

ISBC-Kiental

International School for
Biodynamic Craniosacral Therapy

Kientalerhof
We touch life



**Biodynamic
Craniosacral Therapist**

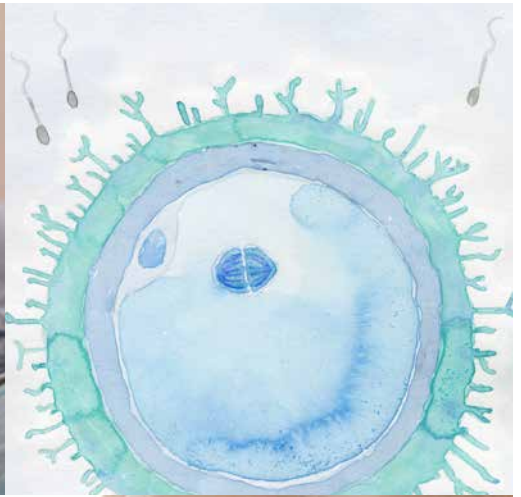
Kiental

Professional training,
recognised by Swiss associations



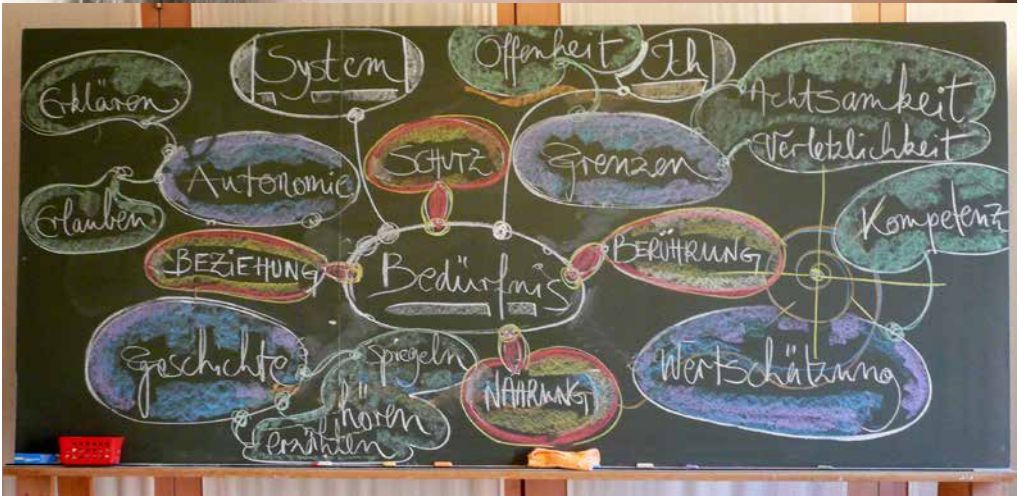
Healing means to reconnect ourselves and others with the source – whatever source means for us. Then we are whole again. *Friedrich Wolf*





Stillness is important in our work because it will always be more complete than technique.

Liliane Fehlmann



International School for Biodynamic Craniosacral Therapy

Our course of instruction in craniosacral therapy addresses all people interested in becoming craniosacral therapists.

The training includes 300 hours of basic medical knowledge. We recommend that students already have approximately 150 of the 300 required hours of medical background at the start of training, however this knowledge can also be acquired in parallel with the cranial therapy training at our school. The taught principles can also be applied in other forms of therapy, which makes the training an excellent advanced education, in particular for therapists practicing any type of bodywork. Our training is recognized by the EMR (Empirical Medicine Register) and ASCA (Foundation for Alternative and Complementary Medicine).

Why craniosacral therapy training at the ISBC Kiental?

Friedrich Wolf, the head of the school for 10 years now, describes the training as a «school of life» one giving rise to a profession that has literally grown out of dealing with vital energy, or out of life itself:

The closeness to pristine nature of this mountainous landscape was one of the reasons for me to come here years ago to study and teach craniosacral therapy. The mountains, rivers and waterfalls, as well as the plants and animals, that I encounter here, but also the clouds and the wonderful starry sky during a new moon night – all of these things invited me here. I found an extraordinary, unique place, I found the Kientalerhof and I met a lot of interesting and curious people of all ages, all of them being on their special, very personal way of learning.

The essence of the training we offer is getting to know and sensing a life force which William Garner Sutherland, the founder of this work, referred to as the “Breath of Life.” The Breath of Life is the carrier of our health, in our bo-



dies and in our lives. It gives us vitality and proper alignment, to mean it gives a shape to our lives, a direction and certainty, and an orientation for what to do at precisely this moment. It also shows us when it is better to remain still, and when to offer compassionate support and say nothing.

Here, we learn how to intuitively sense the inherent treatment plan, which can be experienced in every encounter with a human being or with nature. This is the basis of all healing. Importantly, our school's closeness to the primary forces of the surrounding nature supports this way of learning.

Our emphasis is on experiencing, sensing and slowing down, and on going deep into these experiences. In this environment, we are able to establish a resonance with the natural forces, in a way that would hardly be possible in a city. This allows participants to practice and make their first experiences in a protected space.

Of course, we also provide a great deal of information, experience and knowledge in topics like anatomy, physiology, psychology,

applying healthy speaking techniques, essential skills of touch and how to come into contact with human beings and their bodies – all of these are part of the training contents.

Participants also learn how to maintain a practice in the modern world, and how they can integrate themselves into the Swiss health system with this essential experience of life and the life force, if they so desire.

Our intention is to facilitate the further development of existing skills. Towards this end, our desire is that people who have studied here are well grounded through the ability to access their own resources, so that they are able to go out into the world and support others in their search of good health and orientation, and to do so in a competent and compassionate manner.

We continuously develop the training contents further, and we always explore new ways of teaching and learning. In addition, we try to create space for unforeseeable experiences, and we ask unusual questions and create exercises which cannot be planned – to mean we let them emerge from the dy-

namics of the moment created by the unique group of people who have gathered together here. In this way, new channels of perception, experiencing and wholeness open up to all participants.

The Kientalerhof is the vessel in which we move onward. We live here, and we are supplied with mindfully prepared, excellent food. In this house, you can feel the constant effort to create a pleasant environment. A lot of people contribute, through their power to create a space where everyone can go into in-depth experiences. There is also enough time during the day to enjoy nature: e.g., to go on a hike, to sled in winter or to go for a swim in summer, etc. And, in every course, there is an evening reserved for enjoying a wood-fired sauna and a barefoot disco. At night, we can sit around a campfire and “recreate the world” – shaping it with our dreams and with our words. Both the staff and participants can also participate in Qi Gong and Tai Chi classes, as well as different forms of meditation, and we paint, write and mould clay with our hands.

Ultimately, the aim is for everyone who comes here to feel and experience life with all of their senses, and perhaps to discover entirely new ones; and in this way to go home enriched and pass their experiences on to a world that needs this support and healing so urgently.



The Sutherland-Kiental Model

The origins of craniosacral therapy go back to the early 20th century, when Dr. William Garner Sutherland determined that the cranial bones move. During the next 40 years, he learned how to sense the movement of the cranial bones (and numerous other bodily structures) as a means of determining the effect of restricted mobility on the entire body, as well as to restore the harmony of the movements by subtle manipulation of the bones and membranes. His clinical experience showed an important effect of the changes in the relations of, as well as the pressure within, the craniosacral system on the human nervous system and entire body.

In the later stages of his life, Sutherland made another discovery: a life force, which he would eventually refer to as the Breath of Life, that makes corrections inside the body with no

influence from external forces. Similar to chi and prana, contact with the Breath of Life changes the focus of a treatment towards respect and appreciation for this “inherent intelligence” inside all living things, and for its capacity to heal.

The full ISBC program encompasses 950 hours of training, focussing on contact with the Breath of Life and its healing power in the cerebrospinal fluid and entire human organism. The training also offers participants the opportunity to experience the body’s own healing wisdom, and supports the development of presence, contact and perception of one’s own system. Students furthermore learn the skill of sensing the dynamics of the fluids in the living anatomy, in a conscious and mindful way. These skills are important for working successfully as a therapist.

In addition, the latest neurological and psychological findings are integrated in the curriculum, to enable students to recognize and treat typical conditions (e.g., stress and trauma) and their effects on the nervous, endocrine and immune systems.

Students will also develop skills to support the spiritual and emotional resources of their clients before addressing (or coming into contact with) the effects of trauma and shock, as well as developing ways of encourage healing through presence.

Biodynamic Craniosacral Training

The training at ISBC-Kiental consists of 10 levels within 3 years. Each level takes 5 days. Right before each class there will be a repetition day of the previous one (except level 1) in order to deepen the subject matter and supervise students.

Classes cover the following subjects:

- Anatomy, physiology and pathology
- Resource oriented work
- Practice of perception
- Awareness / attentiveness
- Integration of shock and trauma
- Lectures in psychology, psychosomatic medicine, embryology

We pay much attention to defining the ethic borderlines of therapeutic work as well as transference and countertransference within the therapeutic process.

The curriculum was inspired by Franklyn Sills of the Karuna Institute in England and influenced by Dr. Michael Shea. Since several years Friedrich Wolf has constantly further developed the contents and teaches them to this date.



Level 1

The Biodynamic Approach: Introduction to the Primary Respiratory System

William Sutherland, D.O. found that the driving force of cranial motion is the human brain and the rhythmic pulsing of its fluid system. Sensing a spiritual intelligence within the cerebrospinal fluid, he called this deeper rhythm the Breath of Life, and its expression in the human body the Potency. These inherent processes and their functioning within the human system he came to call Primary Respiration. With this new awareness towards the end of his life, he gradually stopped using compressional forces. He changed his work and his teaching from that of a biomechanical model of manipulation and focused on the biodynamic (the self-healing forces of the Breath of Life and its Potency) and the rhythmic fluctuation of cerebrospinal fluid. Dr. Sutherland observed through his direct sensory experience that the long, slow rhythms in the Primary Respiratory System made corrections in the whole body from the inside out. These deeper tides carry the innermost healing resources of the body and represent the expression of unconditional health. The vision of Franklyn Sills' biodynamic model of craniosacral therapy is to help

the client form a relationship with these deep healing resources.

This level introduces students to perceptual skills that relate to appropriate and correct contact with the Primary Respiratory System (PRS). Contact with the PRS requires sensitivity, mindfulness and the art of listening. Time will be spent establishing presence, grounding and appropriate boundaries between the therapist and the client. The delicate touch necessary to track fluid motility and to sense distortions in the fluid system will be taught. Palpation skills will be developed to sense the three tidal motions of the PRS and its phase of inhalation and exhalation. In addition, there will be a focus on the cerebrospinal fluid (CSF) and its fluctuant movement between the occiput and sacrum.

Topics

- Differentiating the Biomechanical and Biodynamic Models of Craniosacral Therapy
- The Cranial Rhythmic Impulse, the Potency, and the Breath of Life
- The longitudinal and lateral fluctuations of the CSF
- Basic neuroanatomy and neurophysiology
- Negotiating contact and boundaries
- Resources and stillpoint
- The sacrum, occiput and sphenoid bones

Level 2

The Autonomic Nervous System and the Craniosacral System

This level will focus on learning the function of the Autonomic Nervous System (ANS) and its relationship with the PRS. The PRS is viewed as a multi-layered unfoldment of the Breath of Life that is continuous through the whole body. The neural regulation of emotions, stress and trauma are mediated through the ANS. When it is in a chronic adaptive state, the Breath of Life and its Potency are suppressed or forgotten by the body. Stress creates inertia or disturbance within the PRS leading to numerous symptoms both large and small. The Cranial Rhythmic Impulse compensates for stress and must be acknowledged by the therapist. The PRS is self-organizing and self-correcting, especially when the skill and knowledge of the practitioner comes into conscious contact with it. The Breath of Life and its Potency provide the foundation of unconditional health after the ANS has relaxed yielding a „neutral“ state. This state of receptivity opens the client to deeper healing potentials and self-correcting phenomena

of the craniosacral system (bones, membranes, fluids). A model of process balance in the whole Primary Respiratory System will be presented. This model is based on perceiving a relationship between the Breath of Life, the Potency, bones, membranes, fluids and the nervous system. Teaching protocols will be oriented around the development of perceptual skills which focus on the differentiation of system layers.

Topics

- Functional stillpoints
- Neuroanatomy of the limbic system and hypothalamus
- Accessing states of balanced tension
- Spheno-basilar strain patterns
- Frontal, parietal and temporal bone relationships
- Reciprocal tension membrane dynamics
- Introduction to shock-trauma theory
- The Core Link

Level 3

The State of Balanced Tension and the Fulcrum

The State of Balanced Tension and the Fulcrum

An osteopathic fulcrum is the central point around which any pattern in the body will organize its movement. According to Dr. Sutherland, all fulcrums are suspended and automatically shifting. They are a function, rather than a structure, of the human body and are spatially oriented to the body's midline. This means that fulcrums naturally reorient to their original state of balance with the listening and observation of the practitioner.

This level will focus on treating fulcrums in the reciprocal tension membranes and fluid systems of the PRS. This includes sensing natural fulcrums such as Sutherland's and fulcrums that anchor a disturbance. The latter, called inertial fulcrums, have the innate capacity to self correct because at their center is the Potency of the Breath of Life expressed in its original state as silence and stillness. A major emphasis of this level is to introduce

an important clinical concept: the state of balanced tension. The Potency of the Breath of Life naturally expresses itself within states of balance. An understanding of reciprocal tension will be taught and reciprocal states of balanced tension explored. Rollin Becker, D.O.'s three-step healing process will be introduced as a course theme.

Topics

- Intraosseous lesions of the vault bones and sacrum
- Palpating the Sutherland Fulcrum
- Dr. Rollin Becker's Three-Step Healing Process
- Differentiating biodynamic and biomechanical forces
- Shock-trauma theory and states of overwhelm
- Reciprocal tension and states of balanced tension
- Understanding automatically shifting fulcrums
- The limbic system and the triune brain model

Level 4

The Ventricles and the Diaphragms: Clinical Skills of Engagement

In this level of study students will learn important skills based on Dr. Sutherland's discovery that the fluid systems of the body hold stress and trauma. The work from the previous level is expanded as students explore inertial fulcrums and begin to learn further ways of relating to them. Within this context, various craniosacral approaches to fluids and tissues are taught as non-verbal, kinesthetic conversation skills. Students learn to listen to the story, or history, of the client as it comes through the tissues and fluids, and to use particular skills to converse with them. As this process deepens, students learn to offer options and to help the system access its innate potential for health. These skills include the biomechanical approaches of craniosacral traction, disengagement, fluid direction and the use of lateral fluctuations. These are offered as conversations in which the system has a context for the telling of the story or history of the client. Additional attention is placed on the clinical role of the twelve pairs of cranial

nerves and on stillpoint facilitation. Students learn to deepen their understanding of the classical skills of CV4, EV4 and CV3. Therapeutic approaches to hyper- and hypo-arousal states resulting from shock and trauma will also be introduced.

Topics

- The five diaphragms of the trunk and pelvis
- The ethmoid bone
- Principles of traction, disengagement and decompression
- Initiating lateral fluctuations
- CV4 and EV4 processes
- Trauma touch skills relating to hyperarousal and dissociation
- Learning to initiate conversations with tissues, fluids and inertial fulcrums
- Entrapment neuropathy and the cranial nerves
- Disengagement or decompression within sutures and joints



Level 5

Cerebrovascular Drainage and Embryogenesis

For the first six weeks of life, the growth of the young embryo is guided by an intelligence in the fluids. IT KNOWS and guides the embryo in a perfected state before the formation of the nervous system and before the genetic field modifies the embryo. This original matrix of perfection and Divine Will unfolds into the structure and function of the human body as a result of the Breath of Life and its Potency. It is carried throughout life within the fluids and the cerebrovascular system. Dr. Sutherland said it is unerring in its ability to heal. The Breath of Life is omnipresent. Six times every 10 minutes the Divine Will expresses itself in the human body. The nervous system and the heart grow in contact with each other for the first six weeks of development. Emphasis will be placed on palpating what Dr. Becker called the inherent treatment plan. The inherent treatment plan is located within the disturbances and inertia of the whole body and sensitivity to these will be developed. An introduction to the early embryology of the cranium and cerebrovascular system will be shown. Exploration to establish freedom within the cerebrovascular system, especially the venous sinus system of the brain, will be demonstrated.

Topics

- Embryology
- The biodynamic model and wholeness
- Palpating the embryological forces in the body
- The inherent treatment plan of Rollin Becker, D. O.
- Cerebrovascular drainage
- Neuroanatomy and physiology
- The A-O joint, the occiput and the sacrum

Level 6

The Midline and the Viscerocranium

This level continues to look at the embryological origins of the PRS. Life develops in a fluid medium contained by a membrane. The Breath of Life ignites the process of incarnation as an unchanging, perfected response of the Divine. The transmutation of the Breath of Life into the form and function of the body occurs on the posterior midline of the embryo in the ventricles and the anterior midline known as the notochord: here is the original function of the Breath of Life. Consequently, the PRS unfolds in a geometrical relationship to a midline axis. The midline is both a function and a structure around which the whole human grows and differentiates. Palpation will focus on the median axial stem of the anteri-

or midline which are the basi-sphenoid, basi-occiput and ethmoid bones. Perceiving this midline function is crucial to establishing a deep understanding of how healing occurs in the PRS. We will focus on integrating the viscerocranium with the PRS and the sphenoid bone. These core elements form the basis of health beginning in the embryo and continuing through the life span. Skills will be taught to palpate midline integrity. This will also include detailed work around the face, ethmoid bone and intraoral structures as they relate to balance in the cranosacral system.

Topics

- Qualities of the dorsal and ventral midlines
- The notochord and the embryo
- The face and hard palate
- The spheno-maxillary complex
- Disengagement of spheno-vomer-maxilla compression
- Disengagement of spheno-palatine-maxilla compression
- TMJ issues

Level 7

Reflections of the Whole, Dynamic Stillness and the Spine

When asked how to contact the Breath of Life, Dr. Sutherland quoted the biblical expression, "Be still and know." This level of training will explore the full-body manifestation of the Breath of Life and the fulcrum around which it moves: Dynamic Stillness. The perception of space, stillness, silence, stillpoint and the neutral are the hallmarks of transmutation in the PRS. They complement the palpation of reciprocal tensions in the cranosacral system. Thus, the perception of stillness and its various levels is of paramount importance for the cranial practitioner.

The presence held by the therapist and the ability to shift perception towards the spiritual resource expressed in the fluids will be a primary focus of this level. Palpation skills will be approached through the sensing of physiological movement in the dural tube, the spine and all eight diaphragms in the body. From here, skills evolve toward perception of dynamic, non-linear change while

listening to the non-intrusive corrections manifested by the Breath of Life. Finally, there will be an overview of the five stages of spiritual healing with reference to the relationship between the Breath of Life, the healer and the expression of this relationship in culture, history and religion. A model of containment of the healing forces associated with the Breath of Life will be presented.

Topics

- Dural tube and spinal dynamics
- The occipital triad and cranial base
- The connective tissue system and trauma
- Whole body sphenobasilar connections
- General pelvic and sacral dynamics
- Emotional processes and hemispheric lateralization in the CNS.
- Dynamics of transpersonal and cross-cultural healing
- Understanding and perceiving the role of balance and stillness in the healing process

Level 8

The Central Nervous System and the Cranial Rhythmic Impulse

The main emphasis of this level will be the dynamics of the central nervous system (CNS). CNS motility will be explored from its embryological stages and the palpation of its motility will be emphasized. The interrelationship of pituitary and pineal function in the third ventricle will be discussed and clinical issues of CNS facilitation, or hypersensitivity, will be introduced. States of hyperarousal and dissociation will be explored within this context, which includes developing sensitivity to CNS shock affect and shock discharge. The autonomic nervous system will be reviewed, as will neuro-endocrine-immune homeostasis. The influence of adaptive states in the brain and body will be examined in relation to the cranial rhythmic impulse and the craniosacral system. The principle intention of this level will be to review the clinical significance of research data from the decade of the brain and bring it into the present perspective of a craniosacral therapy practice.

Topics

- The dynamics and motility of the ventricles and CNS
- Neuro-endocrine-immune homeostasis
- CNS facilitation: peripheral facilitation, central facilitation
- The third ventricle and the ignition of the fluid system
- Clinical connections
- Neuro-endocrine considerations
- Trauma and CNS shock imprinting

Level 9

Birth Dynamics, Birth Trauma and the Primary Respiratory System

During birth the infant forms a relationship with the Breath of Life so that the infant moves in the direction of the Divine Will, beckoning from the future of the child's life-expression and potential. If, due to birth trauma, this connection to the sacred is compromised, then the infant will be oriented to the past and express the history contained in the genetic field. This level will give students the

ability to palpate and track birth dynamics and their effect in the craniosacral system both in the adult and child.

Specific birth patterns in the cranium will be taught as well as the whole-body imprinting of the birth process. Study will include the most typical birth processes, stages of labor and their molding of the infant's cranium. Information on the four different types of maternal pelvises, Cesarean-sections, vacuum extraction, breech presentation and forceps deliveries will also be discussed. Of particular importance will be the review of the intraosseous lesions of the occiput, temporal and sphenoid bones from the point of view of their developmental stages of ossification.

Topics

- Labor and delivery
- Pre- and perinatal approaches to cranio-sacral therapy
- Force vectors and entrapments from birth
- Interventions in the birth process
- Avoiding retraumatization
- Establishing safety and trust around birth issues
- Composite bones and the birth process

Level 10

Deepening and Completion

This level will be one of completion and deeper grounding. Students will learn to facilitate sequencing and tracking, which are left hemisphere functions and to differentiate the right hemisphere functions of stacking and memory. The effect of anesthesia shock and umbilical affect on the craniosacral system will be explored. Students will continue working with these and other birth dynamics in this level.

Developmental trauma will be discussed and approaches to clinical work with infants and children in the first six years of life will be presented. Of particular importance will be the ossification of the vault bones and the development of the super laryngeal space and its relationship to the sphenobasilar joint. An important focus will be the grounding of the course work into a deepening appreciation of the unfoldments of the Breath of Life within the body. The intention will be to deepen the understanding of its intrinsic dynamics within the human condition. The Dynamic Stillness

itself will be explored within a clinical context. Practice management skills and ethical issues will be discussed within the context of the professional clinical practice of craniosacral therapy.

Topics

- Chemical interventions in the birth process
- Review of clinical applications and connections
- Developing a pediatric practice
- Grounding; the Breath of Life and its unfoldments
- Dynamic Stillness, the notochord midline and the groundswell of the Breath of Life
- The Long Tide, Potency tides and fluid tides reviewed
- Clinical issues reviewed and extended
- Practice management

The Teachers



Wolf Friedrich (D)

(main teacher and leader of the school) born 1951, is director of the ISBC-Kiental. He studied biology with focus on genetics, molecular biology and ecology. He began to study natural self-healing methods during a serious illness in 1974/75. His first steps were massage, meditation and vegetarian nutrition. He then trained as a permaculture counselor and in creativity training as well as conflict resolving therapy and psychosynthesis. His teachers for the biodynamic model of craniosacral therapy were Michael Shea and Franklyn Sills. In his own practice he combines acupuncture, homeopathy, and Craniosacral therapy. Today he sees his work as a way of encouraging self-healing to support people who are looking to heal themselves, and in teaching this gentle mode of biodynamic Craniosacral therapy.



Fehlmann Liliane (CH)

Teacher for needlework and crafts, mother of 7 children, training in craniosacral therapy with Hugh Milne, Michael Shea and Friedrich Wolf, private practice for craniosacral therapy, works with children and adults, teacher for biodynamic craniosacral therapy at ISBC-Kiental, many years of continued educational training in craniosacral work with babies, infants, supervisor and member of the board of directors of the Swiss association for craniosacral therapists (CranioSuisse).



Course Administration

Nina Pries

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Kientalerhof

School of Body Therapy

Kiental, Wetzikon, Uzwil

Kientalerhof has a long tradition and profound experience in the field of body therapy. We offer a large variety of professional basic as well as advanced trainings for bodywork. They are developed further according to the latest research and adapted continuously to the current requirements.

Through merging with the School of Body Therapy in Zurich on the 1st of October 2013 we have additional locations available where we offer educations and advanced trainings compliant to EMR and ASCA:

Kiental – a place amidst the powerful and almost pristine nature in the Bernese Alps, easily accessible, also by public transport

- Shiatsu
- Dao Acupressure Therapy
- Biodynamic Craniosacral Therapy
- Rebalancing
- Ayurveda and Massage
- Colon Hydro Therapy
- QuantumRegenesis
- Qi Gong
- Inter-methological Trainings
- Medical Knowledge – Basic and Advanced

Wetzikon – a space of silence close to Zurich

- DAO Acupressure Therapy
- Structural-Biodynamic Craniosacral Therapy
- Craniosacral Anatomy
- QuantumRegenesis

Uzwil – Our course room amidst of East-Switzerland

- DAO Acupressur Therapy
- QuantumRegenesis

We offer regular open days in Kiental and Wetzikon and information evenings in different cities with talks and demonstrations about the trainings. For further details visit the website www.kientalerhof.ch

Do you have questions or would like some advice? Give us a call. We are looking forward to meet you! Phone: **033 676 26 76** or info@kientalerhof.ch



The Kientalerhof

Continuing education amidst the powerful nature of the Swiss Alps

1986 we founded one of the first shiatsu schools in Europe. Since then we have broadened our program extensively. Today we offer substantiated trainings and continued educational classes for bodyworkers. Furthermore our program contains various workshops in the area of self-fulfillment, consciousness and creativity.

Kientalerhof – the ideal environment for learning

Silence and pristine nature, far away from the noise and fast pace of the cities, turn Kiental into a place where ideas, senses, thoughts and emotions can unfold and grow. Meetings, communication, insights, our creative power – they all find space and time. Here we can listen inward, distinguish the important from the unimportant and concentrate on what really matters to us.

Ecological design, modern seminar equipment

What nature gives to us is reflected in our house which has been ecologically refurbished and designed with a lot of care. In the house which is more than 100 years old, partly with newly built seminar rooms, originality connects with clear design and modern infrastructure. Many of our guests appreciate the mainly vegetarian and natural food that we serve. Kientalerhof is one of the pioneers in serving health enhancing food.

Kiental – oasis of stillness in the canton of Berne

Kiental is situated in the Swiss alps submontane the monumental Bluemlisalp mountain in the highlands of Berne. Just a few kilometers away is the small town of Spiez, the mountain Niesen (a power place, also called “the pyramid of Switzerland”) and the historic town of Thun at the lower end of the Thun lake. If you love the solitude of the mountains, the roar of the waterfalls, the spicy fragrance of the woods and meadows and are not afraid of steep paths, you will be rewarded with a special experience of the wonders of nature.



Kientalerhof Learning Encounter Bodywork Evolving Consciousness

School for Body Therapy Kiental Wetzikon Uzwil

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