



# **General Guidelines for the Craniosacral Method**

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Craniosacral Verband Deutschland e.V. (CSVD),  
[Craniosacral Association of Germany (CSVD)]  
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## REQUIREMENTS FOR THE CRANIOSACRAL BASIC TRAINING

### Total Hours of Training

There must be a minimum of 840 training hours of 45 minutes recorded in the craniosacral basic training. 840 training hours equates to 630 clock hours.

### Partition of the above hours

|                                    |                                   |
|------------------------------------|-----------------------------------|
| 1.) Craniosacral basic training    | 400 training hours* (=300 hours)  |
| 2.) Self-experience                | 25 training hours * (=19 hours)   |
| 3.) Supervision                    | 40 training hours * (=30 hours)   |
| 4.) Intervision                    | 40 training hours * (=30 hours)   |
| 5.) Written treatment reports      | 135 training hours * (=101 hours) |
| 6.) Study of specialist literature | 200 training hours* (=150 hours)  |

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Total 840 training hours\* (=630 hours)

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\*one training hour=45 minutes

### Illustration for the above training areas:

#### **To 1.) Craniosacral Basic Training:**

The basic training needs a minimum of topics summoned in the chapter "Minimal Content of the Training" (see page 5/6). All other topics which are not summoned in the "Minimal Content of the Training" like craniosacral work with the brain, spinal cord or brain nerves will also be accepted for the basic training but not those for visceral or baby/infants work. Those topics will be accepted as advanced trainings by the CSVD.

Further requirements for practitioners, teachers and school can be found in chapter "Acknowledgment by the CSVD" (see page 6-9).

The craniosacral basic training is offered ideally in segments of at least 4 days in a row. This must be the case for at least 2 of the segments.

The number of students should not be more than 24.

In groups of 10 or more students there must be at least one assistant. In groups of 18 or more there are needed at least 2 assistants. The assistants should match the requirements of craniosacral practitioners (see page 6).

**To 2.) Self-experience:**

Self-experience sessions should be only taken with trained craniosacral therapist. Lists can be found at the schools or through the CSVD.

**To 3.) Supervision:**

The purpose of supervision during the basic training is reflection and broadening of competence (practical work/technical knowledge). This includes reflection of case studies or special situations of the training sessions the students need to give.

Supervision can be offered by qualified teachers. Supervision can be taken in special seminars, during normal training seminars or alternatively as a separate single supervision session which counts half (that means one hour of single session equates to 2 hours of normal supervision training).

**To 4.) Intervision:**

Intervision serves the learning by exchange with other practitioners who are at the same level of practical and theoretical training. The schools will support students in organizing those interventions.

**To 5.) Written treatment reports:**

The schools offer blueprints for written reports to the students. However, the reports are not bound to this form.

**To 6.) Study of specialist literature:**

The schools will handout bibliographies to the students. They do inform the students as fully as possible about any craniosacral literature and help them finding the appropriate for their studies.

## **Confirmations**

The schools need to confirm each hour of the basic training, intervention and supervision a student has attended. This includes the total of acknowledged hours (training hours of 45 minutes), place and date as well as the name of the signing person.

The confirmation can be done on a special form, a diploma or a note in a booklet for basic and advanced trainings.

The hours for self-experience need to be documented like above by the respective craniosacral practitioner.

## **MINIMAL CONTENT OF THE TRAINING**

### **History and development of the craniosacral method**

#### **Anatomy and physiology**

- Bones of the craniosacral system incl. detailed anatomy of skull bones, sutures and foramina
- Meninges
- System of ventricles and liquor
- Nervous system (central nervous system, peripheral nervous system and vegetative nervous system)
- Muscles, myofascia, ligaments, joints and fascia with impact on the craniosacral system
- anatomical-physiological relations between craniosacral system and viscera
- Craniosacral movement dynamics, mechanical movement patterns
- Embryology of the craniosacral system

#### **Craniosacral view on special health problems**

- For example: health problems of the central nervous system, tinnitus, A-O-joint problems, etc.

#### **Palpation**

- of various tissue and fluid systems
- of various rhythmic craniosacral movements

### **Basic craniosacral principles and procedures**

#### **Diagnostic findings**

- Various possibilities of structural and energetic diagnosis

#### **Detailed skills for the craniosacral treatment**

- on the fascia of the body, muscles and bones („parietal“ system)
- at pelvis and spine
- at neuro-cranium
- at the viscera-cranium
- at the cranial and spinal membranous system of the dura mater

### **Training of perception and awareness**

#### **The safe container**

- Offering of a safe therapeutic container, target for the treatments
- The therapeutic relationship

#### **Recognition and professional support of inner conditions of the client**

- Basic understanding of shock, trauma and various conditions of the nervous system
- Possibilities for stabilizing and regulating
- Recognizing, elaborating and broadening of resources
- Basic possibilities for the therapeutic talk

## ACKNOWLEDGEMENT BY THE CSVD

### Students

Everybody who has started a basic training in craniosacral therapy can become member of the CSVD. As long as the status of a "practitioner" is not reached this membership will be called "student membership" as stated in the statutes of the CSVD.

### Practitioners

The CSVD-acknowledged practitioners are certified medical or health professionals who have already acquired medical or therapeutic basic and specialized knowledge in their profession.

### Final examination:

A student of the craniosacral method can become an acknowledged member of the CSVD e.V. through the study of 840 training hours of craniosacral basic training and the following final testing:

- The practical exam will be at least 3 practical treatments given by the student. These should be given to a teacher or a tutor of the school where the student is learning.  
Tutors are practitioners who have gone through the training at least once as an assistant and who have assisted a second time at least the part they are examining.  
By request an additional person can sit in the exam. The extra person must at least have the status of a tutor.
- Another possibility is a theoretical exam, i.e. a multiple-choice-exam. This reduces the number of practical exams needed to 2.
- A school can also require a written diploma with a special topic. This should at least cover 10 DIN A4 pages, computer written in a normal size font. This also reduces the needed practical exams to 2.  
A school may also ask for a written study case. This should at least cover 10 DIN A4 pages, computer written in a normal size font. This also reduces the needed practical exams to 2.
- There may also be combined more than one of the above possibilities for the examination. But a minimum of one practical exam is needed, which will be given to a teacher or a tutor of the school.
- Deviations from this final examination need to be negotiated with the CSVD. They will be acknowledged when the testing is comparable with the above.

Practitioners who have not studied at a CSVD-acknowledged school can become members of the association without the above examination if they fulfill the following requirements:

- Their training needs to be comparable to the one the CSVD requires from its members.
- There must be at least 5 years of therapeutic practice since the end of their basic training.

- They need to have attended at least 160 training hours of 45 minutes (= 120 clock hours) of advanced craniosacral training. These hours need to be proved. Advanced trainings in closely adjacent areas such as trauma therapy (SE) or pre- and perinatal therapy, etc. will be acknowledged as well.
- Alternatively, they can hand in a written diploma on a certain topic or a written case study. This should at least cover 10 DIN A4 pages computer written in a normal size font.

All special cases, which vary from the above regulations, will be examined individually. The association seeks to give the approval to all practitioners who have followed a profound training – that means also when parts of the training have not been at any CSVD-acknowledged school. In principle, training hours in osteopathy are also accepted for the CSVD practitioner acknowledgement.

Prerequisite for this is that the guidelines of the CSVD concerning requirements for the basic training, minimal content of training, qualification of the teachers and the final exam are mainly fulfilled.

### **Final exam to become a Master-Practitioner:**

Exceeding the normal final exam as practitioner the CSVD offers the possibility to apply for the certified status of a master-practitioner. This needs a minimum of 1360 training hours total training. That means at least 520 additional training hours to the basic training for becoming a regular practitioner.

These additional hours divide into the following:

- A minimum of 300 training hours specialized study in advanced trainings incl. supervision. Out of these 300 training hours there should be at least 180 training hours in the craniosacral area, including at least 60 training hours of craniosacral training in the visceral area. Advanced craniosacral therapy courses may be courses on visceral or myofascial work, embryology, craniosacral work with babies and infants, birth-centered craniosacral work, work with the fluid body, cardiovascular work etc. Furthermore, a maximum of 120 training hours in craniosacral assistance or trainings in adjacent areas will be accredited. Training hours in closely adjacent areas will be acknowledged up to 100% in the following methods (up to a maximum of 120 training hours): Somatic Experiencing, pre- and perinatal therapy as well as osteopathic training. Training hours in other close-by methods such as NLP or Rolfing will be acknowledged up to 50% (up to a maximum of 120 training hours).
- 30 training hours intervision with other CSVD-acknowledged practitioners.
- 70 training hours of written treatment reports.
- 120 training hours study of specialist literature.

If the needed hours of advanced trainings or assisting hours is more than required, the hours for intervision, self-study and written treatment reports will be reduced respectively.

## Teachers

To become acknowledged as teacher of the craniosacral method by the CSVD e.V. the following requirements need to be fulfilled:

- The person must be acknowledged as master practitioner.
- A minimum of 5 years of craniosacral practice with good reputation.
- Also, when being a teacher and conducting trainings the person must continue its craniosacral practice.
- Experience in psycho-therapeutic and/or group-therapeutic self-experience.
- A teacher needs to have basic pedagogical/psychological knowledge; certificates of relevant professional experience or through advanced trainings in group-therapeutic methods and/or communication techniques.
- 2 times assisting one whole craniosacral basic training (minimum of 400 training hours). At least one of these two craniosacral (400 training hours) assistantships will be held by a craniosacral teacher who has had at least 10 years of craniosacral therapeutic experience and at least 5 years of experience as a craniosacral teacher.
- Conducting first own courses, totaling at least 150 training hours. It is recommended that an experienced assistant, who has already assisted a whole craniosacral training (400 lessons) will assist in the course.
- Another 200 lessons should be assisted in training parts or courses that cover, as far as possible, the course content of the first 150 lessons self-taught courses. These assistances can be done before or after the first own teaching.
- Teachers undertake to follow continuous advanced trainings in the craniosacral method. From the date of acknowledgement as a teacher by the CSVD, the CSVD must be provided with corresponding advanced training certificates for at least another 6 years.
- In single cases teachers who give lectures at least for 5 years in the craniosacral method and do not fulfill the above requirements on assisting and first lectures fully, can also be acknowledged by the CSVD as teacher.
- During these 5 years, they must have taught the craniosacral method in basic or advanced trainings with at least 150 training hours.
- In addition to the advanced training hours required to obtain the Master's Degree, they must complete 200 training hours. Optionally, these may consist of assistances (regardless of whether they are craniosacral training or advanced trainings) or advanced training hours (of which a maximum of 100 lessons may be in adjacent areas).
- The CSVD e.V. reserves the right to examine the teachings of an applicant.

To become acknowledged by the CSVD as a teacher does not mean that the offered trainings will be acknowledged automatically by the CSVD. For this it needs the acknowledgement as a school.

## Schools

- Craniosacral schools, which offer a basic training with altogether 840 training hours explained in the chapter "requirements for the craniosacral basic training", do fulfill the requirements of the CSVD and can become members. They will be called "full basic training schools" by the CSVD.
- Craniosacral schools, which offer at least 270 of the 400 needed training hours on theoretical and practical training as lectures as well as 27 of the needed 40 hours of supervision and cover 2 of the needed 3 parts of the final exam (see page 6) can also become members of the association. In this case the missing parts of the training may be done at another CSVD acknowledged school. Schools, which fulfill those criteria, will be named "basic training schools" by the CSVD.
- In single cases schools, which do not offer the above basic training, can also become members of the CSVD if their teachers fulfill the requirements listed under "teachers" and they offer an attractive and high-levelled program of craniosacral advanced trainings. The offered advanced trainings of those schools should cover a minimum of 160 training hours. These courses may be on visceral work, embryology, craniosacral baby and infant work, birth-centered craniosacral work, work with the fluid body, etc. Those schools will be named "advanced training schools" by the CSVD.
- The full and the basic training schools may also offer additional advanced trainings.
- The program for basic and advanced trainings of every school needs to be handed to the board of directors of the CSVD in writing including the number of training hours for each segment. The training hours need to be listed in the program fully and need to be clear to any student or interested person.
- Basically, the lectures and the final exam of a craniosacral training should be done by CSVD acknowledged teachers as defined above who are also members of the CSVD. All teachers of the advanced training schools also should be members of the CSVD.
- There may also be guest teachers who are no members of the CSVD lecturing. These may not teach more than 48 training hours of the offered basic or advanced training of the school.
- A school needs to offer at least one full cycle of training up to the final exam before becoming member of the association.

## MEMBERSHIP AND FEES

### Types of membership:

- Supporting member (i.e. single person, organization)
- Simple member / Student member
- Craniosacral practitioner
- Craniosacral teacher
- Craniosacral school

### Fees:

|   |                      |
|---|----------------------|
| • Annual fee for supporting members:                  | 60,- € up to at will |
| • Annual fee for students                             | 80,- €               |
| • Annual fee for craniosacral- practitioners *        | 120,- €              |
| • Annual fee for teachers **                          | 150,- €              |
| • Annual fee for schools with more than 2 teachers*** | 450,- €              |
| • Annual fee for schools with 2 teachers***           | 350,- €              |
| • Annual fee for schools with 1 teacher***            | 250,- €              |

\* Upon request, the contribution may be reduced by the board for a maximum of 2 years in special hardship cases. The decisions must be documented in writing and justified on request of the members. In principle, however, care must be taken to ensure the confidentiality and sensitivity of the person concerned.

\*\* Teachers only pay the fee for teachers and don't need to pay additional for practitioners.

\*\*\* The fees are the same for all schools, independent from offering full basic trainings, basic trainings or advanced trainings.

### Handling fees:

|  |         |
|--|---------|
| • Application for craniosacral students*   | 20,- €  |
| • Application for craniosacral practitioners (from CSVD member school)                                       | 30,- €  |
| • Application for craniosacral practitioners (from other schools, i.e. not from CSVD member school)          | 80,- €  |
| • Application for the master practitioner's status through the CSVD (only additional to practitioner status) | 80,- €  |
| • Application for teachers   | 120,- € |
| • Application for schools with more than 2 teachers **   | 300,- € |
| • Application for schools with 2 teachers **   | 240,- € |
| • Application for schools with 1 teacher **  | 180,- € |

\* The handling fee for a craniosacral student will be settled with on later conversion of the membership to becoming a practitioner.

\*\* The handling fees are the same for all schools, independent from offering full basic trainings, basic trainings or advanced trainings.

**Due dates:** refer to the currently valid 'Beitrags- und Gebührenordnung des CSVD e.V.' or ask the CSVD where required.

## **RIGHTS AND DUTIES**

### **Rights of members:**

- Student members have the right to call themselves student members of the CSVD in writing and conversations. However, they will not be put on any official list by the CSVD or on the website of the CSVD.
- Practitioners have the right to call themselves craniosacral practitioner acknowledged by the CSVD in writing and communications. Teachers and schools can name themselves as well as being acknowledged by the CSVD in writing and communication.
- The logo of the CSVD can be used by all practitioners, teachers and schools for their letterheads, flyers and calling cards. They may download it from the internal website area for members or it may be provided for free by the CSVD via e-mail upon request.
- The membership as teacher includes the membership as practitioner. Teachers will be named on the list for teachers and practitioners.
- All members have the rights written in the statutes of the CSVD.

### **Duties of practitioners and teachers:**

- For the professional practice of Craniosacral Therapy, each practitioner and teacher assume their own responsibility and are liable for resulting consequences themselves.
- The workspace offers a professional outfit. The hygienical standard of the office and the practitioner needs to be unobjectionable.
- Every treatment needs to be protocolled. Practitioners need to be able to stick to the time, which is set with the client beforehand.
- Maintaining acknowledgement as a practitioner or master practitioner involves continuous advanced training.  
All CSVD acknowledged practitioners and master practitioners are required to complete at least 90 training hours (45 minutes each) within 3 years. Out of these, at least 60 training hours must be specific craniosacral training courses, a maximum of 30 training hours can be proven with interventions in craniosacral therapy.  
Assistances in craniosacral trainings are fully recognized as training hours. Training hours spent in closely related advanced training courses are recognized by 50%. On request, the CSVD will check whether courses which are not listed on the CSVD website can be acknowledged as advanced trainings.  
If a practitioner cannot prove the number of advanced training hours within 3 years, he/she can make up the missing training hours within 9 further months. These hours are then counted towards the coverage period of the previous 3 years and do not apply for the next training period.  
On request, the advanced training can be presented as advanced training certificate for master practitioners.

If the required training hours cannot be proven even after the extension period of 9 months, the right to be listed on the CSVD therapist's list as well as the right to use the name CSVD- acknowledged craniosacral practitioner (or CSVD- acknowledged master practitioner) and to publish this in word and in writing expires, unless there are serious reasons (e.g., pregnancy, prolonged illness, staying abroad), which make it impossible for the member to further his/her education.

- Clients can reach the practitioner or teacher via telephone (answering machine) or fax. If they are moving their office, the CSVD needs to be informed with the new address immediately.

## **ETHICAL CODE**

All practitioners and teachers need to agree to the following declaration:

- The wellbeing of every client is highest priority in my practice wherever they come from, religious background and social standard.
- I respect the professional boundaries of my clients/students concerning sexuality, favor or private arrangements. I respect the personal integrity of my clients/students and avoid encroachments of any kind.
- I only offer professional support when I have the equivalent qualification and competence.
- I do continue my studies through advanced trainings in craniosacral, body-centered and process work and thus stay with the up-to-date research, theories and methodical/practical development.
- I obey the legal regulations.
- I do work together with medical doctors, institutions, psychotherapists, to offer the best support for my clients and stick to the principle of collegiality.
- I am subject to the professional discretion about every detail that comes up in my professional practice.
- I do inform my clients about financial conditions like fees, return payments through health insurance as well as billing of missed treatments or courses.
- If asked I do inform my clients/students about:
  - the method, therapeutic conditions and training to become a craniosacral practitioner.
  - questions about the time of one session.
  - the complaint procedure at the Craniosacral Verband Deutschland e.V. (CSVD).