

CS2 Study Group:

Spotlight on review and preparation for CST working with chronic depletion Instructor Eric Moya Cst-d, Ms/Mfct

Class hours 9:00-12:30, 2:00-5:30

Description:

This one day study group will be cover the basics of material taught in Upledger CS1 and CS2 courses and provide time for question and answer as well as practice time for the CST practitioners. In addition to reviewing course material, this study group will also put special emphasis on material needed to truly get the most out of the CST working with chronic depletion course. As part of that emphasis, the instructor will also present some new material on palpating and treating lines of tension that will benefit the practice of any CST practitioner.

Course will be taught by veteran CST instructor Eric Moya Cst-D, Ms/Mfct. Eric has 18 years experience teaching CST for the Upledger Institute as well as being the course developer for the CST working with chronic depletion course and the IAHE clinical mentorship program.

Course objectives:

1. Review course material from CS1 and CS2
2. Highlight and spotlight skills particularly relevant to CST working with Chronic depletion

Student objectives:

- Articulate and perform the whole body evaluations from CST II
- Be able to engage and identify soft tissue release
- Be able to engage, identify, and treat soft tissue lines of tension
- Be able to identify in words and in touch the CSR and Significance detector

Course outline:

- I) Introductions and welcomes
- II) Big picture overview of CS1 and CS2
 - a) 10-step protocol
 - b) SBJ lesions
 - c) Intraoral protocol
 - d) Whole body evaluation
- III) Spotlight on CSR and S.D.
 - a) Review of CSR and CSR Neutral

- b) Review of S.D.
- c) Practice session
- IV) Lunch
- V) Spotlight on whole body evaluation
 - a) Arcing
 - b) Fascial glide
 - c) Facilitated segment & dural tube
 - d) Practice session with charting cards
- VI) Lines of tension
 - a) Definition of "line of tension"
 - b) How to palpate a line of tension
 - c) How to treat a line of tension
 - d) Demo and practice session for lines of tension.
- VII)Q&A
- VIII)Class closure