

Getting Your Head Around

CRANIOSACRAL THERAPY

If you're suffering from **acute physical problems** like **headaches or back pain**, a gentle, hands-on manipulative treatment from **Rutland therapist Lulu Ferrand** may prove beneficial... but what exactly is **Craniosacral Therapy**?

Rutland therapist Lulu is the county's champion for a gentle, hands-on treatment which tunes into the body's energy and releases tension within. It's called Craniosacral Therapy. This month we *used our heads*, and gave it a try.

What is Craniosacral Therapy and how does it work?

It's a gentle, hands-on non-manipulative therapy. I tune and 'listen' to the energetic rhythms of the body and encourage it to release held tensions often caused by previous emotional and physical trauma.

Essentially it can help to rebalance your mind as well as your body. Clients often report being more aware of their own needs and strengths. They may also have increased energy and wellbeing.

What sort of problems do you treat?

My clients come with such a wide range of symptoms. Babies come for release of birth trauma. Any age come for post-operative or post-accident trauma release, anxiety and stress, headaches, back problems, whiplash... but it's more about encouraging the health back and allowing the body's own natural self-healing to take place.

Some use it as a preventative measure - I even have a GP and several nurses who come and use Cranio as a support in their busy lives. However, I must say that I never promise a cure. No doctor or therapist can say that.

What do the majority of your clients come to you for?

Cranio is particularly effective with stress and anxiety - I feel that each of us has our own level of coping.

As we go through life, we pile on the stresses either emotional or physical and there comes a time when the body says that it can't manage any more and things start going wrong.

When I put my hands on a client with anxiety, it can feel as if the body is stuck in panic mode. Cranio allows the built up pressure to release - like gently opening a fizzed up bottle of cola.

What could happen in a typical session and how many do I need?

You are always fully clothed and usually lying down. Light contact is made with your feet, head, base of your spine and other areas.

During this hour, I will discuss what I am sensing and encourage you to listen to your own body.

You may feel tingling, heat waves, cold waves, ripples or sensations of a weight being lifted or something draining from your body. Everyone is different so each one of us will unravel in our own way.

Some will heal quicker than others too. It is unusual for your symptoms to be sorted in just one session, most need five or six, sometimes more. This will be worked out between us.



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Can you give me a few examples of clients?

One client had fallen off her horse, was concussed and spent several days in hospital. She then had three years of crippling headaches and began developing lower backache.

She came to me and after the first session her shoulders felt tight and fluff^y; her main headache had gone but she had a dull ache at the base of her head.

After the second, she had a heavy feeling for several days, the constant headache had gone but it came back intermittently. With each session she improved. Overall she needed nine sessions before she reported that she felt as if she was back to her old self again.

Another client who divorced and moved house simultaneously noticed extreme tiredness. When she collapsed she then went for multiple tests that concluded that nothing was wrong.

After two treatments she reported that she felt 90% better. She went on to have several treatments after that to free up trauma in old ankle and knee injuries. She now listens to her body and comes

back when she feels she needs rebalancing. One client came after a knee operation and had four treatments at weekly intervals. The recovery period her doctor was anticipating was halved. Most people get significant relief of their symptoms and some will use Cranio in order to improve their quality of life to enable them to live with their condition.

And your long term aim?

To encourage people to take more responsibility for their own health and on a wider scale to increase awareness in Cranio as a therapy.

I really feel we need to be looking holistically, particularly when antibiotics are beginning to fail. It would be great if eventually every doctor's surgery and primary school had a Craniosacral Therapist attached to it.

■ *Lulu Ferrand can be contacted on 07807 5106163. She is based near Oakham and charges £40 per session. (£30 for children). For more information go to www.halfpennicade.uk. Information on research carried out throughout Europe as well as the UK can be found from Craniosacral Therapy Association of the UK www.craniosacraltherapy.co.uk*