

## THE THERAPEUTIC TERRITORY SERIES



The multi-dimensional nature of working with the dynamic forces in CST puts greater emphasis on the importance of understanding the therapeutic territory we work in, and particularly the forces that are expressed within it. The concept of boundaries – which need to be fluid and transitional and not necessarily fixed and solid – is essential. Having a conscious awareness of where we are at any given time during the treatment process is a fundamental skill we build on.

Participants can discover more about what they are bringing to the cranio-sacral process and how this, together with the clients' contribution, sets up an important and often nuanced dynamic. Acknowledging and understanding this relational field and its content allows us to use it positively in the treatment process.

In this three-part series we will explore the therapeutic relationship within which cranio-sacral therapy occurs through a variety of themes. These include:

- Presence and Contact
- Holding a safe space with a meaningful awareness of Boundaries
- What is meant by the Therapeutic Relationship
- Expectations and Disappointment
- Awareness and Communication

Through discussion and exercises, you will have a chance to develop your own ability to enable more profound and effective clinical practice.

Our work goes beyond the hands-on therapy, extending to the practical aspects of running a practice, managing client issues, and facilitating the vast array of interactions that occur during the course of this work. This series allows us to open up the conversation for further insight and development across this bigger picture.

**It is recommended that this course is taken as an entire series but there may be scope to attend the workshops separately by application. Please see Website for dates and contact details**