

# The Gillespie Approach Newsletter Spring 2015

BY DR. BARRY GILLESPIE

*"CONTENTED BABIES AND HAPPY FAMILIES CREATE A MORE PEACEFUL PLANET."*

## VIDEO CHANNEL



Please visit  
The Gillespie Video Channel  
Here is my Video  
presenting CFT



Dr. Barry Gillespie

## SEMINAR INFORMATION

**April 25-26, 2015**

Infant/Toddler day on Saturday and  
Adult/Child day on Sunday.  
King of Prussia, PA  
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**May 15-21, 2015**

CFT Foundation Teaching Seminar  
Cape Town, South Africa  
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## What's Happening in CFT

### Connecting the Dots in Space and Time

The practice of CFT requires a different way of thinking. Most health care professionals focus on managing a patient with a disease(s). The unique feature of CFT is that it assists the body in healing the root cause of the problem(s). The body knows best what it has to do to heal at that present moment. We believe that emotional and physical traumas need to be retraced and completely cleared from the craniosacral fascial system for complete healing.

This approach opens the possibility that a birth injury can cause an adult's chronic health issue(s). For example, if an adult presents with a chronic headache or neck ache, it may have been physically caused by a difficult delivery, a long/hard labor, and/or in utero pressure. Emotional trauma causing strain may also be present. At this time you, as the CFT provider, have no way of knowing the true causative circumstances.

For that patient to completely heal, s(he) needs to revisit that core trauma. Since you do not know how long it will take to reach and clear it, you cannot give her/him a precise number of CFT visits. We found in our infant research that most fussy babies corrected in 5-8 visits. That

**June 26-28, 2015**

CFT Foundation Teaching Seminar  
Liverpool, UK

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**September 18-20, 2015**

CFT Foundation Teaching Seminar  
Los Angeles, CA

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**October 2-4, 2015**

Basic CFT Seminar for Children and  
Adults

King of Prussia, PA

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Please visit my  
website for more  
information.

[www.gillespieapproach.com](http://www.gillespieapproach.com)

Please email me with any questions  
about the seminars or if you have  
questions about integrating The  
Gillespie Approach and CFT into your  
practice at  
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distinctive infant window of opportunity allowed us to access, deal with, and help clear their core physical and emotional issues rather quickly.

We also found in our research that pelvic fascial strain patterns caused almost all upper body conditions. For that headache issue to clear in the adult, the pulling from the pelvis needed to be completely released. This also held true when a child presented with a chronic sinus, eye, or other upper body issue.

In summary, the Gillespie Approach requires you to think in both space and time. The element of space allows you to connect the dots of the physical and emotional aspects of the craniosacral fascial system. Every area of the body is connected to and can pull on every other part in the craniosacral fascial web.

This model also requires you to connect the dots in time where the origin of the current problem may have started earlier in life, even at birth. Like the hard drive of a computer, the craniosacral fascial system stores all of its traumatic events. You may have to peel through the lifetime layers of trauma to get at this core. If you want to get to the root of a structural problem to help the body heal/correct it, you need to be conscious of the interconnected elements of space and time.

### **Asthma and other Pediatric Conditions Revisited**

My focus since 2006 has been identifying a structural problem at birth with the Baby Brain Score (BBS) and correcting it then with craniosacral fascial therapy/infant driven movement (CFT/IDM) to create optimal neurological function and prevent many pediatric conditions.

I am reviewing my CFT pediatric work pioneered in the 1980s and 1990s. This approach resulted in my first book, Healing Your Child, which described the correction of children with asthma, earaches, headaches, and other common childhood conditions. As much as we want to prevent these conditions at birth now, Kim Sherlock keeps reminding me that

## The Brain Score Approach

### Newborn Evaluation and Treatment for a Lifetime of Neurological Wellness

Based on Dr. Gillespie's professional clinical experience since 1977, ***The Brain Score Approach*** explains how to optimize brain function at birth as part of a healthy lifestyle.

#### Cost:

1-4 books = \$25/book shipped in the United States

5 + books = \$19/book shipped in the United States



*"In this world babies reach their optimal cognitive potential to think, reason, learn, focus, and concentrate at birth. "*

millions of afflicted children missed the newborn boat and need CFT now.

One general theme applies to our pediatric work: the body position of strain in the craniosacral fascial system generally determines her/his condition(s). For example, an asthmatic child will have tightness in his/her respiratory system. A combination of craniosacral fascial strain in the diaphragm, alveolar sacs, tracheobronchial tree, or the nasopharynx is pathognomonic for asthma. Craniosacral fascial pressure on the innervating vagus (X) nerve can also restrict this system's function. CFT can pinpoint the release of her/his unique restrictions to allow better breathing over a series of visits.

Similarly, a child with earaches may have strain in the temporal bone areas. These bones may be out of position, TMJ tightness may be present, or shoulder/pelvic strain may be pulling into the ear. CFT can center on the normalization of these structures to help correct the source of the earaches. For other pediatric conditions discussed on the website ([gillespieapproach.com](http://gillespieapproach.com)), look for tightness of the craniosacral fascial system in the afflicted area of the body.

Our philosophy is to help any body free up the restricted craniosacral fascial system to restore normal function. Every CFT practitioner's sole function is to facilitate that healing process. Since CFT has been clinically effective for decades for children with many conditions, we encourage students to take the three-day basic seminar to make the world a better place for everyone.

VIDEO CHANNEL

CFT - The Gillespie Approach



Jana's Journey from Birth to Recovery - Pending Copyright



CFT on a 21 Month Old Baby



Roman's Craniosacral Fascial Therapy

## CONTACT US AND REGISTER FOR SEMINARS

To learn more about The Gillespie Approach for babies, children and adults, contact Dr. Gillespie's office:

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