

# Craniosacral Therapy Home Study Course

10 CE Hours  
Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*

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# Table of Contents

INSTRUCTIONS ..... 3  
EXAM (for review before taking the online exam)..... 4

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It is the responsibility of the practitioner to determine the appropriateness of the techniques presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions. Written medical opinions are always the best way to resolve any questions regarding contra-indications to craniosacral therapy.

## **Instructions for the Craniosacral Therapy home study course**

Thank you for investing in the Craniosacral Therapy home study course, a 10 CE hour course designed to further your knowledge in the theories and practices of craniosacral therapy (CST).

This guide will contain all of the instructions you will need to complete this course. This is a 10 CE hour course, so that means it should take you approximately 10 hours to read the text, login and complete the online examination and course evaluation. Please note: this course is not meant to teach advanced hands on techniques. Please seek advanced training to add hands on skills.

In this course you will be introduced to craniosacral therapy (CST). You will be presented with:

- The definition of CST
- How CST works
- The theories behind the practice of CST
- Real life experiences of how CST works on the human body
- Palpation techniques and exercises

### **The following are steps to follow in completing this course:**

- 1. Read the instructions and review the textbook, DVD and exam. Your textbook and DVD will be mailed to you.**
- 2. Access the online examination in your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com).**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the online exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the textbook while taking the exam. This course uses the text *CranioSacral Therapy: What it is, How it works*, by John E. Upledger, DO, OMM and the DVD *Craniosacral Therapy Techniques* with John Hoffmann. There are no trick questions on the exam. All of the answers are clearly found in the text.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have to go back and forth through the online exam.

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com). Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Craniosacral Therapy home study course.

# Craniosacral Therapy Exam

## CranioSacral Therapy (CST) (Pg. 1)

1. Which of the following best defines CST?
  - A. A deep, hands on bodywork treatment used to treat the soft tissues of the body
  - B. A gentle, hands-on method of whole body evaluation and treatment that may impact every system of the body
  - C. A type of energy work in which the hands are placed above the organ or tissue in order to influence the energy flow in the body
  - D. All of the above
2. The craniosacral system consists of:
  - A. The compartment formed by the dura mater membrane
  - B. Cerebrospinal fluid
  - C. Spinal cord
  - D. All of the above
3. Which of the following systems is directly affected by the craniosacral system?
  - A. Respiratory system
  - B. Digestive system
  - C. Central Nervous system
  - D. Reproductive system
4. Approximately how much pressure is needed by the therapist to evaluate the craniosacral system by testing for ease of motion and the rhythm of the cerebrospinal fluid pulsing within the membranes?
  - A. About 2 gm, the weight of a penny
  - B. About 5 gm, the weight of a nickel
  - C. About 15 gm, the weight of a quarter
  - D. None of the above
5. Which of the following best describes the function of the craniosacral system?
  - A. To circulate blood throughout the vascular system of the brain in a rhythmic motion
  - B. To bathe the nervous system with blood and cerebrospinal fluid
  - C. To bathe the brain, spinal cord and their component cells in cerebrospinal which is pumped rhythmically
  - D. All of the above
6. How many cycles per minute does the craniosacral system rhythmically pump cerebrospinal fluid through the brain, spinal cord and component cells?
  - A. 1-3
  - B. 3-6
  - C. 6-12
  - D. 10-20
7. The bones of the cranium and sacrum fully ossify and remain that way throughout our lives.
  - A. True
  - B. False

8. CST is based upon which of the following ideas about the body?
- A. That each person's body contains the necessary information to uncover the underlying cause of any health problem
  - B. That the therapist, by evaluation of the craniosacral system, can diagnose any underlying cause of dysfunction in the body
  - C. That it is impossible for the body to self-heal through evaluation and treatment of the craniosacral system
  - D. All of the above
9. CST differs from conventional medicine in which of the following ways?
- A. CST practitioners work to relieve symptoms, not resolve the primary dysfunction
  - B. CST practitioners work to find and resolve the primary dysfunction rather than simply relieving the symptoms
  - C. CST practitioners work to relieve symptoms and then treat the primary dysfunction
  - D. All of the above
10. CST does not differ from cranial osteopathy.
- A. True
  - B. False
11. Through palpation, which of the following does the therapist sense, look for and/or evaluate in an initial CST evaluation?
- A. The therapist senses subtle motions in the craniosacral system
  - B. The therapist looks for restrictions impeding free motion of the craniosacral system
  - C. The therapist evaluates the body's responses to the rhythmical activity of the craniosacral system
  - D. All of the above
12. According to figures 1-2, 1-3 and 1-4, the craniosacral rhythm can be palpated in which of the following areas?
- A. The head
  - B. The thorax
  - C. The feet
  - D. All of the above
13. Fascia runs like a \_\_\_\_\_ web of tissue throughout the body and remains somewhat \_\_\_\_\_ under normal circumstances.
- A. Broken, mobile
  - B. Striated, immobile
  - C. Continuous, mobile
  - D. Continuous, immobile
14. The dura mater membrane within the vertebral canal (dural tube) has the freedom to glide up and down within the canal about how many cm?
- A. .025 to .1 cm
  - B. .5 to 2 cm
  - C. 2 to 4 cm
  - D. 4 to 6 cm

15. Why might the dura mater within the dural tube tighten and lose mobility?
- A. Due to a state of hyperactivity caused by increased levels of impulse activity of the affected nerve roots
  - B. Due to a state of hypoactivity caused by decreased levels of impulse activity of the affected nerve roots
  - C. Due to a state of hyperactivity caused by decreased levels of impulse activity of the surrounding nerve roots
  - D. None of the above
16. Clinical observation suggests CST is effective in releasing dural tube restrictions to normalize the activity of facilitated spinal cord segments.
- A. True
  - B. False
17. Which of the following is a CST technique used to release restrictions of the dural tube?
- A. Gentle friction techniques
  - B. Gentle traction techniques
  - C. Firm effleurage techniques
  - D. Nerve strokes
18. Once the peripheral body and the \_\_\_\_\_ have been treated for restrictions the therapist can focus on the \_\_\_\_\_ and the \_\_\_\_\_.
- A. Cranium, dural tube and the sacrum
  - B. Sacrum, cranium, dural tube
  - C. Dural tube, cranium, sacrum
  - D. None of the above
19. Why is CST such an excellent preventative medicine modality?
- A. It immobilizes natural defenses rather than focusing on the etiological agents of disease
  - B. It mobilizes natural defenses rather than focusing on the etiological agents of disease
  - C. It focuses on treating the symptomatology rather than focusing on preventative medicine
  - D. It focuses on the etiological agents of disease rather than mobilizing the body's natural defenses
20. How many sessions of CST must a person undergo to achieve results?
- A. At least 10
  - B. At least 2 sessions a week for 6 weeks
  - C. The number of sessions required depends on the complexity of the client's condition
  - D. At least 3
21. Which of the following types of conditions have shown a response to CST in clinical applications?
- A. Chronic pain syndromes
  - B. Traumatic injuries
  - C. Postoperative rehabilitation
  - D. All of the above
22. Which of the following are possible benefits of using CST to treat arthritis?
- A. Releases muscle tonus
  - B. Enhances fluid motion
  - C. Desensitizes facilitated segments
  - D. All of the above

23. Spinal dysfunctions which have shown response to CST include:
- A. Scoliosis and disc compression
  - B. Arthritis
  - C. Temporomandibular joint syndrome
  - D. All of the above
24. Cerebrospinal fluid does not just bathe the surface of the brain; it is also distributed throughout the brain substance and contains molecules that attach to metallic atoms deposited in the brain.
- A. True
  - B. False
25. Which of the following is a benefit of CST on cerebrovascular insufficiency problems once the client's condition has stabilized?
- A. It helps to bring a fresh blood supply through the arteries and veins of the body
  - B. It does not help recovering stroke patients at all and is contraindicated
  - C. It helps to wash away toxic byproducts of blood cell deterioration to help enable a speedier recovery
  - D. All of the above
26. Which of the following are types of brain dysfunctions that CST may help treat?
- A. Autism
  - B. Cerebral palsy
  - C. Learning disabilities
  - D. All of the above
27. Contraindications to CST include:
- A. Intracranial aneurysm
  - B. Recent skull fracture
  - C. Herniation of the medulla oblongata
  - D. All of the above
28. In order to practice CST, you must be a licensed CST practitioner in your state.
- A. True
  - B. False

**What is it? (Pg. 29)**

29. Explaining the craniosacral rhythm, along with the cardiac and respiratory rhythm to your clients will help them understand the principles behind craniosacral therapy.
- A. True
  - B. False
30. What does a therapist actually do when performing craniosacral therapy?
- A. Firmly hold the craniosacral rhythm and watch as the body moves to free itself
  - B. Very gently hold the ribs to resist the natural rhythm of the respiratory system
  - C. Very gently hold the craniosacral rhythm and watch as the body moves to free itself
  - D. All of the above
31. Craniosacral releases can occur in which of the following forms?
- A. Pulsing
  - B. Twitching
  - C. Gurgling sounds in the digestive system
  - D. All of the above

32. Sometimes there are emotions held in the body that are a part of the release process.
- A. True
  - B. False

**An Historical Introduction to Craniosacral Therapy (Pg. 35)**

33. CST originates from which of the following modalities?
- A. Neuromuscular therapy
  - B. Osteopathic medicine
  - C. Traditional medicine
  - D. All of the above
34. Osteopathy assumes that most pathologies can be reversed by simple mechanical stimulation or manipulation, that the body is already working well enough to solve most of its problems but will respond favorably to a sensitively directed adjustment.
- A. True
  - B. False
35. Palpation as energy medicine owes a good part of its development to a man named:
- A. Don Cohen
  - B. Albert Einstein
  - C. William G. Sutherland
  - D. None of the above
36. In which of the following decades was CST was introduced?
- A. The late 1980's
  - B. The early 1980's
  - C. The late 1970's
  - D. The early 1990's
37. When performing craniosacral techniques, which of the following best describes what the therapist does?
- A. The palpator/therapist picks a spot for entry and, once tissue resistance is met, the therapist applies light force (about 5 grams) to mobilize the total energetic pattern of the point
  - B. The palpator/therapist starts with the feet, palpating up to the cranium looking for tissue restriction; once tissue resistance is found the therapist applies a firm hold to release the tension
  - C. The palpator/therapist uses cross fiber friction to locate a point of tissue restriction and then gently holds the area until the tension eases
  - D. None of the above
38. What may happen if the therapist uses too firm of touch to an area of tissue resistance?
- A. It will immediately activate connective tissue resistance
  - B. The organism responds less on the level of craniosacral or visceral sensitivity
  - C. It switches therapeutic modes and is rarely successful
  - D. All of the above
39. Warps, tension patterns and pathological obstructions are all transmitted via the fascia.
- A. True
  - B. False



### **Craniosacral Therapy (Pg. 65)**

40. Craniosacral therapists lightly work with:
- A. The bones of the skull
  - B. The membranes beneath the skull that support the brain
  - C. The cerebrospinal fluid that cushions and bathes the brain and spinal cord
  - D. All of the above
41. What is the goal of craniosacral therapists?
- A. Craniosacral therapists seek to manipulate the soft tissues of the head and neck
  - B. Craniosacral therapists seek to realign the bones of the skull so that they move in sync with one another, allowing the cerebrospinal fluid to circulate freely
  - C. Craniosacral therapists seek to manipulate the structures of the spine and sacrum to allow nerve impulses to flow freely throughout the body
  - D. All of the above
42. It is debated, and written in Gray's Anatomy, that the bones of the skull are immobile.
- A. True
  - B. False
43. According to Dr. Upledger and Dr. Asher, which of the following is the most important skill any craniosacral student can possess?
- A. Firm, strong hands
  - B. Intelligence
  - C. Very good palpatory ability, or the ability to develop it
  - D. None of the above
44. CST is contra-indicated for children.
- A. True
  - B. False
45. Why is the parietal lift technique performed (figure 10-5)?
- A. To help balance the large parietal bones in the skull
  - B. To stretch the membrane beneath
  - C. To help relieve headache pain and stress
  - D. All of the above

### **Philosophies, Stories and Lessons (Pg. 77)**

Please read through this chapter. In this chapter John Upledger shares his personal experience with CST and his theories on why it has been successful for him. Although it is a matter of opinion, his insights on CST and medicine are very interesting and may be motivating to you in your massage practice.

### **The Nature of Palpation (Pg. 83)**

46. Active palpation is used to assess which of the following parameters?
- A. Pain sensitivity
  - B. Muscle tension
  - C. Consistency
  - D. All of the above

47. Active palpation utilizes the application of \_\_\_\_\_ pressure, while passive palpation utilizes \_\_\_\_\_ pressure and movement.
- A. Digital, minimal
  - B. Firm, gentle
  - C. Minimal, digital
  - D. Gentle, steady
48. In developing appreciation of the craniosacral rhythm and other subtle motions of the organism, \_\_\_\_\_ is the choice.
- A. Passive palpation
  - B. Active palpation
  - C. Both A and B
  - D. None of the above
49. In the concept of “gross to subtle” tissue density, “gross” refers to:
- A. Fluid wave patterns
  - B. Membrane tension
  - C. Bone
  - D. All of the above
50. There are two primary sensory pathways in the central nervous system (CNS). The \_\_\_\_\_ transmits sensations which arise from stimuli outside the self, while the \_\_\_\_\_ carries sensations which arise from within the body.
- A. Dorsal column-lemniscal pathway, spinothalamic tract
  - B. Spinothalamic tract, dorsal column-lemniscal pathway
  - C. Proprioceptive pathway, exteroceptive tract
  - D. None of the above
51. Palpation is a purely subjective skill that allows us to communicate with the nervous system itself.
- A. True
  - B. False
52. The concept of selective focus asks that we train ourselves to be capable of switching our attention (palpation/listening) back and forth from which of the following rhythms of the body?
- A. Craniosacral
  - B. Vascular
  - C. Breathing
  - D. All of the above

**Craniosacral Therapy: National Institutes of Health (Pg. 93)**

53. As usually practiced, the CST treatment process requires an uninterrupted treatment session of at least:
- A. 30 minutes
  - B. 15 minutes
  - C. 10 minutes
  - D. 5 minutes
54. The most powerful effects of CST are considered to be on the function of which of the following body systems?
- A. Central nervous system
  - B. Immune system
  - C. Endocrine system
  - D. All of the above

### Healing Crisis (Pg. 97)

55. To summarize the chapter: in our own lives and the lives of others a healing crisis can be the catalyst for an awareness shift or a lifestyle change. A healing crisis is our body's way of telling us that we need to change.
- A. True
  - B. False

### Self-Discovery and Self-Healing (Pg. 103)

56. The term healing refers to:
- A. What is done by the patient or patient's body in order to resolve a problem of the body, mind or spirit
  - B. What is done to the patient by a physician or therapist
  - C. The combination of treatment by a physician or therapist and the self-healing process of the patient
  - D. None of the above
57. The term curing refers to:
- A. What is done by the patient or patient's body in order to resolve a problem of the body, mind or spirit
  - B. What is done to the patient by a physician or therapist
  - C. The combination of treatment by a physician or therapist and the self-healing process of the patient
  - D. None of the above
58. Although \_\_\_\_\_ may remove the symptoms of a disease from the outside, it usually leaves the underlying causes untouched.
- A. Healing
  - B. Palpating
  - C. Curing
  - D. All of the above
59. In response to the failure of traditional "curing" methods, which of the following health-related treatment techniques, methods and philosophies can facilitate the necessary self-discovery that leads to self-healing (discovery of the inner voice of the body)?
- A. Meditation and/or homeopathy
  - B. Nutritional therapy and/or herbal therapy
  - C. Acupuncture, rolfing and/or chiropractic
  - D. All of the above
60. The successful therapeutic process does not necessarily produce comfort, ease, muscular strength or prolonged life. Effective therapy does, however, give the patient/client a clear vision of what he or she needs to do.
- A. True
  - B. False

This completes the Craniosacral Therapy exam.