

## A Typical Session

A typical session begins with a verbal and written intake. You will then lie down, fully clothed, on a relaxing massage table. When working with children and depending on the child's comfort level, I invite parents to stay in the room.

I begin by sitting quietly at the table in a nonjudgmental, heart-centered place, thus slowing down my own nervous system. With highly sensitive palpation skills, my awareness creates a resonance with your nervous system so that your nervous system can learn to slow down through mine. I will move to various areas around your body, such as feet, legs, arms, head, collar bone, etc. and stay at position for a few minutes at a time. During this time, I will help to teach you ways to slow down, become still in mind and body, and be more attuned to your own body's rhythm and fluidity.

You may feel wave like sensations from time to time, a welling up or a receding feeling, or you may experience deeper breathing without consciously putting forth effort. You may even drift off to a light sleep. This is all normal as your body tells its story and relaxes. If emotions or questions arise I encourage you to express them; however, most sessions are quite quiet. It is here in this quiet place that your body can transform, reorient and find balance.

After your treatment, you may experience a deep serenity, clarity of mind, slower and more relaxed movements, less burden and on the whole, feel better equipped to re-enter your life. Allow yourself a bit of unscheduled time so you can savor the depth of the treatment and enjoy!



**Susan Gray**, RCST, LMT, NCTMB, is a registered biodynamic craniosacral therapist and a licensed and nationally certified massage therapist. Her work focuses on body awareness, self-image, nurturing and pain relief, including issues related to stress, pregnancy, addiction and eating disorders. Susan brings an integrative approach to her practice, combining craniosacral therapy, therapeutic massage, guided imagery, breathing techniques and essential oils, to help create optimal well-being.

A birth doula since 2001 and a member of the International Association for Infant Massage, she is particularly interested in the study of self-regulation and the attachment process of mothers and infants. Susan currently works in her private practice located at Wellspring Integrative Medicine in Evanston. She is a graduate of the Chicago School of Massage Therapy and the International School of Biodynamic Craniosacral Therapy, and holds a Bachelor of Arts degree from Michigan State University.

Treatments scheduled by appointment only.

**Susan L. Gray**, RCST, LMT, NCTMB

Wellspring Integrative Medicine  
1565 Sherman Ave.  
Evanston, IL 60201

**773.710.9219**

**[www.wellspringintegrative.com](http://www.wellspringintegrative.com)**  
**[www.susangraywellness.com](http://www.susangraywellness.com)**

# Biodynamic Craniosacral Therapy

For Adults,  
Teens and Children

**Susan L. Gray**, RCST, LMT, NCTMB

Wellspring Integrative Medicine  
1565 Sherman Ave.  
Evanston, IL 60201

**773.710.9219**

**[www.wellspringintegrative.com](http://www.wellspringintegrative.com)**  
**[www.susangraywellness.com](http://www.susangraywellness.com)**

## Rebalance. Restore. Relax.

Global communication gives us access to information 24/7. This need for speed and information is accelerating our nervous system like no other time in history. Exciting? Yes. Alluring? Absolutely. Yet is there a trade-off for this constant demand to keep up?

In a word, yes. The adrenaline rush we experience from this fast pace can be profoundly constricting. Breathing becomes shallow. Stress hormones kick in. Our body adapts the classic “fight or flight” response, which only further wears us down and signals to us we are out of balance.

An effective way to rebalance: Biodynamic Craniosacral Therapy (BCST), a gentle yet powerful healing modality that allows us to slow down. By subtly contacting our fluid system as well as the cranial bones, spine and connective tissue, harmony can be brought to the nervous system and thereby support the body’s innate ability to heal and self-correct.

As a practitioner of BCST, I have created this brochure to introduce you to this alternative therapy and explain how it can help you lessen stress, experience a hidden wholeness and inner stillness. It is a therapy uniquely suited for these challenging times, and I feel honored that I can offer it in my practice.

Wishing you health and joy,



**Susan L. Gray**, RCST, LMT, NCTMB

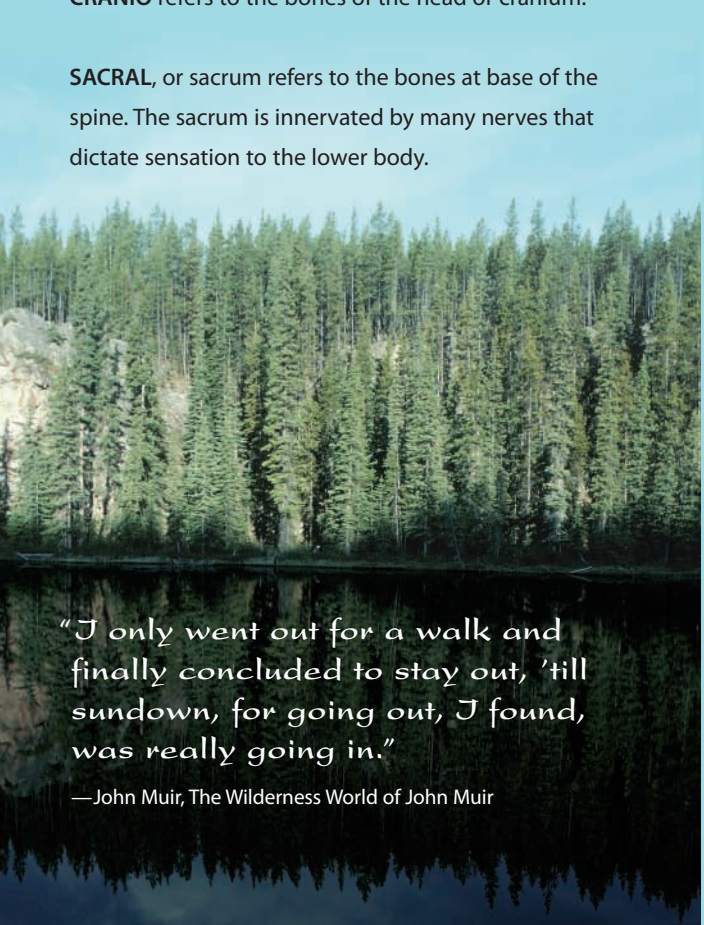
## A Closer Look

To further understand BCST, here is a breakdown of its components:

**BIODYNAMIC** means wholeness. In the first four weeks of life, the growing embryo is all fluid and clear-like glass before a nervous system is present. These embryonic forces of growth are available throughout life as therapeutic forces in children and adults. What is so remarkable about Biodynamic Craniosacral Therapy is that, regardless of our current state of health, it interfaces with our original wholeness where health resides.

**CRANIO** refers to the bones of the head or cranium.

**SACRAL**, or sacrum refers to the bones at base of the spine. The sacrum is innervated by many nerves that dictate sensation to the lower body.



*“I only went out for a walk and finally concluded to stay out, ’till sundown, for going out, I found, was really going in.”*

—John Muir, *The Wilderness World of John Muir*

## Healing Effects and Benefits

Your body has a story to tell. It speaks through its own rhythms and patterns of stress and resistance. Often when we are in pain we isolate a part of our body – my bad knee, my aching back, my bum leg, etc. This isolation is an expression of our body’s current story or state of health. BCST helps to return that separate part to the whole of you.

When blood, lymph, cerebrospinal fluid and cellular movement are reoriented around stillness, individuals can experience their wholeness and many other health benefits. For example:

- Relief from the physical and emotional patterns of stress
- Settling of the nervous system where chronic stress is stored
- Release of trauma without triggering emotional release
- Support for the body’s ability to regenerate
- Calming of heart and mind
- Creation of profound body awareness

It is important to note that BCST is an interactive experience between the practitioner and client that honors the body’s own self- healing process. There is a heart-brain connection occurring that can also help to heal imprinted patterns of stress and trauma.

### CRANIOSACRAL THERAPY FEE SCHEDULE

Adults	1hr / \$85
Teens and children	1hr / \$65

[www.susangraywellness.com](http://www.susangraywellness.com)