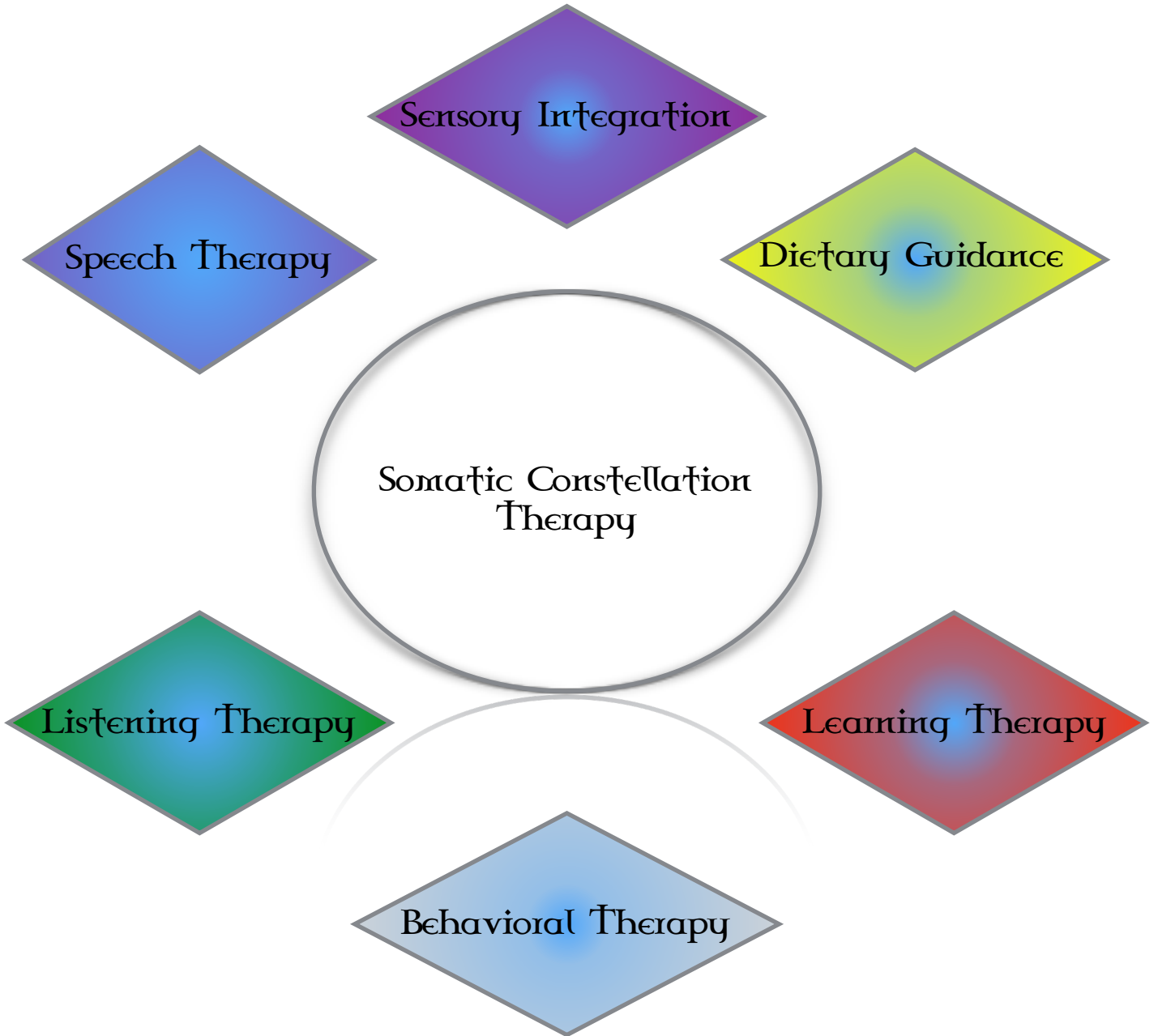


# Connections

Somatic Constellation  
Therapy  
“A Spectrum of Answers”



# Connections

Somatic Constellation  
Therapy

## INTRODUCTION:

Connections are the most fundamental components of how we 'are' in this world. We learn to connect the dots to make shapes. We learn to associate sounds with meaning. We learn to build associations, recognize colors, shapes, sizes, facial expressions, actions and reactions in order to navigate the outside world.

Most importantly, we build connections with other people, plants and animals with whom we share the experience of life.

For a wide variety of reasons, an increasing number of our children are being diagnosed with having difficulty in acquiring these fundamental skills.

As accredited experts in our field, we have developed an integrated program over the last five years to address the Rubik's cube process of skills acquisition in children diagnosed as being on the spectrum.

## CONNECTIONS CHICAGO:

This is a unique three day program designed to provide an integrated solution to allow families to determine and achieve health care and life style goals that are appropriate for them. We have a special focus on those who have been diagnosed as being on the spectrum of Autism.

Let us first say that there is no cure for Autism, having said that we have been witness to a substantial number of clients who have made remark progress in remediating many of the symptoms classically associated with this diagnosis. We acknowledge that in being a witness to these changes, many factors have played their part, including the therapies in which we engage.

During the program the glue that binds the therapists together is the foundational of the work of Dr John Upledger. Many of the therapists come from diverse skill based backgrounds, specialists in their own right in these areas but all have been trained in the basic and advanced techniques of CST/SER.

## PROGRAMME DESCRIPTION:

Let us first say that there is no standard client profile, disease or issue that is “treated” during a program.

We truly are client centered. Which means that what ever issue the family is experiencing at this time is the one that we address. A program is a uniquely client focused program where the therapy is guided by the healing inner wisdom or Inner Organizing Principle of the client.

It is the work of all who participate: clients, accompanying caregivers, therapists, organizers, and the environment that supports us.

We are mindful and appreciative of all who have taught us and provide the historic background and current context in which we can do this work.

In many ways, we are our actions and this activity we are participating in.

As therapists, we are intent upon what is immediate: our clients.

Simply, the life of the client is touched by the life of the therapist.

The therapist intent is to be accepting and open to the way the client is existing, living in all the complexity and beauty of body, structure and function, in tissue, energy, posture, thought, emotion, hopes, dreams, and in spirit.

As this life is touched, it is sensed, heard, felt, seen, imaged and present. The therapist’s intent is to work cooperatively with and within the life of the client, accepting, following and facilitating each individual’s way of healing.

Each family is assigned a program facilitator whose responsibility is to work with the family helping them self assess requirements and ensuring that the family obtains the maximum benefit from the therapists on hand and helping with any special needs that the family may have.

Each client family receives a specifically tailored program of sessions to address the issues that strategically and dynamically arise.

For more detailed information read more on the program description and please contact your local CrainoSacral therapist or our central co-ordinator on (708)-297-8879

## THE SETTING

All therapies are conducted in a large open space in the primary treatment facility during the therapy day. The exceptions to this are when the client and team require the use of other therapeutic facilities such as the heated pools etc.

## FACILITIES:

We are able to accommodate small groups or personal intensives in our home based facilities in Tinley Park;

For larger groups we utilize hotel or retreat facilities selected for their atmosphere and ability to provide a conducive environment for the work.



### THE THERAPY DAY

After breakfast we begin our therapy days at 10:00 a.m. with a meeting for both clients and therapists.

### YOUR TEAM

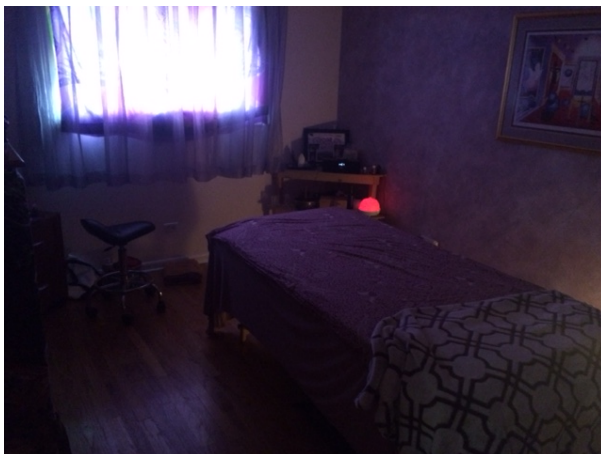
Clients are assigned a therapy team for the day consisting of a Program Facilitator; one or more support therapists and various adjunctive therapists who may join the team to provide specific modalities to facilitate the clients process during the therapy day.



We break for one hour daily for lunch. Bathroom or comfort breaks are jointly agreed between the client and Primary Therapist.

The end of the therapy day is between 4:30 and 5:00 p.m.

We then have a therapist meeting to chart and discuss the progress of each client family and to select the most appropriate team for the following day:



Photographs of our facility in  
Tinley Park

## THERAPIES THAT MAY BE OFFERED DURING THE THERAPY DAY

Please note that not all therapies may be available at all programs

CrainoSacral Therapy:

SER Therapy:

Visceral Manipulation:

Lymphatic Drainage:

Bio-aquatic Therapy:

Somatic Constellation  
Therapy:

Sensory Integration:

Speech Therapy:

Listening Therapy:

Learning Therapy:

Behavioral Therapy:

Dietary Guidance:

## WHO WE ARE:

One World Training Touch is a rare blend of therapists, educators and technologists who have come together, motivated by a single focus. Our passion is the design, development and delivery of educational, training courses and Events that embody the very best of both Ancient and Current wisdom practices.

We have scoured the planet, studying, examining and distilling the best Holistic non invasive therapeutic techniques of western and eastern modalities, from Japan, China, Korea, Indonesia, India, Tibet, the Middle East, Europe and the Americas.

We have combined these into a diverse yet coherent series of modules, ensuring that each builds upon the last; delivered in such a way that the information and wisdom of each course or event is easy to absorb, retain and apply in real world scenarios.

We will always maintain small class and event sizes, providing continuous support via the latest technologies, to ensure that you receive the very best of us, allowing you to give the very best to our clients.

## What Is CST?

CranioSacral Therapy (CST) was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system – comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic

- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Traumatic Brain and Spinal Cord Injuries
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction

SER is a therapeutic process that uses and expands on the principles of CranioSacral Therapy to help rid the mind and body of the residual effects of trauma. SER offers applications designed to enhance results using CST and other complementary therapies.

- Assess and mobilize the Avenue of Expression working through more than 10 different body components, including the thoracic inlet, hard palate and hyoglossal tissues.
- Locate and release Energy Cysts.
- Release suppressed emotions that may be inhibiting complete structural releases.
- Refine listening and comprehension skills.
- Improve palpation and whole-body evaluation skills.

## APPLICATION PROGRESS AND COSTS

To be considered for this program you will:

- Be asked to complete a health goals and objectives questionnaire and return this for evaluation to the Director of Programs.
- Sign release forms and give permission for sharing of any information with your designated health care providers if this is your wish. Please note that participation in the program is completely confidential and entirely at your discretion.
- Be expected to participate in the sessions as directed by the Primary Facilitator and Director of Programs.
- Arrange such transportation and accommodation/care facilities for your family and participants in association with our Program Co-Ordinator.
- Conclude any financial matters in timely manner. Please note that we do not process insurance claims. Many of the therapies may be covered by your insurance or form part of an FSA or HSA with the appropriate documentation from your primary health care provider. Please check carefully with your advisor. Please note the we do not diagnose or aim to treat any specific disease.

### WHO IS CONSIDERED SUITABLE

We normally wish to treat the entire family, defined as Mother, Father and children carrying the diagnosis, as part of the process for maxim effectiveness. Where this is not possible then smaller units from the family are also considered eligible.

Children, young adults who have been diagnosed with Seizure Disorders, Traumatic Brain Injury, Autism, Sensory Integration, Learning Difficulties, ADD, ADHD, or Spinal Injuries.

### COSTS

The costs of a three day program are as follows:

|                                |            |
|--------------------------------|------------|
| Base cost for attendance:      | \$3,400.00 |
| Family Group (Up to 3 persons) | \$4,315.00 |
| Additional Family members      | \$1,135.00 |

Charges exclude transportation, food & accommodation.