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Limited courses may become available depending on interest from therapists, teachers, parents, or other individuals.

It is easiest for us to set up courses for groups, research centers or institutions. Our resources are limited to organize courses in the USA from our base in Europe.

If you are interested, you can contact us. We will contact you when we have enough people who have expressed interest.

We will not be able to give individual treatments (Individual appointments are possible on Maui and in Denmark.)

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STANLEY ROSENBERG INSTITUT

*Social Engagement Protocol*

*French Cranio-Sacral*

has been helpful in some cases

- moving people out of chronic stress to states of social engagement
- alleviating asthma, headache and dizziness
- treating children with concentration problems
- improving children with autism



## What is the social engagement protocol good for?

Traditionally, cranio-sacral therapy has been known to help with functions of the **autonomic nervous system** (stress/relaxation) and the **central nervous system** (by improving circulation to the brain, brain stem and the spinal cord), **hormone balance**, **orthodontics**, and **muscular-skeletal problems**.

Over the last two and a half years, the Stanley Rosenberg Institute has developed a special protocol of selected techniques taught by Osteopath Alain Gehin, We call this unique form of cranio-sacral therapy "The Social Engagement Protocol" in order to underline that this is not the usual, popular form of cranio-sacral therapy, but rather a new and effective combination of techniques from the French tradition. In addition to providing the same benefits that are often ascribed to treatment with cranio-sacral therapy as listed above, this new protocol is unique in its effectiveness in lifting people from chronic states of stress (fight/flight) and depression (introverted apathy) to a state of clarity, peace and openness, where they enjoy being together with other people.

Inspiration for developing the Social Engagement protocol comes from Dr. Stephen Porges (Brain-Body Institute, Department of Psychiatry, University of Illinois, Chicago). In 1996, Dr. Porges published a paper presenting the "Polyvagal Theory". This is a new understanding of the function of the autonomic nervous system.

In May of 2002, Stanley Rosenberg co-taught at a conference with Dr. Stephen Porges in Copenhagen. Inspired by from Stephen Porges' presentation, Stanley Rosenberg, refined his previous protocol of French cranio-sacral techniques. The new protocol has proved to be highly effective, not only to handle stress symptoms (see page 8), but also to improve the client's emotional state. You can read more on the Polyvagal Theory in an article by Dr. Stephen Porges as well as read an article on Social Engagement by Stanley Rosenberg on our web page, [www.stanleyrosenberg.com](http://www.stanleyrosenberg.com)

**Here is a list of stress related symptoms. You can see that the list includes physical, emotional and mental symptoms.**

Sore neck and shoulder muscles	Back pain
Allergy	Ulcer
Anger	Restless
Arthritis	Shortness of Breath
Asthma	Skin problems
Pains in the chest	Stomach problems
Tightly clenched teeth	Excessive eating
Cold hands and feet	Restless
Influenza	Shortness of Breath
Irritation of the large intestine	Skin problems
Constipation	Stomach problems
Extended periods of depression	Tense / hard muscles
Eye or facial tensions	Difficulty remembering
Hyperventilation	Many worries
Increase in drinking or smoking habits	Feelings of fear
Poor Digestion	Feeling "down"
Tendency to start to cry	Feeling of hopelessness
Diarrhoea	Feeling of a lack of energy or heaviness
Difficulty to agree	Lack of interest in everything
Difficulty to make a decision	Feeling of being tense after exertion
Dizziness	General anxiety
Excessive daydreaming and fantasising	Frequent accidents or injuries
Excessive use of medicine with or without prescription	Frustration
Excessive or unreasonable distrust of friends/colleagues	Grinding teeth at night
Uncalled for sweating	Headache (tension and migraine)
Difficulty concentrating	Irregular heart beat
infections	Heartburn
Clump in the throat	Haemorrhoids
Menstruation pains	High blood pressure
Forgetfulness	Difficulty sleeping
Nervous	Irritability
Nightmares	Loss of appetite
Excessive eating	Loss of interest for sex

## **Children with learning disabilities, movement or behavioral handicaps.**

The social engagement protocol is based on softest imaginable therapeutic touch, with many techniques using only 5 grams of physical pressure. The underlying principle is that the body has the necessary resources to heal itself and is in fact self-regulating. Therefore, these gentle techniques are so appropriate in treating of children.

Birth is a violent process, where the soft bones of the cranium are pressed together and overlap each other at birth. As the baby comes through the birth canal, there is an extreme rotation of the head on the neck and shoulders. Contractions slam the baby forward against strong resistances. Sometimes the stress on the joint between the head and neck are compounded due to a pull on the head from the midwife or gynecologist.

Strangely enough, our experience shows that children born with a C-section have another pattern of cranio-sacral issues.

Many children are “slow developers”. They might have speech problems, hyperactivity or problems of co-ordination. Some children are aggressive, or withdrawn. Any of these symptoms will be a good reason for treatments with the social engagement protocol.

Already in kindergarten, the teachers can see from a child’s behavior that there are problems. Some children have a difficult time playing with the others. Many times, parents are pacified with a statement that the child will grow from it, or that they will catch up. This is often not the case.

Our clinical observations are that many of these children cannot hear - i.e. they do not understand what is said to them. They are usually examined by an eye-nose-throat specialist, who says that there is nothing wrong with their hearing. But they often cannot

hear, understand and respond to what their mother tells them when she stand along side them or behind them. Sometimes, parents say they can hear, but do not want to listen. We do not believe that this is the case.

## **How does The Social Engagement Protocol work to correct dysfunctions in the nervous system?**

The cranio-sacral system consists of three anatomical elements: 1) the skeletal - the bones of the cranium, the bones of the face, the vertebrae of the spine, the sacrum and the tailbone, 2) the connective tissue membranes, which hold the brain in place in relation to the bones of the cranium (falx, tentorium and the dura mater), and 3) the fluid (cerebrospinal fluid), which circulates around the brain and spinal cord.

In addition to the spinal nerve, there are 12 cranial nerves descending from each side of the brain. Slight dislocation of the bones or unnecessary tensions in the membranes can disturb the function not only of the central nervous system as a whole, but can also disturb the function of any of these 24 cranial nerves.

The circulation of the cerebrospinal fluid is necessary in order to nourish the brain cells and eliminate metabolic waste. This fluid also works as a shock absorber to protect the brain in case of a blow to the head or a whiplash-type injury.

The positive effect of the Social Engagement Protocol is to improve the structure and thereby improve the function of the cranio-sacral system. The treatment releases tensions in the connective tissue in the joints between the bones of the skull (sutures) as well as relaxes the tough membranes (falx, tentorium and the dural tube). It also improves the circulation of the blood to and from the brain and the circulation of the cerebrospinal fluid.

It is important for the function of the brain, the spinal nerve and the 24 cranial nerves that the cranio-sacral system functions optimally.

