



Craniosacral Therapy in Water™ Training Program

Craniosacral Therapy in Water™ (CST in Water™) was approved as Elective program by the Educational Standards Committee (E.S.A.C.) of the Worldwide Aquatic Bodywork Association (W.A.B.A.), for any of its training institutes worldwide, and automatically also became CECs (Continuing Education Credits).

Students who complete the 200-hour program will be registered as W.A.B.A. credited CST in Water™ Practitioners and their credits will be considered for any of the W.A.B.A. credited training programs.

ABOUT ELISA MUÑOZ BLANCO

Elisa Muñoz Blanco

Physiotherapist Col. No. 3059. Master's Degree in Physiotherapy in Pediatrics at the University San Pablo-CEU. Associate Professor of Degree in Physiotherapy and in the master's degree in Physiotherapy in Pediatrics at the University San Pablo-CEU.

Founder and director of the Watsupath™ Training Institute. Creator of the concept of Craniosacral Therapy in Water™. Watsu® 1 & 2 and Clinical Watsu® 3 Instructor credited by Worldwide Aquatic Bodywork Association. Ai Chi® Instructor credited by Aquadynamics Institute.

Expert in Osteoarticular Physiotherapy and Myofascial Induction®, Manual Lymphatic Drainage, Craniomandibular Dysfunction and Orofacial Pain, Craniosacral Therapy, Biodynamic Craniosacral Therapy and Thai Yoga Therapy, in Psychosomatic Medicine and Clinical Psychology and in Short Psychotherapy.

Co-author of the book "Aquatic Therapy. Approaches from Physiotherapy and Occupational Therapy in the aquatic environment" and "The Heart of Watsu®" as well as several scientific articles in high impact journals.

Watsupath - TCS in Water™ is a registered trademark of Elisa Muñoz Blanco. Watsupath™ Training Institute and Elisa Muñoz Blanco are holders of the Watsu® trademark in Spain.

Craniosacral Therapy in Water™ was born as a concept in 2010, as the result of my years of study, research, and clinical practice. Based on the application of WATSU® therapy, craniosacral therapy (CST), manual therapy, and Myofascial Induction Therapy (MIT)® in the aquatic environment, CST in Water™ facilitates interoception and neuroception, and produces local and systemic effects aimed at improving and restoring the overall health of the patient.

This concept aims to promote the proper functioning of the craniosacral system, release the restrictions of connective tissue, and recover the hydrodynamic balance of the body.

Both WATSU® and CST are based on common principles: listening to the subtlest physiological rhythms, facilitating spontaneous movements and body tendencies, observing the needs, respecting the limits, and framing the therapeutic intervention from an attitude of being with the patient, and not doing to the patient (Muñoz Blanco 2010), as Sutherland used to name complete emptiness (Sutherland 1962).

Interoceptive awareness of the patient, suspended and surrounded by water, guides the process, and is followed by the therapist's facilitation.

Craniosacral Therapy in Water™ Module 1

50 hours, 5 days

Course Description

Few systems have as much impact on the human body as the neuro meningeal system and the fascial system. This course Craniosacral Therapy in Water™ Module 1 provides the basics necessary to understand their relationships and the relevance of both systems, the principles of treatment and some of the techniques used to facilitate changes in them.

Program:

- Therapist's Attitude
- CranioSacral System
- Conscious Touch and Listening
- Fascia and Diafragms
- Cranial Base, Lumbosacral Release and Dural Tube
- Still Point and CV-4
- SomatoEmotional Release®
- Cautions

Course Highlights:

By the end of this 50 hours class, you will be able to:

- Describe the scientific foundation and principles of Craniosacral Therapy in Water™ - and why it's the key to relieving pain and dysfunction at their source.
- Develop finely tuned palpation skills you can rely on as highly sensitive and intuitive healthcare tools.
- Identify the subtle cranial rhythmic impulse and interpret its patterns to accurately evaluate dysfunction and improvements.
- Locate the source of physical problems by traveling through the fascial system.
- Release dural tube restrictions to enhance interactions between the central nervous system and the rest of the body.
- Use techniques that produce clinically significant changes (CSC).
- Put a respectful, efficient approach into practice right away.

Prerequisites:

To be a Professional healthcare practitioner, student in a healthcare program or student in an aquatic therapy training program.

A preparatory work for the course must be completed by the student prior to the start of the course.

Craniosacral Therapy in Water™ Module 2

50 hours, 5 days

Course Description

The understanding of the Body as an interrelated Whole, where the more tangible spheres coexist with the more subtle ones, provides a space for the Facilitator to know him/herself. These bases will make the therapeutic alliance the framework, wrapped by the support of Water, where healing is possible.

Once cells, tissues and fluids can speak directly, they easily guide Therapist and Patient on an efficient and effective Pathway back to Health. This is the future of modern medicine.

Program:

1. Consciousness
2. Cranial Membrane System
3. Temporomandibular Joint
4. Non-Verbal Communication. Non-Violent Communication
5. Somatoemotional Release®
6. Multiple Hands
7. Clinical Applications

Course Highlights:

By the end of this 50 hours class, you will be able to:

- Discover how to integrate Sutherland's technique for biomechanical injury identification into the current biodynamic view of CST in Water™.
- Improve your ability to perform whole-body assessment by focusing on the physiological phenomena occurring.
- Facilitate and accompany the release of various segments of the body through the application of more global techniques.
- Explore the concepts of SomatoEmotional Release® and Energy Cysts, facilitating the release of emotions associated with structural injuries.
- Refine skills of awareness, listening, accompaniment and support through individual and group dynamics.
- Observe expert demonstrations and participate in clinical simulations.
- Complete supervision with the instructor and/or assistants, supporting your journey and orientation towards Module 3.

Prerequisite:

CST in Water™ Module 1, thorough working knowledge of the contents, practice sessions and received sessions.

Craniosacral Therapy in Water™ Module 3

The Avenue of Expression

50 hours, 5 days

Course description

The evaluation and treatment of the palate, jaw and temporomandibular joint expands as part of the exploration of the Cranio-cervico-facial complex. These techniques stimulate the expression and release repressed emotions.

The emphasis is on the evaluation of the body as a whole and in the various physiological phenomena that occur, integrating with various creative methods and techniques of dialogue, applied on the surface of the water and under water (360° approach).

It is an open and deep exploration of possibilities that can be achieved through the connection with the collective consciousness of an organ or tissue, using real listening and therapeutic dialogue among other tools.

Program:

- The Avenue of Expression Protocol: hard palate, Vomer, the Palat, Zygomatic bones, Nasal bones, Teeth, tissues above and below the Hyoid bone, gums, and the floor of the mouth.
- The therapeutic connection between giver and receiver.
- Therapeutic frame and dialogue.

Course highlights:

At the end of this 50 hours module, you will be able to:

- Describe neuroanatomy, Physiology, and biomechanics of the Cranio-cervico-facial complex.
- Evaluate and mobilize the Avenue of Expression through more than 10 different body components, including the thoracic inlet, hard palate, and related tissues.
- To condition the safe space in which the processes unfold and accompany them to the point of Stillness for their integration and reprocessing, also underwater.
- Use Presence, Listening and Communication to support and accompany the Body in its process of recovery of Health, from Dynamic Stillness, and through Power.

Prerequisites:

CranioSacral Therapy in Water™ Module 2 and a deep understanding of the practical work through practice sessions, personal sessions, and supervised group practices, as well as the supervision with a CST in Water™ Instructor. Completion of final project is required to become CST in Water™ Practitioner (see below).

To complete this training:

Practice sessions

Students have the requirement to give at least 20 hours of practice sessions during his studies of CST in Water™, evenly distributing the hours in 3 years. Students should not receive payment for their practices during this time. It is acceptable for the receiver to contribute by the pool fee.

Received sessions

Students have the requirement to receive 10 professional sessions during the 3-year program. At least 5 sessions must be CST in Water™ sessions by a certified practitioner, and the rest can be sessions with professionals certified in their field, such as WaterDance®, Healing Dance®, Watsu®.

Groups of practice

There are 5 hrs required from the student of practice supervised in group. These hours they can be combined with a course of CST in Water™ Module 1, 2 and 3, facilitating accessibility for students who don't have a community of local students to practice with. An Assistant or certified Instructor will monitor the class to help refine and define the competencies, moving from the framework of CST in Water™.

Supervision with a CST in Water™ Instructor

Two 2 – 3 hr sessions are necessary, one before and another after the Craniosacral Therapy in Water™ Module 3. This time one by one, it consists of going on the strengths and weaknesses of the student. An individual plan is then developed to help students reach their career goals.

Final Project

It is a project of 5 hours by one or more students of CSTW to complete the hours of required certification. This project can consist of a case study, service project, or develop a course of continuing education for CST in Water™ practitioners.

Projects can be completed at any time during the 6 months following the completion of Module 3, and once completed can be posted on the Institute's website representing a resource for the benefit of all.

The student will be mentored during the development of the clinical case to facilitate its approach, development, and conclusion.

- 50 continuing education credits are required every 2 years. These courses complement and deepen the Understanding of Craniosacral Therapy in Water™ for the Practitioner and allows the individual to continue their education in an area of interest.
- Any Craniosacral Therapy in Water™ class can be repeated to complete this CEC's.