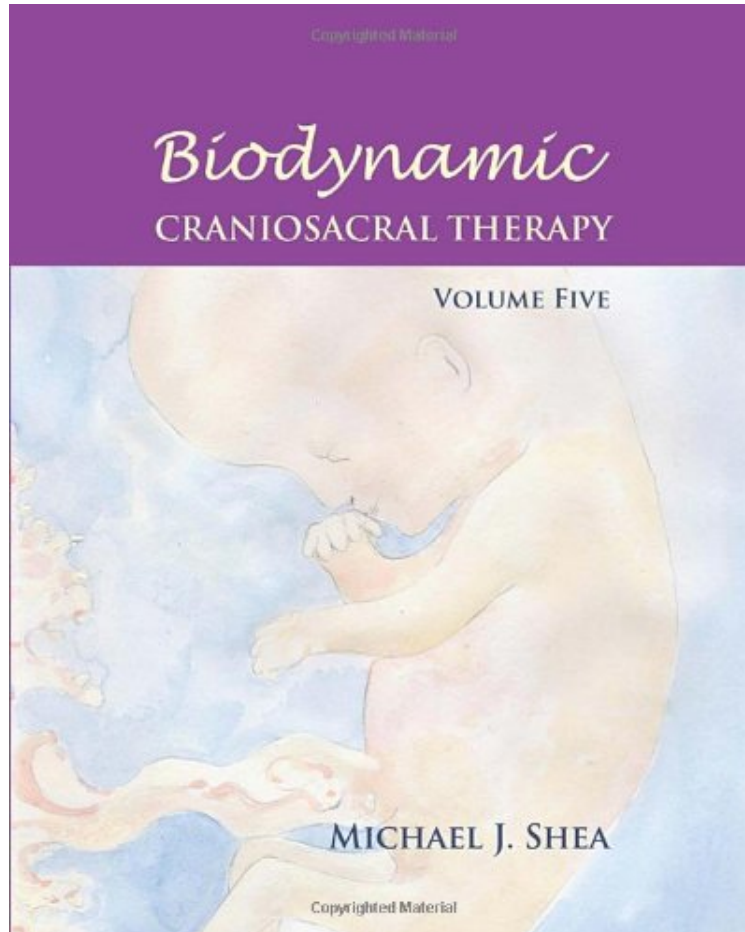


[FREE] Biodynamic Craniosacral Therapy, Volume Five

Biodynamic Craniosacral Therapy, Volume Five

Michael J. Shea Ph. D.

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Michael J. Shea Ph. D. : Biodynamic Craniosacral Therapy, Volume Five before purchasing it in order to gauge whether or not it would be worth my time, and all praised Biodynamic Craniosacral Therapy, Volume Five:

0 of 1 people found the following review helpful. inspiring By Peter An intense and profound journey through aspects of Biodynamic Craniosacral Therapy. A gentle roller coaster ride for the mind, heart and soul!

In Volume 5 of his innovative series on biodynamic and craniosacral therapy, Michael Shea presents invaluable information about therapeutic approaches to pre- and neonatal babies--in particular, low-birth-weight babies. In addition, more than 50 meditations on stillness are provided for the benefit of the practitioner. The first part of Biodynamic Craniosacral Therapy, Volume 5 contains multiple photographs and descriptions of the best ways to make physical contact with low-birth-weight babies. Included are several protocols for babies while they are in neonatal intensive-care units, as well as protocols for once they have been discharged and are at home. Shea also offers insights on therapeutic approaches to babies in utero. Using photographs and text descriptions, he explains how to position a

woman who is pregnant on a table in order to practice biodynamically, and which hand positions to use during the session. The second part of the volume provides more than fifty meditations and guided visualizations, all of which were transcribed and edited from the full foundation training in biodynamic craniosacral therapy. These meditations can be used to help the practitioner to establish proper orientation to the body and breath and to balance focused and unfocused attention. Lastly, mindfulness meditation and the research surrounding it is discussed.

"Michael Shea is a consummate teacher. You can feel his presence as he speaks directly to the practitioner, presenting a new healing paradigm that assumes the client's wholeness and the preexistence of health in the body. This book will change the way you think about your work, the ways you touch your clients, and how you experience the world in general." —Marti Glenn, PhD, codirector of the STAR Foundation
"Michael Shea's fifth volume on biodynamic craniosacral therapy is a rigorous body of knowledge. From its in-depth exploration of embryology to its fully illustrated treatment techniques for babies in intensive care, the book is packed with wisdom that therapists will find priceless in their commitment to connect with the deepest rhythms of the human body. It raises the bar on ethical standards of practice for pediatric craniosacral care." —Sharon Desjarlais, CC, CMMS, featured columnist in *Massage Today* and cocreator of the Client-Rich System for Women in the Healing Arts
"Biodynamic craniosacral therapy is a living, growing field that expands our relationship with the natural healing forces of life. In this volume, Dr. Shea opens that exploration further and shares new knowledge, thought, observation, and palpation exercises that help to expand the limits of our perception. Kudos to Dr. Shea for including the writings of women teachers and coauthors to bring in the 'feminine' aspects of the work." —Mary Louise and Christopher Muller of the LifeShapes Institute
"Michael Shea continues to develop his vast and multilayered vision of the biodynamic therapeutic practice in this fifth volume. He and his numerous contributors continue to provide original commentary and innovative guidance, integrating a host of topics—ranging from spirituality and psychology to cleansing methods—into the practice of biodynamic craniosacral therapy." —John Chitty, Colorado Institute for Energy Studies
"Another great detailed volume, this time focused on enhancing our understanding of embryology from a biodynamic perspective — a useful and fascinating reference for biodynamic and other practitioners." —Cherionna Menzam-Sills, PhD, OTR, RCST, biodynamic craniosacral therapist and instructor, Continuum Movement instructor, prenatal and birth therapist
About the Author Michael J. Shea is a preeminent expert in the fields of somatic psychology, myofascial release, and craniosacral therapy, and he is a founding member of the International Affiliation of Biodynamic Trainings. In addition, Dr. Shea is adjunct faculty and teaches human embryology in the pre- and perinatal psychology doctoral programs at the Santa Barbara Graduate Institute. His clinical focus is on treating infants and children with neurological and developmental problems. The author lives in Juno Beach, FL.