

## **CranioSacral Therapy (CST)**

CranioSacral Therapy (CST) is a gentle, hands-on technique which utilizes the CranioSacral rhythm as a means of discovering restrictions in the body. These restrictions cause the body to compensate which over time can lead to painful symptoms.

The client remains fully clothed while Jane works with their body to release the restrictions, thereby awakening the body's own innate healing ability. Often our bodies retain the emotion imprint of physical trauma, as well. SomatoEmotional Release (SER) is a body-based technique that often utilizes therapeutic imagery and dialogue to release the trapped emotional component of an injury or trauma.

Through her work with CST and SER, Jane has also seen the effects of trauma and unresolved conflict from prior generations. Utilizing the Family Constellation approach, Jane helps uncover the hidden family dynamics that carry forward from generation to generation, contributing to poor health, pain syndromes, or failure to thrive in life.

Jane has found that her work is helpful for such conditions as TMJ (jaw problems), vertigo, whiplash, head aches, chronic neck and back issues, torticollis, sciatica, anxiety, and stubborn old traumas that seem to linger on and on.

Raised by enlightenment-seeking parents, Jane grew up surrounded by meditation, ayurveda, astrology, yoga, and the like. She was alternative way before it was cool to be! This unique upbringing blessed Jane with an open mind and a passion for health and helping others. She was introduced to CranioSacral Therapy 10 years ago when her toddler son began experiencing ear infections. Intrigued by the cure CST gave her son, Jane read a book on the subject. As she read, she had an "aha moment" and realized that CST was her calling. Jane is certified in CranioSacral Therapy, SomatoEmotional Release, and Family Constellation Therapy.