



Gillespie Approach™
Craniosacral Fascial Therapy

The Gillespie Approach Newsletter

Summer 2013

BY DR. BARRY GILLESPIE

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

VIDEO CHANNEL



Please visit
The Gillespie Video Channel
4 Amazing CFT videos

Here is the latest Video:
Infant CFT



Roman's Craniosacral
Fascial Therapy

SEMINARS

**The Basic CFT Seminar for
Children and Adults**
Sept 20-22, 2013
Philadelphia/King of Prussia

Seminar Fee: \$1500

[Click Here for Seminar
Preview](#)

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What's Happening In CFT

Infant Driven Movement (IDM)

My interesting life continues at 66. When I was sixteen, I thought that I would like to be a dentist like my father and grandfather. Fifty years later, my life is all about babies. Where did that come from? I have learned one thing in life; when God opens a door, just walk through.

My expectations are sky high for the Baby Brain Score (BBS) and craniosacral fascial therapy (CFT) at birth. My 42 years of treating patients have revolved around the correction of existing conditions for adults and children. But birth gives you the unique window of opportunity to dramatically alter a life. Instead of a human being going down an eighty-year road of reflux, earache, asthma, headache, ADHD, and all of the cognitive and social ramifications, you can *prevent* these and other conditions at the beginning of life - powerfully amazing.

I am introducing the term, infant driven movement or IDM. Coined by team NICU, it realistically describes the therapeutic web techniques done in the NICU and maternity. We can correspondingly term the familiar seminar web technique as adult driven movement (ADM) and if done on a child, as child driven movement (CDM). *In the proper environment, human beings want to drive their own movement to heal themselves.* They are tight and just need a hand to loosen up. This freedom from tissue restriction allows the craniosacral fascial system to function better.

The flagship craniosacral fascial therapy (CFT) term can seem foreign to many hospital professionals; the infant driven movement term (IDM) can be more easily accepted. Instead of the therapist doing something to fix the newborn, (s)he is following the infant to help free itself from physical and emotional birth trauma. The body knows best how to heal itself. The therapist follows and supports the infant through the healing process without the burden of the child/adult onion.

The identification and correction of a birth problem to

LEARN MORE

Please visit my website for more information.

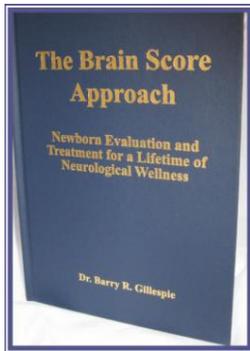
www.gillespieapproach.com

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 drbarryr@gmail.com

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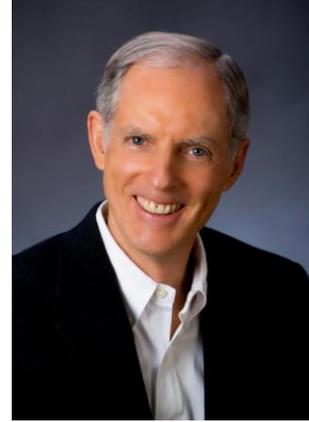
The Brain Score Approach

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.

prevent a lifetime of issues resonates with me. When I was born in 1947, polio was the autism of the day. It was so feared that after I had my polio shot, it looked like I came down with polio. The doctor gave me a second shot, just to make sure. Thankfully, then scientists focused on research preventing polio rather than developing better treatment. I firmly believe that we need to do the same to prevent rather than treat the prevalent conditions of the 21st century.

I will spend the rest of my life attracting and building a team of people who will teach the world's professionals how to do CFT/IDM at birth. I have been holding the vision since 1978 of how great this work would be, and it is now coming true. Thank you for being on the team.



Articles

A colleague recently requested that I write some essays on important areas of CFT at birth for her marketing purposes. I thought that was a great idea and wrote the following essays for everyone. Please feel free to use them for your needs to help spread our important message. If you would like them in document form, please send me an email and I will send them to you in a word doc.



CRANIOSACRAL FASCIAL THERAPY (CFT) AT PRECONCEPTION BY: DR. BARRY GILLESPIE

I believe that CFT for a woman before conception can result in a healthier baby. Two important areas of her body need special attention: the pituitary gland in her brain and the fascial or connective tissue in her abdominal cavity.

The pituitary gland is the master endocrine gland of the body. Many of its functions, which are well documented on many medical websites, deal with the birth. It tells other organs like the thyroid, ovaries, and adrenals what to do. For example, if the thyroid gland is not functioning well, the gland itself may be fine. The root of the problem may actually be in the function of the pituitary gland. This gland has to work correctly for all of its associated organs to function well.

I have found over the decades that when trauma restricts the

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. "

brain motion ...

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THE ADVANTAGES OF THE BABY BRAIN SCORE (BBS) AND CRANIOSACRAL FASCIAL THERAPY (CFT) AT BIRTH BY DR. BARRY GILLESPIE

In 2006 after working with babies for 25 years, I came to the conclusion that virtually every newborn on the planet needed CFT at birth. So how does one person out of seven billion make that happen? No one on the planet knows what craniosacral fascial therapy is. No one knows what brain and sacral cycles are. No one knows how critical CFT is for newborn health. On top of all that, CFT for newborns/infants looks kind of weird to professionals and parents. How is all of that going to fly globally?

A patient gave me an article from THE NEW YORKER entitled, "The Score". You can Google it for free from their October 9, 2006 issue. It is an excellent read, especially if you are expecting a baby. Dr. Virginia Apgar brilliantly changed the baby world by creating her Apgar score. Following her clever lead, I would create a score all about the brain.

The Apgar Score is a great tool for getting a baby into the world alive, but does not address her/his neurological quality of life issues. To fill that void I created a specific score, the Baby Brain Score (BBS), for brain function. I set the bar so high with this score, that if a child did not pass it, CFT would become an absolute medical necessity. Parents would more easily accept CFT since their birth professionals would be on board creating optimum brain function for their newborn.

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THE BENEFITS OF ON-GOING CRANIOSACRAL FASCIAL THERAPY (CFT) FOR INFANTS AND CHILDREN. BY DR. BARRY GILLESPIE

OK, your baby had the BBS/CFT at birth. Isn't that a lifetime guarantee? Not really, because trauma happens to all children. Most accidents will not cause a big problem, and you will know when to go for CFT if your child is acting differently. You may also decide to have routine CFT checkup visits. If your child has a severe blow to the head, please go to the ER immediately for medical evaluation. Later a therapist can check the brain cycle and offer CFT, if needed.

A number of childhood issues are presented here as seen through our clinical experiences as therapists and not pediatricians. First, we do not tell parents what to do about vaccines. Whether to vaccinate or not is *their* choice alone. If they do vaccinate, we found that the craniosacral fascial systems in some children handled it well and others not so well. For the latter group we found that the thigh vaccine consistently tightened the pelvic tissue. A foreign material was being added causing the craniosacral fascial system to restrict.

Continue Reading Article

WELCOME NEW CFT STUDENTS

The United Kingdom

We recently had our first students from the UK attend the seminar. Their contact information for referrals is below. If anyone has the proper contacts around the royal baby, please contact them:

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VIDEO CHANNEL



CFTherapy - The Gillespie Approach



CFT on a 21 Month Old Baby



Jana's Journey from Birth to Recovery - Pending Copyright

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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