



# **General Guidelines for the Craniosacral Therapy Training Programs**

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Craniosacral Verband Deutschland e.V. (CSVD)  
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# Table of Contents

Requirements for the Craniosacral Therapy Training Program	Page 3
Content of the Training Curriculum	Page 5
Recognition by the CSVD	Page 6
Membership Levels, Fees and Contributions	Page 10
Rights and Obligations of CSVD Members	Page 11
Code of Ethics	Page 12

# Requirements of the Basic Craniosacral Training Program

## Total number of Hours of Training

There must be a minimum of **840 training hours** (= 630 hours) completed in the basic Craniosacral therapy training program. (1 training hour = 45 minutes)

## Distribution of Total Hours within specified Training areas.

1. Basic Craniosacral Training	400 training hours	(= 300 hours)
2. Self-Experience	27 training hours	(= 20 hours)
3. Supervision	40 training hours	(= 30 hours)
4. Intervision	40 training hours	(= 30 hours)
5. Treatment Reports	133 training hours	(= 100 hours)
6. Study of technical literature	200 training hours	(= 150 hours)
<b>Total</b>	<b>840 training hours</b>	<b>(= 630 hours)</b>

## Description of specified Training areas

### 1.) Basic Craniosacral Training

The basic training demands at least the subject matter included in the Chapter Minimum Curriculum Content of the Training Program (see page 5/6). Some other topics (for example craniosacral work with the brain, spinal cord or brain nerves) may also be accepted as basic training requirements. However, topics such as visceral work or working with baby/infants will be accepted as advanced studies by the CSVD.

Further requirements for practitioners, teachers and schools can be found in the Chapter Recognition by the CSVD (see page 6-9).

Ideally the Basic Craniosacral Training is offered in segments of at least 4 consecutive days. 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 at least 2 assistants are required. The assistants' credentials should match the requirements of Craniosacral Practitioners (see page 6).

### 2.) Self-Experience

Self-experience sessions should only be received from Certified Craniosacral Practitioners. Lists of Practitioners can be supplied by the schools or by the CSVD.

### 3.) Supervision

Supervision offers feedback, reflection and a broadening of competence (practical work/technical knowledge) during the basic training. This includes case studies or special situations within treatment sessions that students are required to make.

Supervision can be offered by qualified Teachers. Supervision can also be acquired during special seminars, in normal training seminars or alternatively as a separate supervision session which counts half (20 instead of 40 training hours).

### 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.

### 5.) Treatment Reports

The schools will offer students an outline for a written treatment protocol report. These reports do not need a special design.

6.) Study of technical literature

The schools will provide bibliographies to the students. Schools inform the students as much as possible about craniosacral literature and help them finding materials appropriate for their studies.

**Confirmations**

The schools will confirm each classroom hour of the Basic Training, Intervision and Supervision a student has attended.

This includes the total of hours acknowledged, place and date as well as the name of the signing person. Confirmation can be made on a special form, a diploma or a note in a booklet for advanced trainings.

The hours for Self-Experience will be documented as above and confirmed by the craniosacral practitioner him/herself.

# Content of the Training Curriculum

## 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 cerebral spinal fluid
- 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 und viscera
- Craniosacral movement dynamics, mechanical movement patterns
- Embryology of the craniosacral system

### Craniosacral perspective on special health conditions

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 assessment

Various methods of structural and energetic assessment and diagnosis

### Detailed skills for the Craniosacral treatment

- on the fascia of the body, muscles and bones (parietal system)
- on the pelvis and spine
- on the neurocranium
- on the viscerocranium
- on the cranial and spinal membranous system of the dura mater

## Perceptual awareness and skills

### The safe container

- Establishing safe therapeutic containment; objective determination
- The therapeutic relationship

### Identifying and professional support of internal conditions of the client

- Basic understanding of shock, trauma and various conditions of the nervous system
- Opportunities for stabilizing and regulating
- Recognizing, extending, developing and strengthening of resources
- Basic possibilities for a therapeutic conversation

# Recognition by the CSVD

## Students

Anyone who has started a basic training in Craniosacral therapy can become member of the CSVD. Before the status of a “practitioner” is attained, membership will be called a “student membership” as stated in the statutes of the CSVD.

## Practitioners

According to legislation, all practitioners of the CSVD are already either healthcare practitioners or hold some other allied medical certification, and thus have studied the basic medical knowledge.

### **Final examination:**

A student of the craniosacral method can become a recognized member of the CSVD through the study of 840 Training hours of basic Craniosacral 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 through the part they are examining.  
If desired an additional person can attend the exam. The student needs to pay this extra person. 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 attended by or received by a teacher or a tutor of the school.
- Deviations from this final examination need to be negotiated with the CSVD. They will be recognized when the testing is comparable with the above.

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

- Applicant's 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 the applicant's basic training.
- Applicants must have attended at least 160 training hours of advanced Craniosacral training. These hours need to be confirmed. Advanced trainings with related topics such as trauma therapy or pre- and perinatal therapy, etc. will be acknowledged.
- Alternatively, applicants can submit a written thesis 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.

Special cases which vary from the above regulations will be examined individually. The association seeks to approve all practitioners who have followed an equivalent degree of training when parts of the training have not been at a CSVD-acknowledged school. 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:**

Beyond the normal final exam as practitioner the CSVD offers the possibility to apply for the status of master-practitioner. This needs a minimum of 1360 training hours total training. That requires at least 520 training hours after the basic training hours to become a regular practitioner.

These additional hours are divided into the following:

- A minimum of 300 training hours specialized study in advanced trainings incl. supervision. These may be courses on visceral or myofascial work, embryology, craniosacral work with babies and infants, birth-centered craniosacral work, work with the fluid body, etc. Any advanced trainings closely related to Craniosacral therapy such as trauma therapy, pre- and perinatal therapy as well as osteopathic trainings will also be accepted.  
From the total of 300 training hours there must be at least 60 training hours advanced training in visceral work.  
A maximum of 120 training hours in Craniosacral assistance will be accredited. That means a minimum of 180 training hours need to be non-assisting advanced training and need to include a minimum of 60 training hours visceral work.

- 30 training hours intervention with other CSVD-acknowledged practitioners
- 70 written treatment reports (= 70 training hours)
- 120 training hours study of technical literature

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

### **Teachers**

To become a teacher of the Craniosacral therapy method recognized by the CSVD, the following requirements must be fulfilled:

- The person must be a recognized master practitioner
- A minimum of 5 years of Craniosacral practice with good reputation
- Experienced in psychotherapeutic and/or group-therapeutic self-experience
- A teacher needs to have basic pedagogical/psychological knowledge; certificates of this professional experience through advanced trainings in group-therapeutic methods and/or communication techniques.
- 2 times assisting a whole Craniosacral basic training. The school may ask for additional assisting of the whole training or parts.
- One more time assisting the parts of the training which will be taught later on as a teacher. During this additional assistance the lecturing shall be done under the supervision of the main teacher of the school.
- Implimentation of the first courses together with another teacher-in-training or an experienced assistant.
- The teacher needs to follow continuous advanced trainings in the Craniosacral method.
- In single cases teachers who have lectured at least since 5 years in the craniosacral therapy method and do not fulfill the above requirements on assisting and first lectures fully, can also be accredited by the CSVD as teacher.
- Teachers who train other teachers need to prove at least 10 years of craniosacral practice as well as 5 years of experience as a craniosacral teacher.
- To become recognized by the CSVD as a teacher does not mean that the offered trainings will be accredited automatically. For trainings offered to be fully recognized, there must be accreditation as a school.

### **Schools**

- Craniosacral Therapy schools, which offer a basic training with altogether 840 training hours as explained in the previous chapter Requirements for the Craniosacral Therapy Training Program have fulfilled the requirements of the CSVD and can become members. They will be called “full training schools” by the CSVD.
- Craniosacral schools, which offer at least 270 of the 400 needed training hours self-study on theoretical and practical training as lectures as well as 27 of the needed 40 training 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 need to be done at another CSVD-acknowledged school. Schools which fulfill those criteria will be called “basic training schools” by the CSVD.
- In individual 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-standard 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 called “advanced training schools” by the CSVD.
- The “full training” and the “basic training schools” may also offer additional advanced trainings.
- The program for basic and advanced trainings of every school needs to be submitted 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-recognized teachers as defined above, who are also members of the CSVD. All teachers of the “advanced training schools” should also be members of the CSVD.  
There may also be guest teachers who are not members of the CSVD lecturing. However, these non-members 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 levels, Fees and Contributions

## Types of Membership

- Promoter (i.e. single person, organization)
- Simple membership (i.e. students)
- Craniosacral Practitioner
- Craniosacral Teacher
- Craniosacral School

## Fees

Promoter	free	
Annual fee for students	Euro	80,00
Annual fee for craniosacral practitioners	Euro	115,00
Annual fee for teachers	Euro	150,00
Annual fee for schools with more than 2 teachers	Euro	450,00
Annual fee for schools with 2 teachers	Euro	350,00
Annual fee for schools with 1 teacher	Euro	250,00

## Administrative Fees

Application for craniosacral students	Euro	20,00
Application for craniosacral practitioners (recognized school)	Euro	30,00
Application for the master practitioners status through the CSVD (in addition to the active practitioner membership status)	Euro	60,00
Application for craniosacral practitioners (unrecognized school)	Euro	80,00
Application for teachers *	Euro	120,00
Application for schools with more than 2 teachers **	Euro	300,00
Application for schools with 2 teachers **	Euro	240,00
Application for schools with 1 teachers **	Euro	180,00

\* Teachers pay only the teacher fee, without additional payment as a practitioner.

\*\* The annual fees and application fees are the same for all schools, regardless of full trainings, basic trainings or advanced trainings offered.

# **Rights and Obligations of CSVD Members**

## **Rights of Association Members**

- Student members have the right to call themselves student members of the CSVD in writing and conversations. But they will not be put on any official list by the CSVD or on the homepage of the CSVD.  
Practitioners have the right to call themselves Craniosacral Practitioner acknowledged by the CSVD in writing and communications.  
Teachers and Schools can acknowledge the fact of recognition 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 ask the CVSD to send the logo for free as an email attachment in the format needed.
- The membership as teacher includes the membership as practitioner. Teachers will be placed on the list as teachers and practitioners.
- All members have the rights written in the statutes of the CSVD.

## **Obligations of practitioners and teachers**

- The tax office is notified of the legal profession.
- The workspace offers a professional atmosphere. The hygienic standard of the office and the practitioner must be unobjectionable.
- Every treatment session needs to be recorded as a protocol. Practitioners hold strict time boundaries, which are agreed to with the client beforehand.
- Practitioners and teachers need to do at least 32 training hours of advanced training every year.
- Clients can reach the practitioner or teacher via telephone (answering machine) or fax. If the office is moved, the CVSD needs to be informed of the new address immediately.

## Code of Ethics

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

- The wellbeing of every client is the highest priority in my practice, regardless of origin, religious background or social position.
- I uphold strong professional boundaries with all clients/students concerning sexuality, special 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 appropriate qualifications and competence.
- I 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 work together with medical doctors, institutions, psychotherapists, to offer the best support for my clients and remain open to the principle of collegiality.
- In my professional discretion I am entrusted with the privacy and confidentiality of clients/students and any information that I learn in my professional practice.
- I always inform my clients about financial conditions like fees, return payments through health insurance, and payments for missed treatments or courses.
- When asked I inform my clients/students about:
  - the method, conditions or training to become a Craniosacral Practitioner
  - questions about the duration of treatment
  - the complaint procedure at the CVSD