

# HEADSTRONG

*Equine craniosacral therapy addresses the horse's whole body, and can be learned by anyone.*

By Maureen Rogers

Did you know your horse's head could hold the key to his wellness? Equine craniosacral is one of the only therapies that addresses the whole body, but uniquely including the head or cranium of the horse – which, when out of balance, affects the whole body. And it's growing in acceptance and popularity in the horse community.

## *Getting started*

Anyone in the equine profession can consider adding this therapy to her skill set, and that includes equine chiropractors, veterinarians, osteopaths, massage therapists, physical therapists, equine dentists, farriers/hof trimmers, trainers and riders. Having previous equine bodywork experience or certification is helpful, but not a prerequisite. Those not considered professionals but interested in pursuing craniosacral can also certainly do so, with the aid of a good program.

One prerequisite I would recommend, for the sake of safety, is previous horse handling experience. Working with different horses around their heads is and can be very dangerous.

## *Selecting a program*

It's important to get proper training from a quality school/program that is highly recognized – and is more than a weekend course. Make sure the program you plan to attend includes anatomy (cranium, including brain and cranial nerves) and covers equine conditions and how to assess a horse for postural/biomechanical issues. It should also give you significant hands-on time and practice with horses.



Photo: Korte Klein



Photo: Giles Penfound

This energy-based modality uses light finger pressure to address the horse's whole body.

This is invaluable as you learn to understand a horse's response to the application of craniosacral therapy.

In addition, the program should cover how to apply this therapy to properly address specific equine conditions and areas such as headshaking, facial nerve paralysis, TMJ conditions, SI joint, stifle and hocks, lameness and more.

At the top of the list for a program or school is an emphasis on safety! Before you commit to taking a course, consider going out with a properly trained equine craniosacral therapist in the field to see what it's all about, and what the benefits and challenges of the job are.

Being an equine craniosacral therapist is a very physical job, but highly rewarding. I love traveling and learning about different equine practices around the world. Nothing tops seeing a horse get well, and knowing he can live and compete in comfort. I also enjoy educating owners and seeing the impact they can have on their horses' well being once they understand how to continue keeping their animals balanced. 

**Maureen Rogers** is a pioneer and leading expert in the field of Equine CranioSacral therapy work. She founded an extensive, international education program – Equine CranioSacral Workshops – in 1999. Maureen travels internationally to teach, lecture and provide private consultations. She has also produced two DVDs: *Hope for Headshaking – A CranioSacral Approach to Equine Health*, and *Conformation vs Posture Myths Unveiled*. [equinecraniosacral.com](http://equinecraniosacral.com)

