-thinking experimenter, with a lifelong conviction that the human body had an energy field that could be palpated. He had a long friendship and collegial relationship with Stone, founder of Polarity Therapy, and readers familiar with Polarity will find many gems about energy medicine in this book. His career spans the era from Sutherland to Candace Pert, and this book is a great survey across that whole landscape.

Comeaux gives an excellent summary of the basic tenets of holistic health and energy medicine, seen through the eyes of a courageous, visionary, heartfelt, dedicated veteran of 50+ years. The insights flow freely, so that virtually every page has a quotable nugget, including many surprises (for example, we learn that Fulford came to the conclusion that there is not any such phenomenon as a "Primary Respiratory Mechanism" or "Cranial Rhythmic Impulse" internal to the body, he thought that midline movement was a field effect and larger than the individual). Fulford blended freely his manipulative skills, a self-created exercise system, his own trauma resolution understanding, work with crystals and magnets, pre- and peri-natal work, homeopathic and Bach flower remedies and much more, but always under the umbrella of his recognition and palpation of the Human Energy Field as the substrate of all conditions.

Fulford focused on peri-natal care as a central concern, believing that by receiving early attention to the effects of birth many later problems could be avoided. He speculated about ignition and the significance of the first breath outside the womb, sensing that this first breath

affected long-term vitality. He would use a patient's range of motion in respiratory breath as an important indication, and developed manipulative methods to free the ribs for a wider range of motion. Readers who are interested in working with babies will find this book especially stimulating.

The book takes an interesting organizational method by describing the three practitioners who most influenced Fulford, thus creating sort of a survey of the energy medicine field as it existed in the period of about 1940-1990. This part provides a context for what we today would call energy medicine, and points to a history that is still-unwritten.

Fulford was not a "traditional" osteopath, but rather a seeker of effective methods based on traditional (pre-1960s) osteopathic thinking. He was an inventor, an experimenter. He regretted the 1960s movement of his field to mainstream drugs-and-surgery medicine and the loss of the esoteric content that he found so effective in his practice. I was told that the material for this book was rescued from obscurity by Comeaux, having gone unappreciated elsewhere in the osteopathic community. A great service has been provided to all who inquire about the esoteric dimensions of health care, and I give this book my very highest recommendation. ☪

Professional or Fraternal Organization

continued from page 3

We now ask for your decision regarding the future of your organization. You will be receiving a ballot in the mail in the near future. We will accept only original ballots, postmarked no later than December 15, 2003.

Your choices are:

1. To continue on the path to becoming a professional organization, or
2. To become an organization of fellows.

If you have any questions, please address them to the Board of Directors, CSTA/NA, at bacrsml@sympatico.ca

The Board of Directors supports continuing along the path to full professional status. ☪

Now
Advertise
in
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Newsletter of the Craniosacral Therapy
Association of North America

Advertising Rates, Deadlines and Submission Requirements

Black & White (*prices are in U.S. funds*)

Business Card • 3.625" x 2.75"	\$ 20.00
1/4 Page • 3.625" x 4.375"	\$ 40.00
1/2 Page I • 7.5" x 4.375"	\$ 60.00
1/2 Page II • 3.625" x 9"	\$ 60.00
Full Inside Page • 7.5" x 9"	\$ 95.00
Full Back Cover • 7.5" x 10"	\$190.00

Submission dates are as follows:

Spring/Summer Issue due May 1st.

Fall/Winter Issue due November 1st.

Please forward advertising as follows: By hard copy as a high quality laser print; or by digital file emailed or sent on high density floppy disks, Zip disks or CD-ROM saved in the following formats only: Quark (including all fonts and images); Photoshop (tiff or eps); Adobe Illustrator (eps with text to outlines). If design, layout, revisions or scans are required, an additional charge will apply. This rate will be determined on an individual basis. Please be sure to label all advertising submissions with your name, address, phone number and issue date and forward to:

Cranial Wave - Attention Laurie Copeland
c/o InZane Visual Communications
Studio 203 • 61 Elm Grove Avenue
Toronto, Ontario Canada M6K 2J2
tel 416.534.1960 fax 416.531.9123
email to cranial.wave@inzane.ca

Cheques or money orders are payable to CSTA/NA. Please forward to:

Cranial Wave - CSTA/NA
Attention June Crinnion
1110 Birchmount Road • Unit 21
Toronto, Ontario Canada M1K 1S7



Witnessing the Health at the Breath of Life Conference

By Karen Goodfellow, RCST® • On-site Conference Volunteer Coordinator

With hesitation I offered to be the Onsite Volunteer Coordinator at the conference in Boulder this year. I had hesitation for 3 reasons. First, I know the amount of detail work that it takes to make conferences appear seamless. Second, I wouldn't know the volunteers and would have to connect as a team virtually over fibre optics and cyberspace, and third, time and money.

I have extensive background in coordinating and facilitating teams in the corporate, spiritual and creative realms. Did I really want to do that in the craniosacral realm, too? A part of me wanted to leave that area sacred - so to speak - the place where I allow others to do the work. However, I knew there was no cheese down that hole, and I was on shaky ground using that as an excuse.

Volunteering was a benefit to me in the following five ways:

- I was able to stay connected in the craniosacral community after graduating last year.
- I made new connections with others around North America and rekindled the ones made in my class.
- I had the opportunity to give something back to the community that gave me a new evolution in my life.
- I was in a position to have influence in the CSTA/NA conference.
- I was given financial leeway for the conference.

I made the right decision and got even more back. The following were highlights of my experience:

- Listening to presenters that I heard about through Sharon Porter and Kathleen Morrow's class (Chitty, Shea and Sills).
- Witnessing the core team of volunteers rise to the occasion when half a dozen volunteers didn't show up as originally expected.
- Participating onstage in Sharon Porter's demo in Somatic Experiencing™.
- Having access to great resources in Chitty's book store.
- Learning new techniques that I have applied with my clients.
- Enjoying Mukara's Cranio Café.
- Making some new friends.
- Witnessing both great dialogue and the Breath of Life in the General Meeting.
- Working on a partnership level with Dan Burgess in a very rewarding way.
- Facilitating the panel discussion on Saturday night (a complete surprise to me).

I certainly came back richer for the experience.

The Core On-Site Volunteer Team consisted of: Barb Benzin, Gwen Henzi, Lynn Warshcauer, Bill Orsinger, Darwin Mickelson,

Kathleen Morrow, Marcia Klump and Nicole Boucher. Volunteers who helped out for a day were Peggy Verville and Suzanne Marie. Board members who volunteered at the desks were Helen Rea, Sara Jo Berman, and Betty Wood. Many more offered a hand with tables, loading, and numerous other tasks.

Paul Sullivan and Merrill Devito facilitated Chi-Lel and Qi Gong in the mornings. Darrell Brann did all of the audio-visual recording.

My vision was that no volunteer, including myself, would miss any of the speakers' presentations. Indeed, no one did.

I think all 120 attendees appreciated the hard work and dedicated efforts of the volunteers. We felt like a team and our inherent health shone throughout the conference to help make it the most successful ever. A special thank-you goes to Dan Burgess, who oversaw the conference with his dedicated, uplifting vision. I have worked with several hundred leaders and Dan is one of my favourites.

Please email Dan Burgess at dlburgess@frontier.net, if you are interested in volunteering for the next conference. Planning is already underway. Come join us to help make our next conference best-in-class!



2003 CSTA/NA BOARD OF DIRECTORS

BETH SMALL, RCST® • *President*
905-666-0681 / bacsmall@sympatico.ca

DAN BURGESS, RCST® • *Vice-President*
970-731-4553 / dlburgess@frontier.net

BETTY WOOD, RCST® • *Treasurer*
905-836-0669 / wdbett@rogers.com

HELEN REA, RCST® • *Membership / RCST Chair*
301-587-7478 / helenrea@aol.com

CLARE BONSER, RCST® • *Director*
505-820-2074 / cbonser@msn.com

MUKARA MEREDITH, MSW • *Director*
303-440-0148 / 413-0189 / Mukara@aol.com

MIKE BOXHALL, RCST® • *Director*
41 (0) 1243 775157 / mboxhall@aol.com

JANET PENN DEHOLL, RCST® • *Director*
703-914-4545 / JanetPenn@aol.com

SHERRY PHILLIPS, RCST® • *Director*
305-872-4766 / shoeyles@aol.com

SARA-JO BERMAN • *Student Representative*
919-688-6428 / sjberman@mindspring.com



Membership News

Our membership is growing! We have a total of 285 members. This includes 153 RCST® members, 52 students, 13 associates, and 220 graduates. Having just taken over the leadership of the membership committee last summer, I am surprised at the number of graduates who have not elected to become registered as an RCST®. I wonder if this is a choice or an oversight - or confusion about the process of becoming registered.

In case of confusion, let me take a moment to explain the process. To become an RCST®, you must be a current member of CSTA/NA and a graduate of an approved training program. If you are not a member at the time you graduate, you will have a two-step process - to join and to apply for RCST® status. If you are already a member in good standing, you will only have to complete your RCST® application. Both applications are available on the CSTA/NA website.

NEW MEMBERSHIP BENEFIT

We have entered into a relationship with Associated Bodywork and Massage Professionals (ABMP) in order to give our members access to professional liability insurance. If you are a graduate member in good standing, you are eligible for a \$50 discount on ABMP liability coverage. You can find their application on-line at www.abmp.com. The discount is good for one-year policies. Simply deduct \$50 from the amount you owe and attach a note saying that you're a graduate member of CSTA/NA. They have a copy of our membership list where they can find your name for confirmation of membership.

Feel free to contact me if you have questions regarding membership issues, Helen Rea, RCST®, Membership Chair at helenrea@aol.com or by phone 301-587-7478

EDUCATIONAL GUIDELINE CHANGE

The Board of Directors have approved a change in the Guidelines of Education regarding the student teacher ratio. The required ratio effective June 2003 is one teacher/ teaching assistant for every 5 students.

ALTERNATIVE ROUTE TO TEACHER APPROVAL

The Board of Directors have approved the following criteria as an alternate route for those individuals that have been teaching the biodynamic model prior to 1999. *This route of application will be closed by December 31, 2003.*

1. Compliance with and follow the Guidelines for Education of the CSTA/NA.
2. Abide by CSTA/NA Standards of Practice and Code of Ethics.
3. Submit letter of recommendation from an approved teacher verifying the capability of the applicant. The letter must be received by the Chair of the Curriculum and Teacher Review Committee, Beth Small by December 31, 2003.
4. Completion of a foundation training in the "Breath of Life" model of craniosacral therapy work prior to 2000. ◀

CSTA/NA Membership

Dues payable to CSTA/NA

Graduate	\$90.00 US / \$108.00 Cdn
Student	\$50.00 US / \$60.00 Cdn
Associate	\$55.00 US / \$66.00 Cdn
Professional/Business	\$125.00 US / \$150.00 Cdn
RCST Application Fee	\$120.00 US / \$144.00 Cdn

The financial year of CSTA/NA runs from June 1 to May 31. Each year, members receive a membership renewal notice. The full fee for the year is payable whenever the member joins. New members joining after February 1st each year will pay half the stated dues for that year.

MEMBERSHIP CATEGORIES

1. **Graduate:** A graduate member shall have completed the required training in Biodynamic Craniosacral Therapy, as currently defined by the Board, and shall have provided proof of graduation to the Membership Chair. A Graduate member shall be entitled to one (1) vote on any election or other matter requiring a membership vote.
2. **Student:** A student member shall be enrolled in an approved training course with an approved teacher, as currently defined by the Board, and shall have provided proof of such enrolment to the Membership Chair. A Student member shall be entitled to one (1) vote on any election or other matter requiring a membership vote.
3. **Associate:** An associate member shall be any person with an interest in Biodynamic Craniosacral Therapy, professional or otherwise, a student or graduate of any form of Cranial Sacral Therapy, or a member of the general public. An Associate member shall not be entitled to a vote.
4. **Corporate/Business:** A Corporate/Business member shall be any company, association or business, duly registered within its jurisdiction, that wishes to support the Craniosacral Therapy Association of North America. A Corporate/ Business member shall not be entitled to a vote.

RCST®

1. A one-time RCST® Application fee is IN ADDITION to the membership fee. In order to receive RCST® status, one must be a paid-up member in good standing. As membership is renewed each year, the RCST® member receives a sticker to affix to their certificate indicating their status for the current year.
2. An application for RCST® status MUST be accompanied by a copy of the graduation certificate, or if one is not available, a signed note from the school or one of the attending teachers.
3. Only practitioners with RCST® status are listed on the website.
4. All Teaching Assistants and Teachers in Training are required to hold current RCST® status.

INQUIRIES

Remember to advise us of Email and Address Changes

When our records are not current, members lose many of the benefits of membership.

Contact Membership Chair: Helen Rea, RCST®

6 Sussex Road, Silver Spring, MD 20910

Email: helenrea@aol.com / Phone: 301-587-7478



My **S**ummer Vacation in September • *Conference Review*

By Betty Wood, RCST®

The September international conference in Boulder loomed large on my horizon this summer, as I am both a member of CSTA/NA and a Director on the Board. My attendance represented challenges for me at each step and frankly I stumbled alot.

First and foremost, it required a foray into the internet to order my airline ticket. Now, computer mavens have no difficulty with this stuff, however, when the program talks back at you, throws you off the site, and refuses your Visa number, you begin to feel rejected. Just a tad.

Then, there's packing with decisions of what to wear that doesn't make one look like a mechanical moving lump with a mouth attached. Maturity has its plus side because you can say what you really think and it's generally accepted as irascible. The down side, i.e. physical appearance, however, is right out there in full view with nowhere to hide! So you hope your winning smile will keep the eyes averted upward.

Then there are the arrangements for the pets in your absence. Pet owners are aware that pets KNOW way ahead of time that their in-house meal provider and door opener is about to abscond. So part of your packing detail involves constantly removing said pet from the suitcase, and, with a vengeance, removing the animal hairs deposited therein. Not to mention the extra shopping trips to "make sure" there's enough of everything on hand, and the detailed instructions to the resident caregiver.

So the day of departure dawns, very early, and it's off to the airport. Thank God for friends who meet you there and keep you from lining up in the wrong place, steer you the quick way and pick up what you drop. The highlights of my outgoing trip: Being scanned by a security person who liked to stick the prod where it shouldn't go, and having to remove my shoes and seeing that a hole had sprouted in my left sock over my big toe. They didn't fine me.

Airplane trips are airplane trips. You hug your elbows to your sides, juggle things on a very small tray that sticks you in the stomach if the guy in front leans his chair back, and you always walk sideways in the aisles. Someone should figure out how many calories you use up getting to and returning from the washroom. Also those funny little lights never do hit what I'm reading!

Landing in Denver I thought "This is what a space station looks like - wonderful and endless and badly needing scooters or roller skates." I need to remind myself that there's alot more to Denver than the airport, but in four trips I've never seen anything else!

Boulder is really neat. As a Canadian I have to draw the parallel with Banff in Alberta - the cleanness, the clearness, the feeling the mountains give you of sitting in a friendly giant's lap.

The Board meeting was like a homecoming. It never ceases to amaze me that nine people from all parts of the country manage to come together and create a unity, a oneness. That energy becomes service to our community. It's even more amazing that we accomplish all that we do by 'meeting' via telephone conferences and emails. Meeting face-to-face is like completion, closing the circle, connecting. And then of course there's the nuts, the chocolates, the muffins, the munchies and the jokes!

During the ride with a friend looking for the Chitty's school we got lost on Arapahoe. Now, if you look at the map, Arapahoe runs in a very straight line. Go figure!

Walking the halls of the conference (It took me three days to find the elevator that cut my walk in half!) was like moving inside a motion picture. I marvelled at all these faces and personalities, and OUR famous people, blending and moving, creating a kaleidoscope of colour and movement and stillness.

So that was my summer vacation in September. A great memory! My pets finally forgave me, and I truly relished coming home to my own bed, my own sheets, my own place. I enjoy the flashbacks - eating breakfast with people I never met before, putting a face to a name I'd known for years, basking in the energy of my teacher after so long apart, hearing a piece of information that dropped a penny in the slot, feeling the underlying surge of energy, the flow. Being in the stillness.

It was worth it! ☺

Election 2004

By Clare Bonser, RCST® • *Nominations Chair*

In mid-January 2004, the Board of Directors will call for nominations for election to the Board for a term of three years. There will be openings for full Board members and the position of Student Representative. The 2004 election will be only the fourth in the history of the organization.

Once candidates are elected to the Board, the Board then selects the officers from among its ranks. These positions are for a renewable period of one year which allows for continuity of positions that require more than a year, and provides the opportunity for members to serve in various capacities over their three year term, if that is desirable.

As CSTA/NA is such a young organization, it is an exciting time to serve on the Board. When I was seated on the Board in June 2001, I believe our membership stood at 118. Now, only two and a half years later, it is approaching 300. We are a vibrant organization, policies are being formulated and there is great opportunity for creative thinking. If you were fortunate enough to attend the conference in Boulder in September, I think this was very evident.

To be a Director on the Board, it is necessary for you to have email capability. Currently our Board members reside in Colorado, New Mexico, North Carolina, Florida, Maryland, Toronto and the UK, so we conduct business via email, with a bi-monthly conference call. We meet face-to-face for a full day once a year. You should expect to contribute 5 hours/week to Board business.

Please give thoughtful consideration to nominating, with permission, someone you deem capable of taking on this responsibility. Nominate yourself if you are interested in this opportunity. It is demanding and rewarding. You will receive complete information about the nominating process in January, by email if you are on line, or by snail mail if not.

Please address any questions you may have to me, Clare Bonser, at cbonser@msn.com, or at 505-820-1074. I look forward to hearing from many of you as the election process gets under way. ☺



Where's the Yin? By Susan Beale

This year's conference was an interesting one for me. The main reasons I go to a conference are to hear the speakers and to connect with my peers. I was not disappointed in either arena. The presentations were wonderful: informative and insightful. The speakers were excellent: eloquent and motivational, their observations heartfelt. However, I also noticed something that I have not noticed in the past: the Yang.

My first education in energy-centered bodywork was in Polarity Therapy, where we learned about Yin (the feminine, receptive energy) and Yang (the masculine, outgoing energy). I associate the rational, mental, intellectual approach with Yang, and the "irrational," emotional, feeling approach with Yin. I'm used to the rational approach to education (aren't we all?) and what do I expect at a conference but presentations? Presentations are arguably the most efficient and practical way to transfer information.

So why did I feel like something was missing? Or rather, what did I feel was missing?

The notable absence, at least for me, was Yin. Women. Water. Curves. Non-mental. Don't get me wrong - I value Yang. Thankfully, my needs for Yang were completely met at this conference. Unfortunately, my needs for Yin were not.

For me, this dilemma mirrors the dilemma that I think our organization and each of us as practitioners face in bringing craniosacral therapy to the communities we live in. Here, all the world is dancing to a certain tune: Intake forms. Signatures. Insurance. Schedules. Legalities and liabilities. You sit here.

I sit there. If we can speak Clinicalesse with our peers, it makes us more - what - More Something. This dilemma grates at me more than it does the average conference attendee, I suspect, because I have had my fill of "rational" for one life. Launched headlong from a rational home life into a scientific education at an especially "intellectual" institution, my peers and I analyzed, sliced, and diced. Even in Humanities class, we poked at our feelings with tweezers, drawing back our skins and placing pins so as to examine our hearts. I can still smell the formaldehyde.

And so, at the conference, I found myself longing for Yin. I knew it could be incorporated. What would it look like? For starters, I knew the chairs wouldn't be aligned in rows. Maybe there wouldn't be chairs. And there wouldn't be 5 feet of vertical difference between our speakers and our listeners. Maybe we would sit on the same plane, maybe in a circle, maybe in blobs around the room. Maybe there would be water flowing, somewhere.. Maybe there would be more groups of fewer people, rather than the other way around. Maybe there would be more dialog, less monolog. And perhaps we could adjust the proportion of women speaking to approximate the proportion of women in the organization. Ladies, get out your Yang.

Let me reiterate: I was, and am, very happy with the aspects of the conference that were present. We did have women presenting. We did have many groups of few people, and we did have dialog (Breakfast, Lunch, and Cranial Café!). We did have experiential learning (practice time). I just hope that as our conferences evolve, the membership can find creative ways to shift the balance of 'conference yin' and 'conference yang' to better satisfy our needs for both. ☪

Interview With Franklyn Sills • at the Breath of Life Conference, Boulder CO, September 2003

By Lynn Warschauer

At the conclusion of the Boulder conference I had the delightful opportunity to interview Franklyn Sills and to pose to him four questions on behalf of the conference attendees. The scheduling of this conversation was quite impromptu, and no recording device was at hand. I therefore beg Franklyn's and the reader's indulgence and assume sole responsibility for any inaccuracies and/or omissions in summarizing the essence and content of our discussion.

LW: What excites you, motivates you to do this work? What is your passion in this work?

FS: It's a mystery how I stumbled into this work. It has to do with the people I met. It's a calling. I had not intended to teach. People asked me to teach. I had experience doing Polarity trainings. In 1986, an osteopath asked me to do a Cranial training. Not realizing the depth of what I would be thrown into, I agreed.

I am teaching to shift the field from the

biomechanical model to the biodynamic viewpoint. The purpose is to reorient to the Breath of Life. My goal has been to help people to self-generate their own schools. My place is to form training organizations. I felt a mission in helping to ground the work and to help people with the work. I had a calling to be a fulcrum for the biodynamic work in the world. I taught in America, Switzerland, Germany, and Spain. In 1987, the teaching started. Potency was there, but there was more of a biomechanical orientation. In 1992, I decided to shift to the biodynamic framework. The shift took eight years. All the teachers are empowered to develop and share curriculum.

My main passion and focus is my family and children.

LW: Is there any new research going on in the craniosacral field today?

FS: I don't know. I think it would be great to have

research. Be careful how you set up research. I haven't been involved in any.

LW: In what direction do you see craniosacral therapy heading?

FS: The possibilities are endless. I see the biodynamic model over the next 10 years grounding. The trainers and practitioners will be sharing their knowledge. This is not static. We will all be led by the Breath of Life. The work will be deepening. Teachers will be discovering new ground. This is all very dynamic. The danger lies in rigidifying what we do.

LW: What are your comments regarding the impact of Craniosacral Therapy on humanity?

FS: I'm very humble. That throws me into a place of unknowing. I hold an optimistic heart to all the suffering in the world. We are in the early days. I see the potential for the work. We will find our own way and become self-empowered. ☪