

Frequently asked questions

How can I find a craniosacral therapist?

There is a register of qualified practitioners on the CSTA website (at www.craniosacral.co.uk) or you can telephone 07000 784 735. Word of mouth (personal recommendation) is also a very good way to select your practitioner.

How long will each session take and how many sessions will I need?

Craniosacral therapy sessions last between 45 and 90 minutes, depending on the practitioner and the reason for the visit. The number of sessions you will need depends on the condition being treated. Normally, patients will feel substantial benefits after 5 - 10 sessions.

How safe is craniosacral therapy?

Craniosacral therapy is regarded as one of the safest therapies available. It is a non-invasive therapy which works on a subtle level, triggering the body's natural healing powers. As such it is completely safe.



Do I need to see a specialist for my particular problem?

While some craniosacral therapists do specialise in particular areas of practice (such as back conditions or young children) there is a good chance that any craniosacral therapist will be able to help you in the first instance.

