



Biodynamic Craniosacral Therapy, Volume Four

Michael J. Shea

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Interest in craniosacral therapy has exploded in recent years—not surprising given its gentle, effective approach to working on the spine and the skull and its cranial sutures, diaphragms, and fascias. The treatment focuses on the 92 percent of the human body composed of living water, rather than the eight percent that most therapies address.

Building on the previous books, which explored underlying principles, differentiating the components of the practice, and combining theory and practice, this volume illustrates the evolution of craniosacral therapy over the past 30 years. More than 50 hand positions are presented in detailed photographs—many with multiple views—each of which can be used immediately and effectively. Additional chapters focus on the correct use and boundaries of the therapist’s hands, a precise sequence to follow when practicing biodynamically, and working with the therapist’s perception of the therapeutic process. Written for practitioners in the fields of massage, mental health, complementary and alternative medicine, and chiropractics, this book, like the others in the series, is equally useful read on its own or in sequence.

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