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CranioSacral Therapy (CST) & Somatic Release (SER) Aftercare

These therapies allow the body an opportunity to release blockages and/or tension, especially in the central nervous system. As physical restrictions are released many other sensations may occur during treatment or after.

Because memories of trauma and injury are often stored in the connective tissue of the body, sometimes the release is accompanied by an emotion or memory related to the original cause of the restriction. This is referred to as Somatic Release (SER).

Somatic Release (also called Somatoemotional Release) can occur during a CST session, or after. It is the release of emotional energy, which was being held in the body. As the “energy” or “charge” is discharged, the client can re-experience the emotional component behind the incident, which placed this foreign energy into the tissues. This is referred to as “tissue memory”, and is common.

Release of tissue memory, emotion and pain usually passes through the client’s conscious awareness either at the time of the treatment or within 24 to 48 hours.

There can also be the possibility of an aggravation of symptoms (physical or emotional) .. this will pass within 24 to 48 hours. If it doesn’t, a follow up session within a week or two is strongly suggested, to help resolve the issue.

Also noted, is that long after the CST session, the unwinding process in the body’s tissues continues, which can be felt as subtle sensations.

Here are some examples of normal sensations you can experience during and/or post-treatment as your nervous system and body releases (again, may continue for 24 to 48 hours afterwards):

- Strong emotions, eg. crying or anger.
- Rushes of heat or cold through your body.
- Memories of previous accidents or traumas.
- Nerve-type pain (tingling), and muscle and body pains and aches.

Keeping all this in mind, I have a few “aftercare” suggestions post CST & SER:

- Drink a lot of water. Hydration helps push toxins out of the body.
- Allow yourself to rest, especially post treatment. Be gentle and kind to yourself.
- Have hot baths with Epsom salts.
- If emotions arise, allow yourself to process them ... reach out for psychotherapeutic help if need be.

I welcome and suggest all my clients check in with me post-treatment (an email is great!).