



**TRAINING IN
CRANIOSACRAL BIODYNAMICS**

DIPLOMA BCST
BIODYNAMIC CRANIOSACRAL THERAPIST

with Bhadrena C. Tschumi



INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®



INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®

Professional Training in Craniosacral Biodynamics

2027 – 2031

with Bhadrena C. Tschumi

Craniosacral Biodynamics

Craniosacral Biodynamics is a modality directed at the organism as a whole. It is based on the presence of the Breath of Life, a vital, organizing force that maintains the functions of the organism according to a principle of inherent health.

The vital breath rhythmically infuses information of Health and Life into every cell, and the body responds to this transmission with slow and constant cyclical movements of expansion and retraction.

This “primary respiration” distributes vitality and order to the body through its rhythmic cellular motion, which can be felt throughout the body.

Through a gentle and receptive touch, the practitioner cooperates with the forces of health and their rhythmic expressions, promoting the restoration of balance in the system.

During the session, a deep settling is experienced, pain is alleviated, tensions are eased, and the person perceives a return to a natural state of well-being.





The Training Courses

The ICSB training programs cover elements of physiology, anatomy, the principles of biodynamics, practical tools, and the philosophical and historical background of the work.

Students are assisted in developing subtle perceptual and palpatory skills, as well as having the opportunity to deepen their personal experience and growth.



The teaching, which has evolved over decades, integrates the principles developed by Dr. W. G. Sutherland, the originator of the method, and incorporates new scientific discoveries and insights from physics and biodynamics.

During the training program, biodynamic principles and concepts are thoroughly presented and extensively practiced.

The teaching includes the study of embryology, anatomy, and physiology from a biodynamic craniosacral perspective. Trauma resolution tools are part of the training curriculum.

The training is distributed across several seminars and uses varied didactic teaching and practice methods.

The curriculum complies with international training criteria.

ICSB certification is recognized by international associations in the field worldwide.

The main purpose of studying these subjects is to provide students with the fundamental tools to recognize and support the expression of health in the body.



INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®

Curriculum and certification

The training program of ICSB, The International Institute for Craniosacral Balancing®, complies with the international standards of the IABT, International Affiliation of Biodynamic Teachings. The Institute is certified and accredited by the Swiss authorities and a member of several associations

Upon completion of the program, students receive the title BCST, Biodynamic Craniosacral Therapist. The practitioner certificate allows registration on the IABT practitioner list and with the Northamerican Craniosacral Association.

Practitioners have access to refresher courses offered by the Institute and the leading craniosacral schools around the world.

The program certifies 900 hours, including training activities, internships with tutors, guided practice, and apprenticeships during the training course.

The training is divided into 8 Seminars

- Seminar 1: 6 days
- Seminar 2 - 7: 7 - 8 days
- Seminar 8: 5 days of exams and final presentations. Graduation.

Between modules, practice sessions and independent study are required. The training package includes a number of supervision and feedback sessions. Additional individual sessions and supervision meetings with tutors are organized outside of the training and are at the student's expense.

At the end of the training, a final exam must be passed and a short thesis must be written and presented to the Institute's commission.

The courses are also open to those interested in having a personal experience of contact with the forces of health.



INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®

Calendar 2027

Seminar 1

August 24 – 29, 2027

The Breath of Life

Cultivating the meeting and the relationship with the client, establishing a relationship based on trust and safety. Developing skills for co-regulation and perception of the subtle expressions of Health and the rhythms of primary respiration.

Calendar 2028

Seminar 2

January 31 – February 6, 2028

Wholeness and Health – Neutral: accessing self-regulating forces

Metabolic phenomena and the system's capacity for self-regulation.

The body's fluids and fluid tides. Therapeutic fluid skills.

Fundamentals of embryology.





INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®

Calendar 2028

Seminar 3

August 28 – September 3, 2028

The matrix of Health and individual history

Natural, embryonal fulcrums and fulcrums of individual experience.

The state of equilibrium.

The midline as an organizing element.

The biodynamic forces of the spine.

Dynamic stillness.

Calendar 2029

Seminar 4

February 19 – 25, 2029

The cranial base, the heart of the cranium

The relationship between the cranial base and the whole system.

The temporomandibular joint and the pelvis.

The vital breath of the cranium and brain.





INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®

Calendar 2029

Seminar 5

August 27 – September 3, 2029

Meeting the world

The wonder of the human face, embryonic development and emotional connection.

The sacred space of cerebrospinal fluid: the cerebral ventricle system.

The dimension of the Long Tide.

Calendar 2030

Seminar 6

February 18 – 25, 2030

Antidotes to trauma

Tools for trauma resolution, co-regulation, and self-regulation.

Strengthening the connection with Health and self-healing forces.

Long Tide processes.





INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®

Calendar 2030

Seminar 7

August 26 – September 2, 2030

Integration

Life forces into soma and fluids

Ignition processes

Visceral work

Extremities

Calendar 2031

Seminar 8

February tbd

Completion

Exams and oral presentation. Certification.





INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®

ICSB, International Institute for Craniosacral Balancing®

The International Institute for Craniosacral Balancing® has been offering in-depth craniosacral training courses internationally since 1986.

It offers specialization courses in craniosacral biodynamics, functional embryology, and pediatrics in craniosacral therapy. The methodology presented is biodynamic in nature.

The Institute has earned an excellent reputation, trained thousands of practitioners, and is a source of inspiration for schools and teachers of the method.

Visit our website: www.icsb.ch/en



The ICSB curriculum is based on international training criteria and complies with relevant European regulations.

The course of study, which lasts at least 3 years, trains professional practitioners through a profound process of learning and inner growth.

ICSB is a member of the following associations:

- CranioSuisse®, Craniosacral Association Switzerland
- ACSI, Associazione Craniosacrale Italia (Italian Craniosacral Association)
- BCTA/NA, Biodynamic Craniosacral Therapy Association, North America
- IABT, International Affiliation of Biodynamic Trainings.



INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®

Instructor

Bhadrena C. Tschumi, RCST®, BCST, ED KT



Trained in pedagogy and humanistic psychology in Switzerland and the US, Bhadrena specializes in various therapeutic approaches (Gestalt, TZI, Roger, NLP, Focusing, prenatal and birth psychology, developmental psychology).

In the late 1970s, she encountered craniosacral therapy, which became her greatest inspiration and passion.

Bhadrena was one of the first teachers to introduce the method in Europe.

In 1986, she founded the International Institute for Craniosacral Balancing® ICSB, creating a comprehensive training program that embraces various teaching methodologies.

With over 40 years of experience in the field of therapy and health, her approach to the craniosacral method has evolved organically.

Today, she teaches the biodynamic approach, integrating current discoveries in neurobiology, embryology, trauma resolution, pre- and perinatal therapy, and working with the essence of Diamond Logos® into the Institute's professional training programs.

She has a federal diploma in complementary therapy and trains people in this field.



INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®

Teaching assistants



Chiang Chao Yi (Himani)



Supriya Tao



Michelle Liu



Anne Ko



Nancy Hsiao





INTERNATIONAL INSTITUTE FOR
CRANIOSACRAL BALANCING®

Organization and Registration

Charis Koh

Email: Hi@hellobody.sg

Website: hellobody.sg

Venue

In Singapore, TBC