

July 08 study day



The Inaugural seminar by the re-launched ICrA “Cranial technique, philosophy, evidence and practice” was held on Saturday 5th July 2008

It was a lively day, and all present greatly enjoyed it. It was attended by old friends and new ones. We had a chance to network, share ideas, and hear interesting presentations.

Our first speaker was Jan Sinclair on **“Cranial osteopathy – effects of the birth process on babies”**. Her clear explanations about the pressures on the baby’s skull by different presentation angles in the birth canal, and how to relieve those pressures after birth, were demonstrated with a small bear, courtesy of her daughter, which almost came alive in her hands.



Steve Rudd gave a fascinating talk about **The history, importance, anatomy and physiology of the cranio-sacral system, including Sutherland’s principles**. Using graphic illustration with moving 3-D video clips of rotating cranial bones, we gained a greater insight into the mechanics of cranial movement. The sphenoid as ever was quite beautiful in 3D.



Janine Leach gave a talk on **Is there any research evidence on cranial therapy?** The amount of evidence in the form of good clinical studies on cranial therapy is gradually increasing, and neuro-scientists have proved that there is are rhythmic pulsations of the cranial bones.

We were disappointed not to hear the talk from Bill Wright who was unwell that day. Delegates embellished a card to wish Bill well and make him laugh.

Richard Cook revealed unexpected talents not only in greeting card decor - he has also published a book of poetry.



NEXT EVENTS – details to be announced

- **A Spring meeting in early 2009**
- **An AGM and workshop in May /June 2009**
- **Cyprus CPD in the Sun & Healing the Healer**

With Betty Rudd PhD & Steven Rudd ND DC FCC(cranio)

May 1st-3rd 2009 Cranial course: The Stomatognathic system Jaw, teeth, cranium, and extrinsic factors effecting this system.

I hope that one day might be given over to a day of presentations from members of the International Cranial Association.

Healing the Healer includes:

- Daily early exercise class – yoga, Tai Chi and Chi Gung
- Daily relaxation or meditation class
- Local practitioners offering treatments & classes at our hotel where possible
- Opportunity to treat each other
- Look for answers to our own unsolved health mysteries during workshops

Venue; Governors Beach Cyprus.

Cost – In London we run these courses at £182 per day or £499 per 3 day block. In Cyprus we charge 99 euros or £79 sterling per day. We have free, or shared cost, activities the day before and after the course for those staying at the hotel. Flights cost £150 ish – see www.monarch.com, hotel andreas and melani, double BB 55-75 euros per night complete with sea view. The restaurant is very good; no pool but a lovely sandy beach. Alternative more sophisticated accommodation 20 minutes drive away in Limmassol.

Detailed programme and booking form sent on request to drrudd@mac.com or 01444416911

If you are interested, let Steve know soon so that plans can be developed.

Cranial Forum

This is a brief update to put you in the picture about political changes that may affect you. Cranial Forum is a working Group of Cranial Therapy associations, formed some years ago to work towards a national register of Cranial Therapists (<http://www.cranio.org.uk/>). Bill Wright and Joe Goodman supported this aim, and Bill attended whenever he could after 2003. The new Committee members support the aims of the Cranial Forum, and will attend to try to ensure that it benefits our members.

What are the benefits for patients of a single national register for cranial practitioners?

- It gives patients a **one-stop shop** to find a practitioner- replaces the confusion of groups and associations with a single register

- Patients get **quality-assured practitioners**, who have met the standards for entry to the register

What are the benefits for practitioners of a single national register for cranial practitioners?

- Proposed register is **low cost**;
- Practitioners will be able to **register each modality** they practice
- More sophisticated search facility means **patients can find you** whatever modalities they search on eg cranial and osteopathy. (Note- GOsC has no plans to include special interests such as cranial on the register. In future the Register may include extra formal qualifications such as MSc in Cranial Osteopathy)

What are the benefits for the profession of a single national register for cranial practitioners?

- **Profile-raising** – cranial therapy is one of a small number of complementary modalities being funded by the government to develop its regulatory structures (a follow-on from the White Paper “Trust, Assurance and Safety” (Department of Health (DH) 2007)
- **Avoiding conflicts** of interest: Separating patient protection (the regulator’s job) from promoting the profession (the professional association’s job) clarifies responsibilities and reduces conflict within the profession.

Will it affect me?

The Register will be voluntary, but should become the main way for patients to find a cranial practitioner. It will have to offer advantages for people to apply to join it.

What is happening at the moment?

Despite government pressure to move quickly, anything involving bringing disparate groups together takes time. Herding cats springs to mind! But the Cranial Forum is committed, most of the structures and standards have been agreed, so it will come. Maybe in 2009. We will keep you posted. Please send any comments and concerns to Jan Leach.

ICrA Committee 2008

Chair William Wright, Enfield
Vice Chair Ken Smith, Malvern
Secretary Janine Leach, East Grinstead 01342 822 910
Committee: Carole Smith, West Hoathly
 Rosemary Allen, Chorleywood
 Janet Sinclair, Chelmsford

You can contact any of us with feedback, see Members List for details

Consultation with members

The committee wants to know YOUR views on CPD events

WHAT IS YOUR PREFERENCE FOR CPD EVENTS?

DURATION: Short and sweet or a good long workout – weekends OR Saturday, Sunday; OR whole day, half day.?

LOCATION Location- London or regions? (if you want a regional meeting are you prepared to help organise it?)

SPEAKERS /PRESENTERS small and friendly or big names and costly? Would you like to suggest any speakers?

The ICrA traditionally asked members to speak, however briefly. Can we call on YOU?

TOPICS Hot topics- what topics do you want to hear about?

Do you want cranial issues only, or would closely related skills be of interest (such as emotional release, tensegrity or fascia...)

OTHER Any other activities you would like to suggest for the association?

YOUR NAME
REGION/TOWN

PLEASE RETURN YOUR VIEWS BY POST OR EMAIL TO JAN LEACH