



## **Craniosacral Therapy Certification Track Details**

When you register for certification you will be granted access to the entire CST online Curriculum, including demonstration videos. You will retain access for 12 months, or until you complete certification.

**Step 1:** Complete CST Foundations & CST Advanced Integration Trainings

**Step 2:** Register and complete payment for the certification track. As noted there are no refunds once you have completed registration for the certification track.

**Step 3:** Complete independent study of all CST training Modules I-V and submit corresponding quizzes. There will be a quiz associated with each module to ensure participants are understanding key concepts and principles. Meaningful anatomical relationships will also be covered in the quizzes. This is an opportunity for you to ground into the conceptual and anatomical understandings that are the core of our work. Quizzes will be administered through our online learning platform, Thinkific. Certification track participants must pass the quiz for each module in order to complete this step.

**Step 4:** Complete skills check with MMI facilitator

Upon completion of step 3, certification track participants must schedule time for a skills check with an MMI CST facilitator to review each of the techniques learned in each of the 5 modules. This is an opportunity to continue to refine your skills and also make sure to catch any misunderstandings that may exist. Participants are expected to prepare for the skills check through review as well as completion of the previous step.

**Step 5:** Complete and submit logs of 10 practice sessions.

Practitioners must submit a log (template provided) for each of the 10 practice treatments. Each log will include:

- Chief complaints of person receiving the session
- Initial findings on palpation of CSR
- Ideas of what you wanted to focus on
- Treatment flow and any significant findings or changes as you went through your treatment progression.
- Any feedback from the person receiving treatment

**Step 6:** Complete and submit (5) case studies with (5) treatment sessions each & review with facilitator. Each case study will comprise 5 treatments on the same person. Write ups will be similar in format to the above with the addition of including changes in any symptoms being treated and any changes in how the CS system presents.

- Chief complaints of person receiving the session
- Initial findings on palpation of CSR
- Ideas of what you wanted to focus on
- Treatment flow and any significant findings or changes as you went through your treatment progression.
- Any feedback from the person receiving treatment

Case study review will include the opportunity to discuss each case and share ideas. Participants will submit case study patient log after each treatment and the facilitator will respond to questions as appropriate with the opportunity to check in directly with a facilitator for focused discussion regarding questions on care (aggregate feedback sessions, *not* after each treatment).

**Step 7:** Final Practical Exam with MMI facilitator

Treatment will include a post treatment debrief. If the facilitator has any concerns about the work the participant will be given specific guidance on what to work on and a follow up treatment may need to be scheduled at the expense of the participant.