

Virtual Session Info

So how exactly can CranioSacral Therapy be done virtually (by phone)? CranioSacral Therapy practitioners spend years developing our very delicate sense of touch. We're taught to magnify our awareness of each subtle texture, movement, and restriction we feel as we touch our clients. That awareness, along with in-depth knowledge of anatomy, allows us to visualize many details of the structures we're cradling in our hands. Over time, we can further develop our awareness so as to sense the tissues without touching them. Through extensive training, we develop to a level where the intention that we set is nearly as focused and effective as is the actual physical contact. This skill is routinely applied during in-person sessions in situations where our clients may be too frail, injured, or traumatized to tolerate direct contact. It's also applied during treatment of babies, where the gentlest of approaches are necessary.

What's the real secret behind this? It's the natural ability of your body to self-heal. Your body is naturally driven to seek homeostasis -- a state of balance. The gentle intention of CranioSacral Therapy, with or without touch, taps into and supports your body in this process. The practitioner isn't doing magic...rather, your body is doing the magic!

Of course, nothing is better than coming to a peaceful treatment space, laying on a comfortable massage table, and having hands as skilled as those described above actually touching you. But when time or circumstances simply don't permit, Virtual CranioSacral Therapy is the next best thing!

What happens during a virtual session, and what should you to to prepare?

Here's a checklist:

- Make sure that your phone is fully charged.
- 15-20 minutes before the start of your session, decide if you'll want to put your phone on speaker or use earbuds so that we can easily hear each other. Don't silence your phone yet since you'll need to hear my call come in but go ahead and silence any other alerts that could interrupt your healing process.
- Then kick off your shoes and settle in to a quiet space where you won't be disturbed by people or pets. Get the temperature and lighting just right. Use some aromatherapy if you'd like. Snuggle under a blanket if you'd like. You can

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recline or lay flat, in whatever position is the most comfortable for you. You get the idea – create your perfect healing environment.

- After you're all settled in, spend a few minutes sitting/laying quietly. Take a few slow, deep breaths, inhaling through your nose and exhaling through your mouth. Then notice how you're feeling in the moment. What aspect of your body/being most needs some support right now? What aspect is doing just fine? Set an intention if you'd like.
- At your appointment time, I'll call you and ask you to silence your phone. If we get disconnected, just keep an eye on your phone and I'll call you back.
- We'll briefly discuss your concerns and noticing. Much as with an in-person session, I'll tune in to your body, and then we'll work together to guide you toward gentle release of pain and tension. There may be a fair amount of conversation, with me describing where I'm being drawn in your body and asking for your input. And sometimes we'll be quieter, with me providing subtle cues.
- If you think you're likely to fall sound asleep in this lovely healing space you'll be creating, you may want to set an alarm to wake you at the end of your session...just in case my voice isn't enough to wake you back up.
- A few minutes before the end of your session, I'll begin guiding your awareness back into your space and the world around you as we gently bring your session to a healing close.

After your session:

- Plan to remain in your healing space for a little while, giving yourself time to relax into the shifts that you've experienced. Notice what's different now.
- I'll follow up with you the next day to see how you're doing and to ask if/when you'd like to schedule another session.

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