



REQUIRED AND RECOMMENDED STUDY LISTS

Reading List for Craniosacral Classes

Chapters from The Heart of Listening

<u>Class</u>	<u>Chapters</u>	
Embryology	The Ontogenetic Basis of Human Anatomy ISBN 1-55643-507-X	
Visionary Anatomy	Required: Abbreviations and Nomenclature pages xvi, xvii and xviii, chapters 1 and 2. Recommended reading: HOL chapters 11, 12, 16, 17, 18 and 20, Chapters 22-34 (first few pages of each chapter until the beginning of the section titled "Detailed Anatomy" Recommended Anatomy book: Atlas of Human Anatomy by Frank Netter	
C1	1, 2, 4, 6, 16, 17 21, 22, 23, 24, 25, 26, 27, 30, 31, 34	Required Recommended
C2	14, 18, 36, 39, 44	Required
C3	10, 11, 14, 17, 22, 23, 25, 45	Required
C4	10, 20, 37, 38, 41	Required
C5	7, 8, 9, 19, 24, 28, 29, 32	Required
C6	11, 12, 13, 15, 33	Required
C7	34, 35	Required

Required and Recommended Study List for Craniosacral Certification Program

Books and Articles

Required

- Holger Kalweit, "Shamans, Healers And Medicine Men," Shambala 1985
- Hugh Milne "The Heart of Listening," North Atlantic Press 1996
- Ada Sutherland, "With Thinking Fingers," Cranial Academy 1962
- William G. Sutherland "The Cranial Bowl," Free Press 1939

Recommended

- Stephen D. Blood, "The Craniosacral Mechanism and the Temporomandibular Joint," pp. 516-519, The Journal of the American Osteopathic Association, Vol 86, Number 8, 1986
- Paulo Coelho, "The Alchemist," Harper Collins, 1993
- Stanislov Grof, "Spiritual Emergency Network," Tarcher Putnam, 1989
- Mircea Eliade, "Shamanism," Princeton University Press, Bollingen, 1974
- Richard Feely, "Clinical Cranial Osteopathy," Cranial Academy, 1975
- Edward T. Hall, "The Dance of Life: The Other Dimension of Time" Anchor 1989
- John Heider, "The Tao Of Leadership," Humanics, 1985
- Harold I. Magoun, "Osteopathy in the Cranial Field," Cranial Academy, 1st Edition 1976
- Arnold Mindell, "Dreambody," Sigo Press, 1982
- Arnold Mindell, "The Shaman's Body," Harper San Francisco, 1993
- Robin Robertson, "Jungian Archetypes: Jung, Godel, and The History of Archetypes" Samuel Weiser 1995
- Oliver Sacks, "Migraine," University of California Press, 1992
- William Sutherland, "Collected Writings of William Garner Sutherland " Sutherland Teaching Foundation 1967
- Robert L. Moore and Douglas Gillette "King, Lover, Warrior, Magician"
- Carol Pearson "The Hero Within
- Carol Pearson "Awakening the heroes Within"
- Robin Robertson "Jungian Archetypes: Jung, Godel, and the History of Archetypes"
- Bonnie Bainbridge Cohen, "Sensing, Feeling and Action," Contact Editions (Northampton MA), 1993
- Larry Dossey, "Healing Words: the Power of Prayer & the Practice of Medicine," Harper Collins, 1993
- Karlfried Graf Von Durkheim "Hara: The Vital Center of Man," George Allen and Unwin, 1985
- Stan Grof "Holotropic Mind" (Birth Matrix/Breathwork)
- Aelred C. Fonder, "The Dental Distress Synndrome," Medical Dental Arts, 1994
- Viola M. Frymann, "The Collected Papers of Viola M. Frymann: Legacy of Osteopathy to Children" Edwards Brothers (Michigan), 1998
- Y. Ide, "Anatomical Atlas of the Temporomandibular Joint" Quintessence Publishing Company 1991
- Don Hanlon Johnson, "The Protean Body," Harper and Row, 1977
- C.G. Jung, "Four Archetypes: Mother/Rebirth/Spirit/Trickster" Princeton University Press, 1992
- Stanley Kelleman, "Emotional Anatomy," Center Press 1985
- Kenneth A.R. Kennedy and M. Yasar Iscan, "Reconstruction of Life from the Skeleton," Alan R. Liss Inc. 1989
- Sandra Ingerman "Soul Retrieval" (Shamanic Principle)
- Peter Levine "Waking the Tiger" (Trauma/Physiologic effects)
- Alexander Lowen, "The Betrayal of the Body," Collier 1967
- Kiiko Matsumoto and Stephen Birch, "Hara Diagnosis: Reflections on the Sea," Paradigm Publications 1988
- Arnold Mindell "Working on Yourself Alone" Arkana 1990
- Arnold Mindell, "City Shadows: Psychological Interventions in Psychiatry," Routledge 1988
- Arnold Mindell "Dreambody"

- Arnold Mindell "Shaman's Body" Wildcat Canyon Press 1994
- Betty Clare Moffat, "Soulwork," Harper San Francisco 1991
- Robert Moore & Douglas Gillette, "King, Warrior, Magician, Lover" Integral Publishing, 1992
- Lee Sannella "Kundalini Experience: Psychosis or Transcendence," Anchor Press 1979
- Frances E. Vaughan, "Awakening Intuition," Fireside 1987
- Alberto Viloldo and Stanley Krippner, "Healing States," Pantheon Books, 1975
- Alan Watts, "Tao: The Watercourse Way," Anchor Books 1983
- Edward Hall "The Dance of Life" Vintage Books 1996
- David Abram "The Spell of the Sensuous" Thomas Jefferson University Press 1991
- Carol Trowbridge "Andrew Taylor Still" Eastland Press 1992
- Andrew Taylor Still "Osteopathy, Research and Practice" Sutherland Teaching Foundation 1990
- William Sutherland "Teachings in the Science of Osteopathy" Pocket Books 1996
- Robert Fulford "Touch of Life" Eastland Press 1999
- Marc Pick "Cranial Sutures, Analysis, Morphology, and Manipulative Strategies" Elsevier 2000
- Torsten Liem "Cranial Osteopathy, Principles and Practice" Penguin Compass 2005
- Neil Douglas-Klotz "The Sufi Book of Life" Trumpeter Books 2008
- Catherine MacCoun "On Becoming an Alchemist" Thames and Hudson 2009
- Robert Adkinson "Sacred Symbols" Anchor Books 1976
- Edward Hall "Beyond Culture" HarperSan Francisco 1993
- Angeles Arrien "The Four-Fold Way" Arcus 1992
- Angeles Arrien "Signs of Life, The Five Universal Shapes and How to Use Them" North Atlantic Books 1989
- Peter Ralston "Cheng Hsin: The Principles of Effortless Power" Weatherhill 1970
- Shunryu Suzuki "Zen Mind, Beginner's Mind, Informal talks on Zen Meditation" Bantam Books 1989
- Larry Dossey "Recovering the Soul, A Scientific and Spiritual Search" HarperSan Francisco 1989
- Charlotte Beck "Everyday Zen, Love and Work" Sentient 2002
- Cass Adams "The Soul Unearthed: Celebrating Wildness and Spiritual Renewal Through Nature" Sentient 2002
- Shunryu Suzuki "Not always So" HarperCollins Books 2002
- Anodea Judith "Eastern Body, Western Mind, Psychology and the Chakra System as a Path to the Self" Crown 1996
- Caroline Myss "Anatomy of the Spirit, The Seven Stages of Power and Healing" North Atlantic Books 1988
- John Conger "Jung and Reich: The Body as Shadow" Shambhala 1995
- Ken Wilber "Sex, Ecology, Spirituality: The Spirit of Evolution" North Atlantic Books 2006
- Robert Gilchrist "Craniosacral Therapy and the Energetic Body" Stillness Press 1997
- Rollin Becker "Life in Motion" Stillness Press 2000
- Rollin Becker "The Stillness of Life" BC Decker 2001
- Geoffrey Sperber "Craniofacial Development" Eastland Press 1985
- Alain Gehin "Atlas of Manipulative Techniques for the Cranium and Face" Thieme 2007
- Georg Thieme Verlag "Atlas of Anatomy: Head and Neuroanatomy" Thieme 2006
- Georg Thieme Verlag "Atlas of Anatomy: General Anatomy and Musculoskeletal System" Thieme 2006

Please try the following to source the materials on the Required and Recommended study lists:

listed publishers

amazon.com

barnesandnoble.com

bibliofind.com

addall.com

alibris.com

search engines

public library

medical or massage school libraries

retail booksellers

Cranial Academy (www.cranialacademy.com, 317-594-0411)

Sutherland Cranial Teaching Foundation (www.sctf.com , 817-926-7705)

Esalen Bookstore (www.esalen.org, 831-667-3000)

You can also network with the teachers, organizers and other students in classes to see if there are any materials available to be borrowed or shared.