



2ND INTERNATIONAL HYBRID
CRANIO RESEARCH CONGRESS
ANTWERP



Cranio at Heart

7 - 8 October 2022

UNIVERSITY OF ANTWERP, BELGIUM




+ ♥ HeartMath[®] Institute



WWW.CRANIOCONGRESS.ORG

PROGRAM DAY 1 | Friday 7 Oct 2022



9:00	9:45		Welcome & Registration
9:45	10:00	⊙	Opening of congress Dr. Danny Sandra, PhD CST
10:00	10:45	⊙	Influence of water on bone vitality Leonard van der Geer, DO MSc
10:45	11:30	⊙	The elephant in the water Gery Pollet
11:30	12:00	⊙	Plenary discussion: Lessons learned about water and its impact on craniosacral therapy
12:00	13:30		Lunch break
13:30	15:00		Yoga workshop: The water Olga Manshant
15:00	15:45	⊙	Cranio: a robust way to learn to listen to your heart Catharina van Deelen-Wortman, BSc CST
15:45	16:15		Break
16:15	17:00	⊙□	The emergence of Biodynamic Skeletal Therapy Sott Sternthal, DO
17:00	18:00	⊙□	The energetic heart: deepening the therapeutic relation Dr. Rollin McCraty, PhD
18:00		⊙	Close of congress - Day 1 Yohanam Arulandu, BSc CST
18:30	22:00		Walking Dinner (optional) & Cranio Dancing sponsored by Cranio Nederland



⊙ LIVE STREAM | □ VIRTUAL



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PROGRAM DAY 2 | Saturday 8 Oct 2022



9:00	9:45	Welcome & Registration
9:45	10:00	⊙ Opening of congress - Day 2 Dr. Danny Sandra, PhD CST
10:00	10:45	⊙ Empowering body and mind: a craniosacral research perspective Dr. Heidemarie Haller, PhD
10:45	11:30	⊙ Biodynamics of the heart Tanya Desfontaines, BCST
11:30	12:00	⊙ Plenary discussion: Lessons learned about the heart and its impact on craniosacral therapy
12:00	14:00	Lunch break
14:00	15:00	Yoga workshop: The fire of the heart Olga Manshant
15:00	15:45	⊙ A quantum view of the heart Lode Denecker, MSc
15:45	16:15	Break + Goodie bag 
16:15	17:00	⊙ Heart coherence in craniosacral therapy and its influence on spiritual leadership Dr. Danny Sandra, PhD CST
17:00	17:45	⊙ □ The healer's virtue-power Dr. Sabine Wilms, PhD
17:45	18:00	⊙ Close of congress Yohanam Arulandu, BSc CST

⊙ LIVE STREAM | □ VIRTUAL



SPEAKERS



Tanya Desfontaines

BSc (Hons) MCSP SRP RCST BCST

Biodynamics of the heart

Come and discover the biodynamics of the human heart, mediator of being-to-being interconnection and a compassionate response to suffering. We'll discover how the new science of water informs our understanding of the true function of this primary sensory organ, and how relational wounding and accompanying traumatic imprints can be transformed in the safety of our relational field as the potency of the Breath of Life effects its healing work in the most entrancing and mysterious ways.

Tanya began her career as a British NHS physiotherapist at the Royal London Hospital, exploring many traditions and modalities of holistic health before retraining as a Biodynamic Craniosacral Therapist in 2007. Life events including relocation to Devon, the birth of children, recovery from illness and bereavement, and shamanic studies have all played a part in her journey of personal healing and spiritual growth. Tanya's teaching weaves together the cultivation of heart-centred presence and mindful awareness, trauma-informed relational and somatic skills and a profound appreciation of the Intelligent forces and processes of Life. The seminars she teaches at PCSA form a complete training in Biodynamics at Postgraduate level and were initially developed in collaboration with Franklyn Sills, a pioneer in the cranial field who trained and mentored her. She is an accredited supervisor and international teacher of BCST, most recently holding the foundation training as senior tutor and course co-ordinator at the Karuna Institute, Devon UK. She lives with her family in South Devon, UK where she also maintains a lively private practice.



Dr. Heidemarie Haller

PhD

Empowering the body and mind – a craniosacral research perspective

Supporting the body's capacity of self-regulation is the main objective of Craniosacral Therapy. But how do we initiate self-regulation with our hands? How can we treat the autonomic nervous system and get tissue to unwind and relax? And how specific are these effects with respect to Craniosacral Therapy? Answering these questions will take us deep into the amazing world of numbers and statistics. We will follow the traces of basic research, explore the inner body down to the cellular level and then resurface and let the clients speak for themselves: about effects of Craniosacral Therapy beyond those of placebo, about autonomic responses and increased stress tolerance, about interoceptive awareness and altered states of consciousness, about the release and integration of emotions, about transcending experiences and changes in coping behavior.

Heidemarie is a graduated psychologist and medical scientist. Since 2010 she is working as a researcher in complementary and integrative medicine at the University of Essen, Germany. Heidemarie regularly publishes clinical trials and meta-analyses of different mind-body therapies that focus on the empowerment of the body (self-regulation) and the empowerment of the patient (self-efficacy). Her research interests include psychophysiological mechanisms of emotions and pain, health psychology, integrative oncology, and craniosacral therapy. In order to link science with practice, she is engaged in conducting clinical practice guidelines and health technology assessments.



SPEAKERS



Olga Manshant

Yoga Artist

Olga's roots are in northern Russia where she spent her childhood surrounded by snow, mountains, sea and nature. In Moscow, she began her career in education as a dance teacher, choreographer, actress, presenter and yoga instructor. She travelled to India to broaden and deepen her knowledge about yoga. In 2007 she moved to the Netherlands and in 2013 she started her own yoga studio: 'Origa Yoga Studio'. Olga sees yoga as an art where the practitioner undergoes a personal development in body, mind and soul. Yoga teaches the art of transformation.



Dr. Rollin McCraty

PhD

The energetic heart: deepening the therapeutic relation

As our world experiences dramatic change and polarizations, the stress it is causing, people from all cultures are looking for practical ways to deepen heart connections in their communities and affect social change through compassionate awareness and actions. Dr. McCraty will discuss new understandings of how the heart and brain interact in a dynamic relationship that affects many aspects of cognition and emotional experience. He will also present data showing how the heart radiates a measurable magnetic field which carries information which can affect other people around us and new research on group coherence. This work suggests that biologically generated magnetic fields may act as a carrier wave for information transfer between individuals and group members. The most commonly found factor that underlies our ability to get in-synch with our deeper self, others, and the rhythms of the Earth is heartfelt connectedness and love.

Dr. McCraty is Director of Research of the HeartMath Research Center at the HeartMath Institute. As a psychophysiolgist, his research interests include the physiology of emotion, heart-brain communication and the global interconnectivity between people and the earth's energetic systems. Findings from this research have been applied to the development of tools and technology to optimize individual and organizational health, performance, and quality of life. Dr. McCraty has acted as Principal Investigator in numerous studies examining the effects of emotions on heart-brain interactions and on autonomic, cardiovascular, hormonal, and immune system function, and outcome studies to determine the benefits of positive emotion-focused interventions and heart rhythm coherence feedback in diverse organizational, educational and various clinical populations. He has been featured in a number of documentary films such as I Am, The Truth, The Joy of Sox Movie, The Power of the Heart, Solar Revolution, and The Living Matrix among many others.



Gery Pollet

Entrepreneur

The elephant in the water

Water is crucial to life, but what if water is ... alive? Gery will deep dive into the many strange characteristics of water, explore the latest discoveries in material sciences and explain how quantum computers work. The conclusion will lead to a to a fascinating new insight about what water really is.

Gery is a succesful entrepreneur in the start-up scene and founded over 15 companies in the last 30 years, mainly related to IT and telecom. Less known is Gery's almost insatiable thirst to know more about water. In 2008, he co-founded a water research lab to investigate certain quantum phenomena in water at the macroscopic level. The outcome of this research led to "the Elephant in the Water" hypothesis, which Gery has been presenting at several international conferences about water.



SPEAKERS



Dr. Danny Sandra

PhD CST

Heart coherence in craniosacral therapy and its influence on spiritual leadership

Danny will present some of his research work that deals with heart coherence, spiritual leadership, and the fascinating world of craniosacral therapy. Part of that research was done at the Peirsman CranioSacral Academy (NL). Besides explaining why heart coherence is so important, as introduced by Dr. McCraty, he will talk about spiritual leadership, which is a model that describes a transformation process, both within individuals, teams and organisations. It is based on intrinsic motivation, combining the head, the heart and the hands in such a way that we adapt more easily to our changing environment. He will present data to show you the wonderful world of cranio through the eyes of the heart; how heart coherence fluctuates amazingly during a craniosacral treatment, both within the therapist and the client. Finally, Danny will conclude with a number of ways how to apply all these findings to deepen your own practice and daily life.

As an international change consultant, coach and therapist, Danny empowers leadership teams in guiding their organizations through the exciting journey of strategic transformation, fostering deeper levels of consciousness and developing a genuine capacity to lead while we stay connected to ourselves, others, and our environment. In addition to his 25 years of business experience, he is an adjunct professor at the IÉSEG School of Management. His research interests include craniosacral therapy, leadership, spirituality and entrainment. He has published several peer-reviewed scientific papers in journals, such as the European Journal of Integrative Medicine, Journal of Management, Spirituality & Religion, European Academy of Management, Journal of Ethics & Entrepreneurship.



Scott Sternthal

DO

The emergence of Biodynamic Skeletal Therapy

Learn about an innovative way to perceive, evaluate, and treat the skeleton called Biodynamic Skeletal Therapy (BST). Developed by Scott Sternthal, D.O., BST is a comprehensive approach to finding and treating bony compactions. It combines the wisdom of craniosacral biodynamics with structural manual therapy into the same maneuvers in order to reanimate inertial bone tissue. BST is the 'Surf'n Turf' approach to bodywork: dive into the fluid tissue matrix of bone to enhance it from within, then come back up to the surface to make that bone move better. This short talk will introduce the approach and hopefully inspire body workers of all backgrounds to learn more, and ultimately, integrate BST into their manual therapy practices.

Scott Sternthal, D.O., is an osteopath based in Montreal, Canada. Scott trained at the Collège d'Études Ostéopathiques (CEO), and now operates his own clinic with four other osteopaths who work alongside him. Early in his practice, Scott discovered that dialoguing with the PRM within bone tissue was a fundamental step in making other manual therapy – within the craniosacral core link and the periphery – more effective. Recently, this realization led to the creation of Biodynamic Skeletal Therapy (BST), a comprehensive approach to finding and treating interosseous and intraosseous compactions, as well as to the writing of Melting Bone Healing Tide, a book (hopefully to be published soon) describing the approach in detail.



SPEAKERS



Leonard van der Geer

DO MSc

The influence of water on bone vitality

Leonard's research journey into the healing abilities of water has changed his view on our health and the way we treat patients. Indeed, water is a very fascinating substance with exceptional properties, but to get a glimpse of its potential we need a framework to structure all the available knowledge. Leonard will present such a framework and discuss how H₂O behaves in different conditions, how it entrains to its environment, and how it plays a crucial role in the health of a living organism. In addition, structure also creates a communication pathway. Communication via pressure, via chemical exchange, and via light particles or biophotons may show a different face of the possibilities of water molecules. Herein, coherence is the key word. Failing health can be seen as the loss of coherence in the body and/or with the social and physical environment. Then, what is the role of water in bone? If the words of A.T. Still "finding health should be the goal of a physician; anyone can find disease" have any meaning, then understanding how water plays a crucial role in maintaining health, or in the onset of disease, should be the goal of every therapist.

The human body and all its biological aspects have been an intriguing subject for Leonard from an early age. Studying physiotherapy was a logical step for him in discovering the possibilities of dealing with this amazing system, which apparently can also lose its healing power. The curiosity about the influence of the organs on and the neurological relations with the parietal system led Leonard to the path of osteopathy, and subsequently, got in touch with the ideas of W.G. Sutherland on the Craniosacral System. After graduating at the International Academy of Osteopathy in Ghent, he started teaching and shared his passion with people in Belgium, the Netherlands, Denmark and especially Germany. Moreover, in 2004 he obtained his university degree in osteopathy from the University of Westminster, London. His scientific mind and passion for the human body guided him to research IOR (Intra Osseous Restrictions) which changed his whole view of health. In other words, he was actually researching life itself. In this quest, water is an unmistakable link that has amazed him time and again at its complexity and possibilities that he likes sharing.



Lode Denecker

MSc

A Quantum view of the heart

We live in a timeless and spaceless quantum field or consciousness field of infinite possibilities that connects and creates all that is (time, matter, circumstances). In this our physical and energetic heart plays a major role. With our conscious but especially subconscious consciousness we continuously create conditions, whether desired or not, disease or health etc. In the vast majority of cases it is our unconscious patterns (our autopilot) that create our circumstances. If we ourselves continuously purge our consciousness and heart of our limiting unconscious beliefs, we become more conscious, happier and healthier people and even more effective therapists. With simple insights and through practice, we can free ourselves from these limiting unconscious beliefs and thus realize our unlimited potential.

Lode applies his expertise in health care, quantum physics and consciousness to create innovative energetic solutions that support consciousness, happiness, and health of humans, animals and plants. He has extensive knowledge of and experience in the development of energetic solutions for humans, animals and plant and spends a lot of his time in training therapists. He enjoys supporting therapists with knowledge and insights that they can use in their personal and professional lives to become an ever better version of themselves.



SPEAKERS



Catharina van Deelen-Wortman

BSc CST

Cranio: a robust way to learn to listen to your heart

Catharina will give us a sneak preview of her forthcoming book “Listening to your heart.” This book gives us an insight of the scientific basis of craniosacral therapy. Research shows that memories are not only stored in our brain, but also in our fascia. In addition, cranio achieves great results in the relaxation of both the autonomic system and the fascia. Using a listening touch and non-directive dialogue while holding a safe space, the therapist encourages clients to become aware of what their body and tissue are telling them. In this “fascial untangling,” old painful memories may surface in the form of images, sensations, and/or movements that the client can then process. Interoception is encouraged and cultivated; needs and boundaries are recognized. This gives clients a better insight into the cause of their complaints and problems. Moreover, they learn to be kind to themselves and to listen to what they really need. In short, interoceptive awareness is stimulated, creating a homeostatic balance. Clients experience this way of establishing interaction with their own bodies as deeply healing, recovering and nourishing. It is learning to listen to your heart.

For years, Catharina worked as a physiotherapist in a nursing home and hospital. Working with people invited her to do more. After her training in acupuncture she came in contact with cranio in 1989. She took her training in craniosacral therapy in the Netherlands and completed it in Florida (US) with Dr. John Upledger. She also graduated as an integrative psychotherapist in 2004 and as an experiential supervisor in 2014. Besides her own practice, Catharina works as a teacher and supervisor at the Upledger Institute Netherlands since 2015. She teaches all levels as well as masterclasses about trauma and attachment. She is completing her book about craniosacral therapy which is going to be published in 2023. In this book she substructures the craniosacral therapy from a scientific point of view.



Dr. Sabine Wilms

PhD

Sabine has written and translated well over a dozen books on Chinese medicine, focusing on her favorite topics of gynecology and pediatrics, medical ethics and “virtue healing,” and cultivating health by “nurturing life” and harmonizing Heaven and Earth, as envisioned in the Chinese medical classics. In addition to writing, translating, and publishing her work through her company Happy Goat Productions, she teaches around the world and online through her “Imperial Tutor” mentorship program. Dr. Wilms is known for her historically and culturally sensitive approach to Chinese Medicine, but also embraces it as a living, effective, ever-changing, and much needed response to the issues of our modern times. She lives happy as a clam on Whidbey Island near Seattle, where she is an avid open-water swimmer and spends as much time in, on, and by the blue stuff as she can get away with. And she loves her goats.

