

## WORKSHOP BOOKING FORM

**Level One Workshop**

Palpating the cranial rhythm. Overview of craniofascial anatomy. Experiential learning of fascial releases for the legs, pelvis, spine, shoulder girdle, hyoid and occiput.

Cost \$380 (incl. GST)

**Level Two Workshop**

Development of cranial palpation skills, clinical concepts and applied anatomy. Release techniques for the cranial base and vault. Still point induction. Body dowsing.

Cost \$380 (incl. GST)

**Level Three Workshop**

Review of sphenoid and temporal techniques. Facial anatomy concepts. Facial and intra-oral release techniques. Positional and emotional aspects of unwinding.

Cost \$380 (incl. GST)

To book your place in the workshop —  
complete the form below, enclose payment and post to:

**Malcolm Hiort**

Room C1.51

Abbotsford Convent Foundation

1 St Heliers Street, Abbotsford

Victoria 3067

Telephone: (03) 9417 7375

Email: info@craniofascial.com

**www.craniofascial.com**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: (Mobile) \_\_\_\_\_

Telephone: (Home) \_\_\_\_\_

*A deposit of \$100 is required with booking.*

*Please make your cheque payable to Malcolm Hiort.*

I have enclosed a cheque for \$100.

Signature: \_\_\_\_\_

## Malcolm Hiort

Malcolm is an experienced lecturer and workshop presenter and has taught craniofascial therapy throughout Australia since 1992.

A remedial massage therapist, he has 25 years experience in private practice, focussing on rehabilitation of musculoskeletal dysfunction, cranial and fascial restrictions, pain and performance ability.

Treatments are available in inner Melbourne.

He is the founding director of a holistic health clinic with a multi-disciplinary focus and holds a Graduate Diploma in Healing Therapies, a Diploma of Arts, a Diploma of Remedial Massage and certificates in several manual therapy disciplines. (His research interest is the objective measurement of the cranial rhythm.)



# Craniofascial THERAPY

Room C1.51

WellBeing at the Convent

1 St Heliers St, Abbotsford Victoria

## Malcolm Hiort

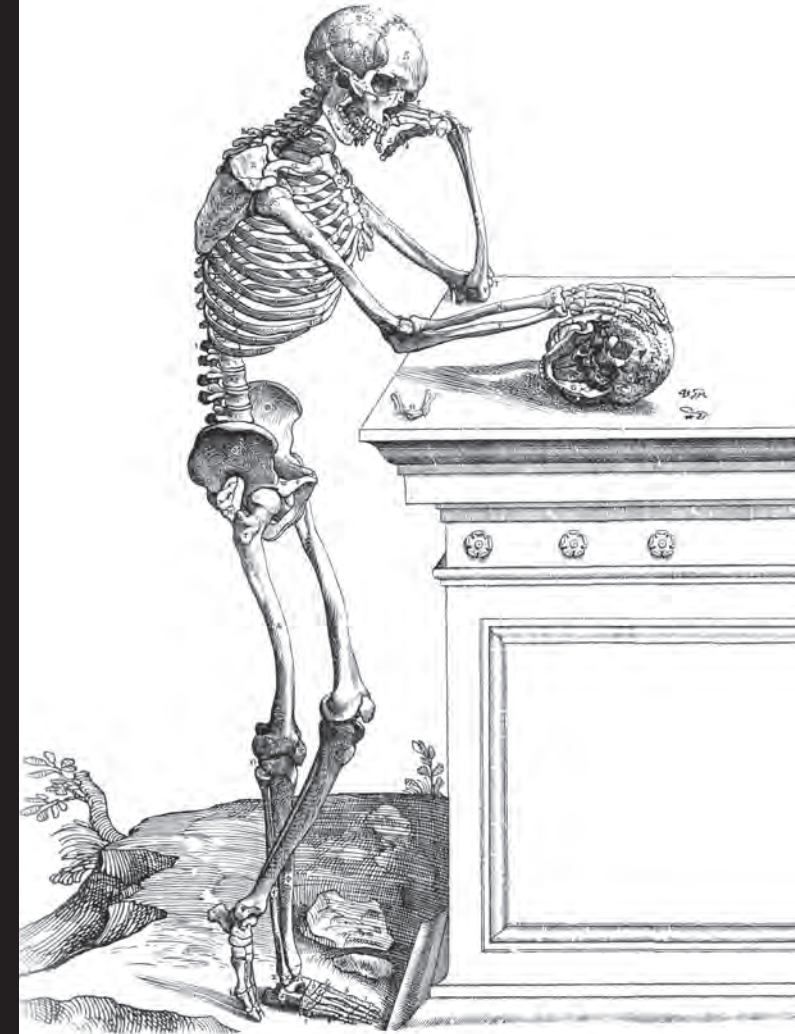
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Email: info@craniofascial.com

# Craniofascial THERAPY



LEVEL ONE WORKSHOP

LEVEL TWO WORKSHOP

LEVEL THREE WORKSHOP

# Craniofascial Therapy (CFT)

Craniofascial Therapy (CFT) is an effective manual therapy approach to the human body, based on physiological principles. Subtle pressure and stretch techniques are used to assess and release connective tissue mobility restrictions that often underlie dysfunction. The 'cranial rhythm' slowly expands and contracts the body in a cyclical, tide-like manner that is independent of respiration. An emphasis on understanding and palpating the 'cranial rhythm' throughout the body distinguishes the CFT approach to treatment.

William Sutherland D.O. pioneered this field in 1899 when he realised that the cranial bones are designed for movement. Contrary to the dogma of the fused, rigid skull that is still taught, he showed how the sutures (joints) of the cranium are bevelled, notched and angled to permit movement. Sutherland recognised that an inherent non-muscular movement phenomenon was involved and developed theories to account for the physiological and pathological evidence he accumulated. There now exists information from several decades of research to support these concepts, but the idea has still not permeated orthodox scientific and medical education.

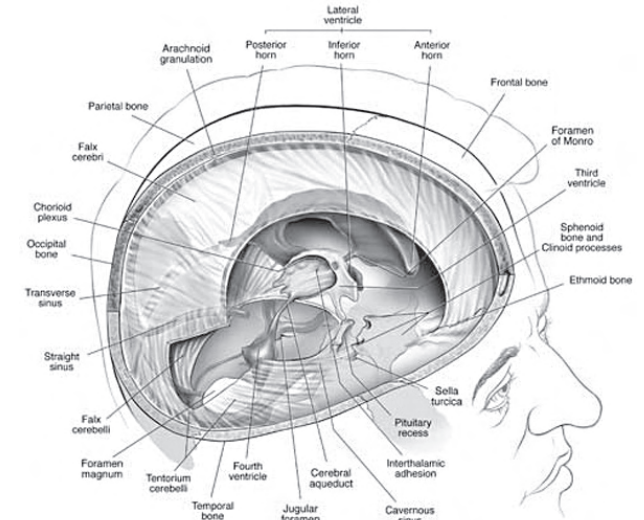
While CFT can be used to restore mobility and enhance function throughout the whole body, it is in the treatment of cranial restrictions that this approach proves invaluable. Ignored by other therapies, the cranium is amenable to manual treatment of structural and functional imbalances. By freeing restrictions of the interconnected body fascia, the dural membranes of the spine and

cranium, and the sutures between cranial bones, the underlying causes of many symptoms are addressed.

The movements of the 'cranial rhythm' provide an inbuilt assessment and treatment method for the experienced therapist to utilise. Appropriate placement of the therapist's hands reveals information regarding the mobility of body tissues. Palpation of a loss of normal movement alerts the therapist to the presence of a restriction. After employing the appropriate technique, this palpation assessment provides a reliable indication of the degree of release achieved.

Craniofascial Therapy is a key to the understanding and treatment of both subclinical syndromes and some defined disorders through the application of applied anatomy principles. Additionally, the inherent tendency of the body to self-correct is enhanced as antagonistic movement patterns and restrictions are engaged. Although the amount of force used in these pressure and traction techniques is minimal, some clients will spontaneously twitch, release or fall asleep briefly as imbalances are resolved. Where emotional restriction and fascial restriction correlate, this gentle approach has much to offer.

The additional framework that CFT provides is important in recognising and responding to otherwise baffling symptoms and conditions. Because it does not elicit a protective guarding response from the musculature, CFT is often the most appropriate therapy in the treatment of children, geriatrics, and those who cannot tolerate or do not respond to more invasive methods.



## Indications

*CFT should be considered in relation to these conditions:*

- Headache and cranial dysfunction
- Chronic stress and stiffness
- Facial, sinus and eye dysfunction
- Low back pain and sciatica
- Jaw and throat problems
- Postural compensation syndrome
- Tinnitus, vertigo, Bell's palsy
- Childbirth trauma — mother or child,
- Athletic performance/co-ordination

### AUSTRALIAN CRANIOFASCIAL THERAPY SCHOOL

Workshop participants will expand their conception of the body and their therapeutic relationship to it. Many CFT techniques can be employed by therapists as an adjunct to their existing skills, or this approach can be used on its own as an effective therapy, gentle for both therapist and client. Increased hand skills and an extended treatment repertoire are developed, making this focus on cranial and fascial tissues a vital component of a complete body therapy education.

**A Certificate of Attendance** is issued that is recognised by AAMT and practitioner associations for Professional Massage Education points.

**A comprehensive manual** and other reference material is included in the cost of the tuition.

#### Workshop Venue & Times

– Saturday and Sunday 10AM to 6PM

4/108 Sackville St. Collingwood

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