Post-Traumatic Stress Disorder (PTSD) symptoms have been shown to clinically respond to CranioSacral Therapy (CST). A manual therapy - CST supports and nourishes the body’s central nervous system and has been reported to help alleviate the effects of PTSD.

Manual Therapy to Relieve Symptoms of PTSD

- Designed to help with anger, depression, pain, sleeping, stress and other issues related to PTSD.
- Intended to help return individuals to health and wellness and alleviate challenges associated with combat stress and PTSD.
- Multi-disciplinary treatment teams provide pre and post-testing and daily four-hour sessions with multiple therapists.
- Group support sessions are designed to allow for camaraderie and sharing.
- Treatment team of healthcare professionals may include:
  - CranioSacral therapists
  - Occupational therapists
  - Chiropractors
  - Physicians
  - Doctors of oriental medicine
  - Physical therapists
  - Psychologists
- Scholarships may be available through the Dr. John E. Upledger Foundation
- Program Fee - $3,200. Additional costs include travel, meals, lodging and transportation.

Upcoming Program Dates
Nov. 11-17, 2018 | Nov. 17-23, 2019 | Nov. 15-21, 2020

To Register or Apply for a Scholarship:
561-622-4706

Program Location: The Upledger Institute Clinic | 11211 Prosperity Farms Road Suite D-223 | Palm Beach Gardens, FL 33410
561-622-4706 | www.upledger.org | info@iahe.com