

17TH GLOBAL NEUROSCIENCE CONFERENCE

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Implementing CranioSacral Therapy for Concussions, Traumatic Brain Injury and neurological disorders

Nikki Stang

My Traumatic Brain Injury, USA

CranioSacral Therapy is an International Program which is taught and ran through the Upledger Institute. www.upledgerinstitute.com. Craniosacral Therapy (CST) was invented by osteopathic physician John E. Upledger when he was a Professor of Biomechanics at Michigan State University. Following extensive scientific research he found that by using a very soft-touch therapy (about 5 grams of pressure), restraints are released in the craniosacral system, which is comprised of membranes and fluid that surround and protect the brain and spinal cord. CST can support the body's natural healing process as well as serve as a preventative health measure for a diverse range of health problems and neurological dysfunction including concussion, Traumatic Brain Injury, Alzheimer's and Dementia, and Central Nervous System Disorders. Nikki Stang will talk about her personal experience with TBI including the symptoms she was experiencing and how implementing CranioSacral Therapy with other modalities eliminated many of the symptoms associated with TBI that she was experiencing. CranioSacral Therapy has proven to be effective in increasing function and decreasing pain associated with head trauma.

Biography

Nikki Stang was born in Denver, Colorado. In 2007 she attended UNLV to start a psychology degree. Shortly after attending college she moved to Peru where she volunteered in an all girls orphanage. She developed a passion for working with children and eventually found her calling in being a gym teacher for high risk youth in the city of Denver. In 2011 she began attending massage school to learn more about the body and how she personally could help people around the world who did not have access to medical care. In fall of 2011 she was accidentally headbutted in the mouth and suffered a traumatic brain injury while playing basketball with her students. Nikki was unaware of her TBI until 2013 when she was later diagnosed shortly after she was pregnant with her first child. Nikki has recovered from her accident and is now an advocate for brain injury survivors. She has taken classes in aromatherapy and healing touch through ISHA, craniosacral therapy through the Upledger Institute, and heart centered therapy through the Chikly Health Institute. She is currently living in Denver with her two young children and is a TBI advocate, motivational speaker, and is working on writing a book about her traumatic brain injury experiences.

tbisurvivor@mytraumaticbraininjury.com

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