

Introduction to Upledger CranioSacral Therapy with a Focus on Autism

Ui THE
UPLEDGER
INSTITUTE, INC.®

Date: February 6 - 8, 2020

Time: 9:00am - 5:00pm

Location

Z Wellness
205 N. Arthur Ashe Blvd.
Richmond, VA 23220

Instructor

Tami A. Goldstein
WLMT, CST-D, BCTMB



This introductory workshop details the physiology and anatomy of the cranio-sacral system....its function in health and its relationship to disease process. Participants will learn hands-on, fascial-release techniques to evaluate and affect pain, and dysfunction. It includes lecture, demonstration and practice for each technique presented. This workshop also offers a special focus on autism spectrum disorders and suggestions for working successfully with this under served population.

Massage Therapists are in a position to provide hands on work to individuals on the autism spectrum. The current autism prevalence is 1 in 45 children. To effectively work with those affected by autism, you need to understand the unique and varied presentations. This course will provide; education about autism and tools for effective therapy: education on how different touch modalities address sensory systems in the body, how understandings an individual's particular presentation of their disability can lead to successful and beneficial therapy sessions,. The course will also cover neuroanatomy and the differences between a neurotypical developed brain and the brain of a child with autism. The course instructor will use her extensive background working with this population both personally and professionally and will combine storytelling with role playing and group activities to aid instruction.

Workshop Fee: \$375 plus \$25 for study guide

Optional: Read *Coming Through the Fog* by Tami Goldstein

21 Continuing Education Hours

For more information www.ComingThroughtheFog.com

After learning her daughter was on the Autism Spectrum, Tami Goldstein began to tirelessly educate herself in the sciences of: Behavioral Health, Child Psychology, Human Anatomy, Occupational Health, Pharmacology, Therapeutic Massage/Bodywork, and CranioSacral Therapy.

Since 1997, she has held roles as parent advocate, facilitated autism support groups and acted as a community resource liaison for Sensory Processing Disorders (SPD) Parent Connections Support group. Tami is a Wisconsin Licensed Massage Therapist, a Board Certified Massage Therapist and NCBTMB approved continuing education provider through the National Certification Board of Therapeutic Massage and Bodywork. Tami is also Certified in CranioSacral Therapy through the Upledger Institute International.

Tami is the International Award winning author of *Coming Through the Fog* an autism recovery story using Sensory Integration, CranioSacral and Bio-Medical Therapies and contributing author to *Cutting Edge Therapy & Treatment for Autism*, 2014 edition. She is also a 2018 World Massage Festival Hall of Fame Inductee and 2019 World Massage Festival Teacher of the Year. Tami facilitates CranioSacral Therapy at her office, A Therapeutic Touch by Tami, LLC located in Janesville, Wisconsin.

HOW TO REGISTER

Contact Stephanie Moyer or Jessie Holmes
Registration by email is preferred - hello@zwellnesshub.com
815-980-3311
www.zwellnesshub.com