



**Well Balanced Healthcare Co,.Ltd.**

高雄市左營區自由二路230號3樓,台灣

3F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.))

Tel : 886 75581026

**UI 顱薦椎療法第二階段**

**CRANIOSACRAL THERAPY II WORKSHOP (CS2)**

**總時數：**30hrs

**預定計畫：**9:00 a.m. to 5:30 p.m. Days 1-3 (可能因為需口譯延後)

9:00 a.m. to 4:00 p.m. Day 4 (可能因為需口譯延後)

**日期：**2024/08/01~2024/08/04

**語言：中英文講義、英文演講、中文口譯**

1. **研討會簡介 Course Description :**

本研討會為中階內容，包含：詳盡介紹顱薦椎系統之生理功能及解剖構造，以及對人體健康功能和疾病影響機制。學員將從研討會中學到徒手技術、筋膜鬆動技巧及評估和影響患者的疼痛及功能失調的手法。四天研討會包含講習及各項手法的實際操作練習。

This intermediate level workshop details the physiology and anatomy of the craniosacral system its function in health and its relationship to disease process. Participants will learn hands-on, fascial-release techniques to evaluate and affect pain and dysfunction. It includes lecture, demonstration, and practice for each technique presented.

* **研討會重點Course Highlight :**
* 建立基本概念、了解顱薦椎系統和顱薦椎治療技術。  
  Build the foundation to understand the craniosacral system and study techniques to effect change.
* 深入討論顱薦椎系統的解剖、生理構造及其與病症、疼痛及功能失調之間的關聯性。  
  Discuss and describe the anatomy and physiology of the craniosacral system and its relationship to illness, pain and dysfunction.
* 評估並治療蝶-枕關節病變及硬顎，硬顎也是顱薦椎系統的一部分。  
  Evaluate and treat sphenobasilar lesions and bones of the hard palate as they relate to the craniosacral system.restrictions in the body by focusing on the cranium, sacrum, craniosacral rhythm and related soft tissue.
* 引發椎段手法的示範與評估。  
  Demonstrate and evaluate the fascial segments.
* 弧動手法、筋膜滑動、硬膜管及傾聽站手法的示範與評估。  
  Demonstrate and evaluate arcing, fascial glide, dural tube and listening stations.
* 能量囊的定義及臨床病徵。  
  Demonstrate energy cysts, definitions, clinical significance
* 局部組織釋放示範。  
  Demonstrate regional tissue release
* 引發椎段示範  
  Demonstrate facilitated segments

**■報名資格Prerequisite :已修畢CS1顱薦椎手法－第一階段**

**■上課人數限制Maximum number of participate : 30人(含複訓2名)。**

**◆研討會前參考資料 Required Advance Reading:：**

1.*CranioSacral Therapy, chapters 1­6, by John E. Upledger, DO, OMM, and Jon D. Vredevoogd, MFA*;

2.*Your Inner Physician and You by Dr. John E. Upledger*

(以上書籍現場均有販售)

**■講師介紹Instructor: Mariann Sisco ,PT,CST-D**

**Mariann Sisco**於1978年畢業於美國科羅拉多大學獲得物理治療與心理學學位，接觸顱薦椎治療之後，許多年的時間便一直在Dr.Upledger身邊學習並擔任助教。



Mariann善用顱薦椎療法、內臟筋膜鬆動術(VM)與Mechanical Link等等治療方法並熱衷於幫人們解決最為困擾的問題，1988年新墨西哥大學給了他們第一個”年度臨床教育家”的獎項給Mariann以表彰她在臨床的貢獻，2000年成為Upledger Institute的講師後便活耀於世界各地進行教學。

**課程表Class Outline :**

**第一天 Day One**

9:00 - 10:30 Introductions: Self, Study Guide, Participants

Teaching Assistants and Facilitator

History

10:30 - 10:45 Break

10:45 - 11:30 Discussion of palpation and Therapeutic Presence

Palpable Physiologic Motions

11:30 - 12:30 Lecture, Demonstration and Practice of CranioSacral palpation and evaluation techniques

12:30 – 1:15 Lunch

1:30 – 2:30 Fascia as a Body System

2:30 - 2:45 Break

2:45 - 5:30 Release of Fascial Restrictions

Demonstration and Practice

Question and Answer Period

**第二天 Day Two**

9:00 – 9:30 Question and Answer Session on Day 1 & Preview Day 2

9:30 – 10:15 Lecture on Cranial Base Release

10:15 – 10:30 Break

10:30 – 11:15 Demonstration and Practice of Cranial Base Release

11:15 – 11:45 Lecture, Demonstration and Practice Sacral Techniques

11:45 – 13:00 Lecture, Demo and Practice of Dural Tube Rock and Glide

13:00 – 2:00 Lunch

2:00 – 2:30 Pressurestat

2:30 – 3:00 Lecture, StillPoint/CV-4/ Cranial Pumping

3:00 – 3:15 Break

3:15 – 3:45 Demo & Practice, StillPoint/CV-4/ Cranial Pumping

4:00 – 5:00 Lecture on Direction of Energy/V-Spread technique

Demonstration and Practice Direction of Energy/V-Spread

**第三天Day Three**

9:00 – 9:30 Question and Answer Session on Day 2 / Preview Day 3

9:30 - 10:20 Lecture - Model C/S System, Overview of Cranial Bones and sutures and Slides

10:20 – 10:35 Break

10:35 – 10:45 Types of Restrictions and how to free them

10:45 – 11:30 Frontal Lift Lecture, Demo and Practice

11:30 – 12:30 Parietal Lift: Lecture, Demo and Practice

12:30 – 2:00 Lunch

2:00 – 3:15 Sphenoid Lecture, Demo and Practice

3:15 – 3:30 Break

3:30 – 4:45 Temporal Techniques: Lecture, Demo and Practice

4:45 – 5:30 TMJ: Lecture, Demo and Practice

**第四天Day Four**

8:30 – 9:00 Question and Answer Session on Day 3 Preview Day 4

9:00 – 10:15 Closing Thoughts

10:15 – 10:30 Break

10:30 – 11:00 CranioSacral Therapy II Discussion

Clinical Considerations, Mini Session discussion

11:00 –11:30 Demo 10 Step

11:30 –12:30 10 Step Talk through

12:30 – 1:30 Lunch

1:30 – 2:30 10-Step Walk through

2:30 – 3:00 Closing

**二、主辦單位 :** 嘉衡健康事業股份有限公司 Well Balanced Healthcare Co,.Ltd.

**三、上課地點 :**

高雄市左營區自由二路230號3樓 (嘉衡健康研究中心)

Well Balanced Physiotherapy Clinic: 3F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.))

## 四、報名方式與費用Course Fee－Regulations and Preferential Programs ：

**■課程費用32000元**＊費用不包括午餐，課間休息時間提供茶水飲料及小點心。

(The fee does not include lunch. Tea drinks and snacks are available during breaks, and lunch can be ordered on the spot.)

\*報名流程:

**登入報名連結系統並完成填寫資料**

→稍後名字納入錄取名單並寄發**匯款資料**至電子信箱Email

→完成匯款，經系統確認入帳後，名字轉入已匯款名單即完成報名程序。

-如報名額滿，系統會從候補名單中通知，若有其它事項將公告在臉書<WB學苑> https://www.facebook.com/wellbalanced01

，若有任何疑問，可留訊息至臉書<WB學苑>或電洽07-5581026。

**五、住宿資訊 Hotel Information：**

**1. 世奇商旅：**[地址](https://www.google.com.tw/search?q=%E4%B8%96%E5%A5%87%E5%95%86%E6%97%85+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LRT9c3LDQzsjRNTjbWks1OttLPyU9OLMnMz4MzrBJTUopSi4sBYbQyBS8AAAA&ludocid=4271091172090042158&sa=X&ved=2ahUKEwih_fath6veAhXMTrwKHaVVDrIQ6BMwEHoECAsQMA)：高雄市左營區裕誠路450號 / [電話](https://www.google.com.tw/search?q=%E4%B8%96%E5%A5%87%E5%95%86%E6%97%85+%E9%9B%BB%E8%A9%B1&ludocid=4271091172090042158&sa=X&ved=2ahUKEwih_fath6veAhXMTrwKHaVVDrIQ6BMwEXoECAsQMw)： [07 557 2299](https://www.google.com.tw/search?q=%E4%B8%96%E5%A5%87%E5%95%86%E6%97%85&oq=%E4%B8%96%E5%A5%87&aqs=chrome.1.69i57j35i39j0l4.13339j0j8&sourceid=chrome&ie=UTF-8)，**步行500公尺**。

(Shi Chi Hotel : No.450, Yucheng Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.) / +886 7 5572299)

**2. 理歐111計時空間：**[地址](https://www.google.com.tw/search?q=%E7%90%86%E6%AD%90111%E8%A8%88%E6%99%82%E7%A9%BA%E9%96%93+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NEwys0w3zKpM15LNTrbSz8lPTizJzM-DM6wSU1KKUouLAaz7pZcwAAAA&ludocid=7354157466936074386&sa=X&ved=2ahUKEwiV3I-niKveAhWExrwKHfMCCpUQ6BMwFHoECAsQLQ)： 高雄市左營區立信路111號/ [電話](https://www.google.com.tw/search?q=%E7%90%86%E6%AD%90111%E8%A8%88%E6%99%82%E7%A9%BA%E9%96%93+%E9%9B%BB%E8%A9%B1&ludocid=7354157466936074386&sa=X&ved=2ahUKEwiV3I-niKveAhWExrwKHfMCCpUQ6BMwFXoECAsQMA)： [0982 170 885](https://www.google.com.tw/search?ei=S63WW-ErzJ3xBaWruZAL&hotel_occupancy=&q=%E9%AB%98%E9%9B%84%E9%87%8C%E6%AD%90111&oq=%E9%AB%98%E9%9B%84%E9%87%8C%E6%AD%90&gs_l=psy-ab.3.2.0l10.244726.250422.0.252490.26.19.5.1.1.0.139.1545.9j7.17.0....0...1c.1j4.64.psy-ab..3.20.1401.6..38j35i39k1j0i67k1j0i131i67k1j0i131k1.106.b8xnQc47FMg)，**步行500公尺**。

**3. 帕可麗酒店：**[地址](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=%E5%B8%95%E5%8F%AF%E9%BA%97%E9%85%92%E5%BA%97+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NEyJt8wuiy8s0pLNTrbSz8lPTizJzM-DM6wSU1KKUouLAVe421wwAAAA&ludocid=12013694650433789017&sa=X&ved=2ahUKEwjCpaXmjKveAhWJWbwKHZm4BKUQ6BMwBHoECAEQJQ)：高雄市鼓山區文信路192號/[電話](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=%E5%B8%95%E5%8F%AF%E9%BA%97%E9%85%92%E5%BA%97+%E9%9B%BB%E8%A9%B1&ludocid=12013694650433789017&sa=X&ved=2ahUKEwjCpaXmjKveAhWJWbwKHZm4BKUQ6BMwBXoECAEQKA)： [07 962 8800](https://www.google.com.tw/search?hl=zh-TW&rlla=0&hotel_dates=2018-11-26%2C2018-11-27&tbm=lcl&ei=OrLWW6XtA43K8wW5ubX4Bg&hotel_occupancy=&q=%E5%B8%95%E5%8F%AF%E9%BA%97&oq=%E6%80%95%E5%8F%AF%E5%88%A9&gs_l=psy-ab.3.0.0i10k1.192275.193480.0.195438.9.9.0.0.0.0.128.921.4j5.9.0....0...1c.1j4.64.psy-ab..0.5.486...0j0i30k1j0i131k1j35i39k1.0.J6TvTrfk0hM)，**步行750公尺**。

(Park Lees Hotel : No.192, Wenxin Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) / +886 7 962 8800)

**4. 巨蛋旅店：**[地址](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=r14+%E5%B7%A8%E8%9B%8B%E6%97%85%E5%BA%97+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NEwyN8spL6g00JLNTrbSz8lPTizJzM-DM6wSU1KKUouLAceWzo0wAAAA&ludocid=8203703382044264497&sa=X&ved=2ahUKEwjYk6GKjaveAhVJ6LwKHeGBBGoQ6BMwBHoECAEQJQ)：高雄市鼓山區文忠路1號 / [電話](https://www.google.com.tw/search?hl=zh-TW&hotel_dates=2018-11-26,2018-11-27&site=async/lcl_akp&q=r14+%E5%B7%A8%E8%9B%8B%E6%97%85%E5%BA%97+%E9%9B%BB%E8%A9%B1&ludocid=8203703382044264497&sa=X&ved=2ahUKEwjYk6GKjaveAhVJ6LwKHeGBBGoQ6BMwBXoECAEQKA)： [07 586 8388](https://www.google.com.tw/search?hl=zh-TW&rlla=0&hotel_dates=2018-11-26%2C2018-11-27&tbm=lcl&ei=_rLWW7W5DYbg8wXJqrPoAg&hotel_occupancy=&q=%E5%B7%A8%E8%9B%8B%E6%97%85%E5%BA%97&oq=%E5%B7%A8%E8%9B%8B&gs_l=psy-ab.3.3.35i39k1l2j0i67k1l2j0i131k1l2j0i67k1j0l3.70081.70742.0.74727.6.6.0.0.0.0.125.454.1j3.4.0....0...1c.1j4.64.psy-ab..2.2.241....0.mACptR4kotk)，**步行800公尺**。

**5.單人房高雄站前館：**[地址](https://www.google.com.tw/search?hl=zh-TW&q=single+inn+%E5%96%AE%E4%BA%BA%E6%88%BF%E9%AB%98%E9%9B%84%E7%AB%99%E5%89%8D%E9%A4%A8%E9%A3%AF%E5%BA%97%E6%97%85%E9%A4%A8+%E5%9C%B0%E5%9D%80&stick=H4sIAAAAAAAAAOPgE-LVT9c3NExJM0uvsMjI0pLNTrbSz8lPTizJzM-DM6wSU1KKUouLAdbwyJowAAAA&ludocid=10151517148533788450&sa=X&ved=2ahUKEwiLvK7eiaveAhXJTrwKHZCEBOYQ6BMwEHoECAsQMA)：高雄市新興區八德一路392號 / [電話](https://www.google.com.tw/search?hl=zh-TW&q=single+inn+%E5%96%AE%E4%BA%BA%E6%88%BF%E9%AB%98%E9%9B%84%E7%AB%99%E5%89%8D%E9%A4%A8%E9%A3%AF%E5%BA%97%E6%97%85%E9%A4%A8+%E9%9B%BB%E8%A9%B1&ludocid=10151517148533788450&sa=X&ved=2ahUKEwiLvK7eiaveAhXJTrwKHZCEBOYQ6BMwEXoECAsQMw)： [07 236 3256](https://www.google.com.tw/search?hl=zh-TW&ei=Q6_WW57AOoGi8QWV-7bgDA&q=%E5%96%AE%E4%BA%BA%E6%88%BF%E9%AB%98%E9%9B%84%E7%AB%99%E5%89%8D%E9%A4%A8&oq=%E5%96%AE%E4%BA%BA%E6%88%BF&gs_l=psy-ab.1.1.0i71k1l8.0.0.0.7849.0.0.0.0.0.0.0.0..0.0....0...1c..64.psy-ab..0.0.0....0.S9obM3DOYOg)，**千元有找**，**需坐捷運**。

(SingleInn - Kaohsiung Station : No.392, Bade 1st Rd., Xinxing Dist., Kaohsiung City 800, Taiwan (R.O.C.)/ +886 7 236 3256)

**六、注意事項**

1. 主辦單位提供茶水及小點心，請自備環保杯；若遇天災達停課標準，以網站公告及Line臨時群組為主，不另行個別通知。主辦單位電話:07-5581026

2. **轉班**機制：於**開課日前一個月**提出，並說明原因，只有**重大變故因素**方可申請轉班。

3. **退款**機制:繳費後因故離班者，退費規定如下:

(轉班再退款者依申請轉班日時間進行退款)

(一)開課60日前提出退費申請者，酌收行政作業費用2000元。

(二)開課前第59日至30日提出退費申請者，退還當期開班約定繳納費用總額百分之80。

(三)開課前第30日至第7日提出退費申請者，退還當期開班約定繳納費用總額百分之50。

(四)開課前第6天到前1天提出退費申請者，退還當期開班約定繳納費用總額百分之30。

(五)實際開課第1日（包含第1日）後，恕不退費。

詳細辦法請參考WB學苑網站。

4. 錄取名單中，如遇取消報名者，則由候補名單者中依順序遞補。

5. 為避免觸犯UI總部著作權之規定，上課中請勿拍照及錄影。

6. 上課時間、地點如有更改，將另行通知，請務必填寫相關聯絡資訊。

7. **請著舒適、寬鬆的衣服，便於課程中的操作練習。**

**Supplementary notes:**

1. If the natural disaster reaches the suspension criteria, we will notify you by SMS and e-mail.Phone number: +886-7-5581026. Email: wellbalanced0001＠gmail.com

2. **Cancellation and Refund Policy :**

**Class Transfer:**

Transfer can be proposed 30 days before the commence date.

NT$2000 administrative fee will be charged if the transfer is applied 30 ~ 7 day before the commencement. NT$10000 administrative fee will be charged if the transfer is applied 6 ~ 1 day before the commencement. We refund the overcharge and demand payment of the shortage. Class Transfer can only be issued once. Once the course stars, no transfer could be made.

**Reservation:**Same condition with Class Transfer, but no course specified temporarily.

**Refund-Refund rate depends on the date of proposal:**

1. 60 days before the commencement, NT$2000 administrative fee will be charged.
2. 59~30 days before the commencement, 80% of the tuition fee can be refund.
3. 30~7 days before the commencement, 50% of the tuition fee can be refund.
4. 6~1 day before the commencement, 30% of the tuition fee can be refund.
5. Once the course starts, the intuition fee is nonrefundable.
6. Only with full attendance will the apprentice be certificated.

3. If there is a participant canceling the registration, it will be supplemented by the order in the list.

4. In order to avoid breaking the BI headquarters copyright regulations, please do not take pictures and video during the class.

5. The time and place of the class will be changed if there is any change. Please be sure to fill in the contact information in the registration form.

6. This course is signed and signed four times a day. Please do not sign the agent, go back early and leave early. After the discovery, BI certification and education credits will be cancelled.

7. Wear loose, comfortable clothing (preferably no jeans.) A light jacket is recommended because temperature can be difficult to control.

8. The organizer provides tea and snacks, please bring your own cup.