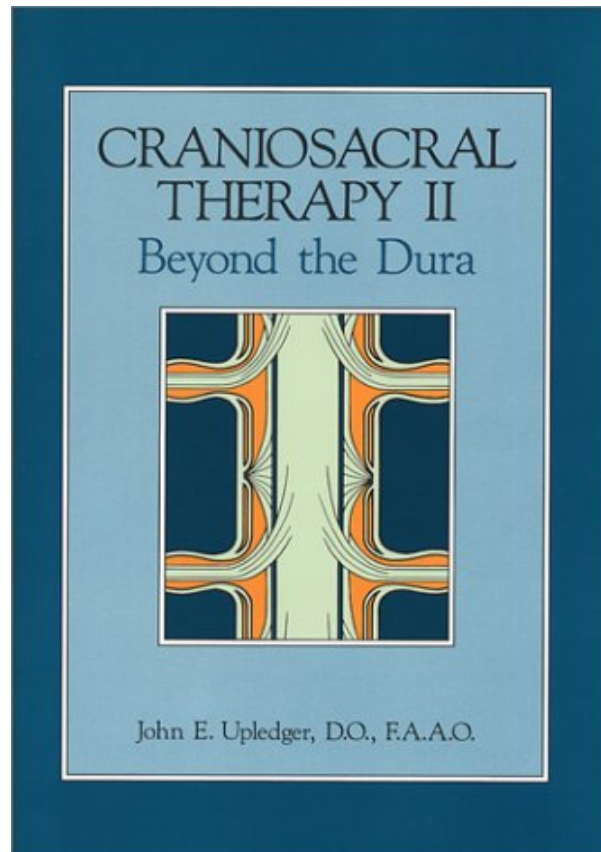
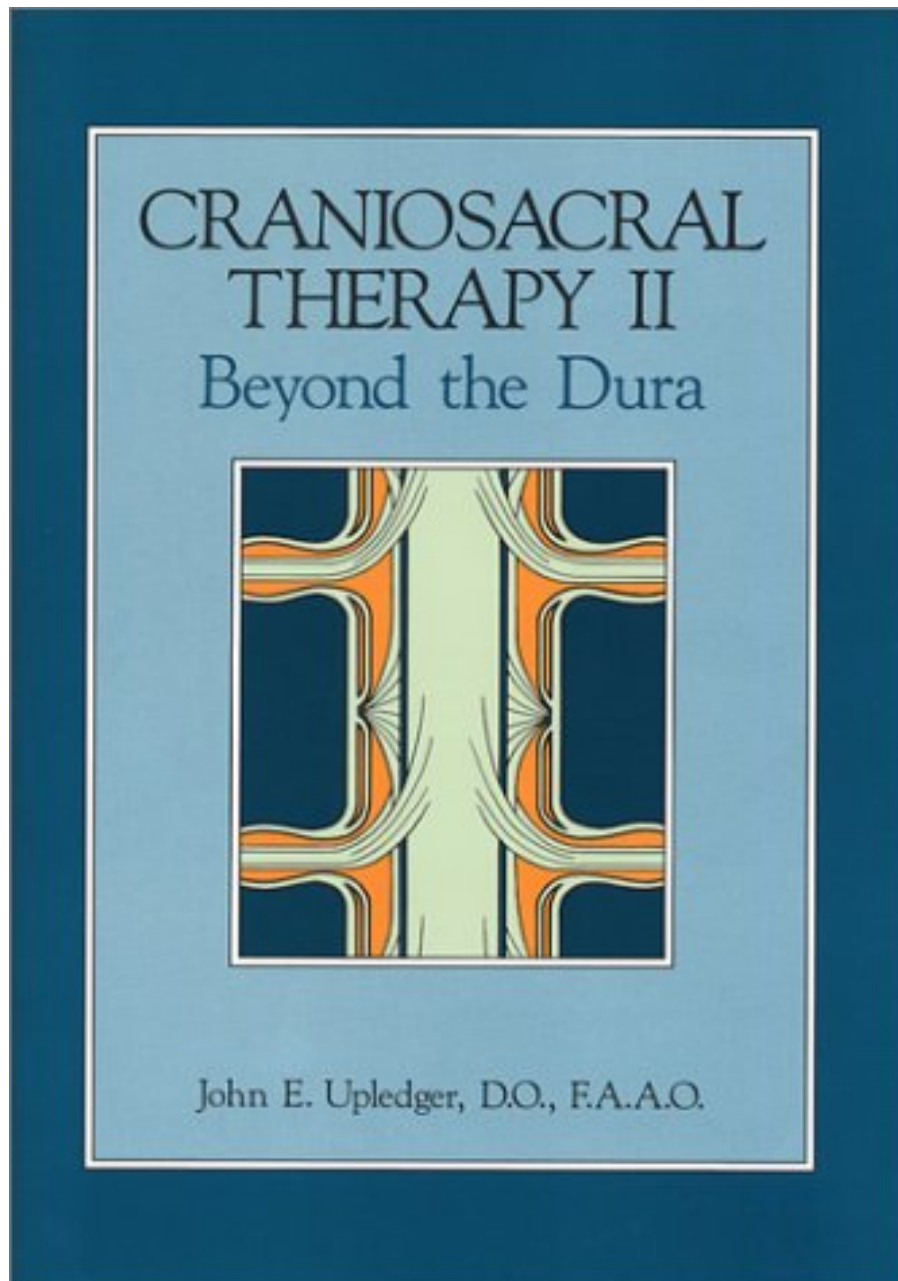


CRANIOSACRAL THERAPY II: BEYOND THE DURA BY JOHN E. UPLEDGER



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Review

"A very good anatomy text for craniosacral therapy." -- The Journal of Orthopaedic and Sports Physical Therapy

About the Author

Dr. John E. Upledger is President of The Upledger Institute, Inc. Dedicated to the natural enhancement of health, the Institute is recognized worldwide for its groundbreaking continuing-education programs, clinical research and therapeutic services. He is the author of "CranioSacral Therapy; CranioSacral Therapy II - Beyond The Dura; SomatoEmotional Release and Beyond; Your Inner Physician and You; A Brain is Born;" and "CranioSacral Therapy, Touchstone for Natural Healing,"

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Craniosacral Therapy II: Beyond the Dura marks yet another step in understanding the craniosacral system and its significance in the clinic. Building on concepts set forth in his pioneering work Craniosacral Therapy, Dr. Upledger further explores the anatomical and physiological bases and clinical implications of several important aspects of the craniosacral system.

The first chapter looks at the cranial nerves and how they can be effectively influenced by craniosacral therapy. In the second chapter, the author, through words and pictures, dissects the fascial anatomy of the neck from the perspective of the craniosacral system. Chapter 3 scrutinizes the temporomandibular joint and TMJ syndrome. The final chapter focuses on those concepts and discoveries which have unfolded in Dr. Upledger's clinical practice since the publication of his first book.

Rounding out this volume is an extensive glossary of technical terms and concepts related to the theory and practice of craniosacral therapy.

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This book is full of good information for a therapist who uses CranioSacral Therapy, but it is very difficult to read. I tried reading a little every day, but I couldn't finish the book. It was too technical for me.

I highly recommend the Upledger CranioSacral Therapy workshops, though.

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Craniosacral therapy by dr upledger.

By knud byrjalsen

If you are part of the health profession, I think craniosacral therapy must be an incredible exciting addition to whatever you do . Dr Upledger' s book like his other books on the subject , most if not all available through Amazon , hits the core of this beautiful and non- invasive therapy . I found it hard to put it down. It would be wonderful to think we could produce similar results as dr Upledger, but his genius and dedication is hard to copy. Luckily for the reader, his dedication flows over in his ability to write an exciting book that clearly illustrates every point he is trying to make. A brilliant book by a brilliant man.

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This book is not so much a book on Craniosacral therapy technique as an indepth anatomy textbook. Upledger explores in great detail each of the cranial nerves, the structure of the neck (focusing much attention on the hyoid bone), and the TMJ. He uses medical terminology and an information-dense writing style. Fortunately, there are well labeled diagrams on nearly every page to correspond with the text and illustrate what is being discussed. I found several useful pieces of information to improve the use of Craniosacral therapy with my clients, but I had to search to find these pieces. This is a book I will have to read over and over--not necessarily because I enjoyed the book, but because it has so much information it is difficult to absorb in one reading. I recommend the book if Craniosacral work is a significant part of your bodywork practice and you need more information for working in clinical situations. Be warned! It is not a book you can just keep on your shelf and pull out to quickly look something up in the middle of a therapy session. It is a book to be studied.

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