Gillespie Approach™
Craniosacral Fascial Therapy

The Gillespie Approach Newsletter
Spring 2020

The Principles of the Gillespie Approach

"This too shall pass."

We offer gratitude to all of the people who are supporting all of us staying at home during the pandemic. Thank you for everything.

We, as therapists, expect to be back at work soon, helping people release their soft tissue strains.

The following three articles capture the principles of the Gillespie Approach.

The Authentic Release of Craniosacral Fascial Strain

Heather Sabin Bryan asked me to further discuss why I believe you cannot just easily stretch and release fascial strain. Before I begin my explanation, I know that everyone sees the world differently through her or his lenses, and I do not pretend to be the final word on this or any subject. Please just take this as my 40-plus years of clinical experience, if anything resonates with you.

Read More

The Craniosacral Fascial System in Relation to All of the Body Systems

For years I have clinically seen that newborn/infant GA (Gillespie Approach) can result in happier, healthier, stronger, and smarter babies. How can I scientifically support that statement if these qualitative factors cannot be measured quantitatively?

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The Root of the Problem

I have learned a lot as a practitioner over 40 plus years. In the '70s, I would try to "fix" a patient with their specific condition like a headache or neck ache. Dentists are taught to "fix" things like teeth and gums. Sometimes that approach worked for a while; other times, not at all. I soon realized that to be successful in this field, that philosophy had to evolve. Over time my thought process has now centered around healing in the space-time continuum.

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Gillespie Approach–Craniosacral Fascial Therapy Courses

Gillespie Approach–Craniosacral Fascial Therapy Training

3-Day Foundation Training
September 11 through 13, 2020
Newtown Square, Pennsylvania

Sign up for Courses

Gillespie Approach Videos

Why Are Babies Fussy?

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