

**Beverley Katz**  
**Craniosacral Therapy**



I qualified as a massage therapist in 1990 and after the birth of my daughter 24 years ago I found myself training to become a Craniosacral Therapist. I have stayed with this modality because I have found it to be the most effective treatment for a large range of issues. Craniosacral Therapy starts the process of helping people to connect to their bodies and to truly listen to the deep organisational forces at work. One way to explain this is to think about your body as your house – as things go wrong our natural response is to cope and carry on, so we ignore the room which was damaged and manage very well in the rest of the house. We can then get so used to living in just a few rooms that we forget about the closed off areas. This happens especially in the case of trauma – either from 1 event or a build up of many small ones. Sometimes the only way our body can communicate with us is through discomfort and pain. We begin by palpating and listening to how the body is right now and then start a process of gently resourcing and reintegrating. When we are not embodied life can be very stressful and we can have feelings of anxiety and overwhelm – conditions which are very prevalent in the world we find ourselves in today. This can be helped by supporting the system and enabling us to access the health, which is always present, working deep in our bodies to keep us going. Craniosacral Therapy is suitable for all and can be helpful for physical and emotional issues. I have worked in various private clinics in London and Hertfordshire and spent 8 years working at The Disability Foundation, a charity located in the grounds of Stanmore Orthopedic Hospital. I now live in Somerset but maintain a monthly clinic in North London. I have been a supervisor for 15 years and am Chair of the Supervision Committee for the Craniosacral Association. I am also a Qi Kung teacher and have assisted on many Craniosacral and Qi Kung training courses.

**Qualifications**

B.A. R.C.S.T, B.C.S.T

Available at North Barrow village hall from mid June 2018