

***From My Hands and Heart:
Achieving Health and Balance with Craniosacral Therapy***

By Kate Mackinnon, PT, CST-D

I'm very pleased to share news of the publication of my book, *From My Hands and Heart: Achieving Health and Balance with Craniosacral Therapy* with you, my Upledger Institute colleagues!

When Hay House asked me to write a book on CST, I realized that while there are several recent books aimed at practitioners, there wasn't anything available for clients that described how the therapy is practiced today. What seemed to be missing was a book for the person who is curious about CST, and for current CST clients who want to know more about how the therapy works, and how to get more benefit from their sessions.

The publication of this book seems to be well timed, as the term "Craniosacral Therapy" is recognizable to an ever-increasing number of people, even if they've never had a session themselves. There is also the slow but steady move in healthcare towards embracing complementary therapies. And this movement is helped along by testimonials like that of the CEO of Aetna, who stated in a television interview that his chronic pain was helped significantly by CST, yoga, and acupuncture.

I've found *From My Hands and Heart* to be a great educational tool for my own clients. Even though I'm educating them about the therapy during sessions, reading the book can give them a deeper understanding and a better claim to their own healing process. A client that I have seen for many years read it and came in to her next session with a fresh approach. She said that she was inspired by understanding the work on a deeper level, and felt that she could now participate more actively in her sessions. She got a lot out of that session, as she was able to piece together how a few different falls in her life were connected to her chronically painful tailbone and right elbow. She really enjoyed the process of solving her own puzzle!

Practitioners have told me that they have found it very helpful to share the book with their clients as a way of explaining what CST is. For others, the book has reignited their passion about CST, and they have gone on to take their next class in the curriculum. Several beginning practitioners have told me that since reading the book they now feel more confident about including CST into their bodywork practice.

It is an honor to contribute to the amazing legacy left by the visionary work of Dr John. I feel very fortunate to have had this amazing opportunity to write a book on CST, and for it to be published by Hay House with a foreword by Dr. Wayne Dyer. My hope is that the book serves you and your clients well.

Kate Mackinnon has had her private Craniosacral practice for almost 10 years and is Diplomate certified with the UI. She is a licensed Physical Therapist in California and the UK. She lives, works, and swims in Livermore, California. Find out more at <http://www.healingbodybalance.com>