

**The Gillespie Approach Newsletter  
Fall 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

**September 18-20, 2015**

Basic CFT Seminar for Children and  
Adults

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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### What's Happening in CFT

#### The Philosophy of CFT

CFT presents a unique approach to health care. It works with the patient's craniosacral fascial system by mitigating the effects of trauma so that the body can better heal without pharmaceutical management or surgical intervention. The body innately knows best how to structurally correct and heal this system. The provider Asks the system if it needs to move, Allows it to move, and Assists in its motion (AAA, thank you to Michale Fetzik). This rings true whether you are treating a newborn, an infant, a toddler, a child, or an adult.

Your goal is to help the body's craniosacral fascial system revisit the trauma(s) to correct the root of the problem. Like every modality, CFT has its specific place in health care. It can be corrective for some patients and helpful for everyone else since a healthy craniosacral fascial system is an important piece of the well-being puzzle.

CFT has no curative power for any disease. When physical/emotional trauma has tightened and restricted the physiology of the craniosacral fascial system, your role is to facilitate its loosening and relaxing. You need to breathe, ground, and connect to Source. You must put aside your ego and baggage and be fully present

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

[drbarryr@gmail.com](mailto:drbarryr@gmail.com)

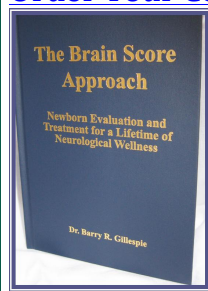
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**The Brain Score Approach  
Newborn Evaluation and  
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Based on Dr. Gillespie's professional clinical experience since 1977, *The Brain Score Approach* explains how to optimize brain function at birth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

**Cost:**

**1-4 books = \$25/book** shipped in

and clear. As the co-pilot, let the Pilot do the healing.

You have no control during CFT. There is no judgment of good/bad or right/wrong. You are not attempting to adjust, fix, or manipulate the body. Many health care providers try to fix the body with a certain modality; sometimes surgical and dental procedures are absolutely necessary. In CFT you are allowing the body its full range of physical and emotional capability to correct and heal itself.

When this system opens and functions better, you are dependent on the body's ability to heal itself. Generally, the fewer traumatic onion layers and less toxicity in youth result in a quicker healing response. An adult with more layers of unresolved emotional trauma and poor lifelong physical habits may have a more delayed healing response.

If the patient's issues resonate inside of you during CFT, you need to work on yourself to become clearer. You need to be totally present and involved during CFT, but not attached to the patient's outcome. This is especially true if you are working with a family member. The strong parental tendency is to start with an "agenda" from your rational mind and ego that you are going to "fix" or "heal" your child. This approach often results in a less-than-desired outcome.

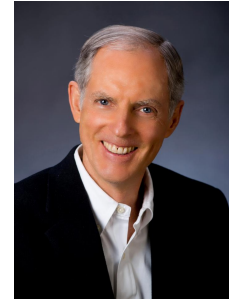
Your skill level will increase with practicing CFT and by working on your emotional and physical aspects to become clearer and more present. On one level you are doing CFT to help in the healing of others, but on a deeper level it's for your own healing. You may find that by helping the human race in service to others will lead to your optimal fulfillment and happiness.

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. "*



CFT/IDM at Birth - Southern California  
Lauren Brim

Some of you know me as the founder of the Southern California BodyTalk Association, others know me as a co-founder of Healing 4 Life Together, and many of you now know me as that woman who keeps talking about sex in her mass emails! Yes, my specialty became female sexual and reproductive health over the last several years and I have a lot to say on the subject, especially now that I've recently had a beautiful baby girl.

But today I want to tell you something you may not know about me, and that is that I am a Craniosacral Fascial Therapy (CFT) practitioner. In fact CFT has been one of the main reasons that I have just had the most peaceful and lovely postpartum period of all the women I know.

My daughter Svea was born at home in the water without any interventions. Pain, mind you, but no interventions. In fact, she came out so easily in the end that I pulled her up out of the water myself with the contraction that birthed her shoulders. I was surprised however to discover that she had a shocking asynclitic presentation, meaning that she came through the birth canal with her head angled to one shoulder. I was also surprised to learn during her newborn exam that she had a lip and tongue-tie!

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A CFT Story of an Autistic Boy

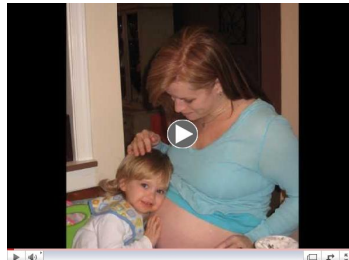
A mom from NYC sent me an update after a two-day intensive with her son:

"Even immediately after the appointment, my husband and I felt our son was a bit extra present, and his speech had a better flow. On the way back to NYC in the car, it was even more evident, as he decided to entertain us by making up songs and used hard to pronounce words in them repeatedly. We kept on looking at each other to confirm that it wasn't just our imaginations.

When we got back home, I had my mom check his energy flow. I didn't mention this to you before, but my mom did energy healing in Russia. She's been doing Chi-Gong with him on and off since shortly after his diagnosis of autism in 2011. It is very interesting how his energy has been changing, as he has been getting better.

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#### Video Channel



Jana's Journey from Birth to Recovery - Pending Copyright

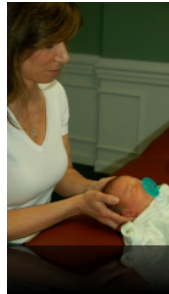


CFT on a 21 Month Old Baby



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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