

Upledger Institute Clinic

Intensive Therapy Programs

"Today I know that the patient does the healing and that I am privileged to witness and perhaps participate in his or her healing process." - Dr. John E. Upledger

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The Upledger Institute Clinic is a fully integrative, outpatient, healthcare clinic. Established in Palm Beach Gardens in 1985 by Dr. John E. Upledger, the physician featured in TIME magazine as one of America's next wave of innovators. He's celebrated for his development of CranioSacral Therapy, an innovative approach that releases tensions deep in the body to allow all of your systems to self-correct.

Our practitioners and staff are guided by Dr. Upledger's philosophy that each person has the ability to affect his or her own health. Once the potential to help oneself is recognized and understood, the individual can actively participate in the health improvement process.

CranioSacral Therapy (CST)

A light-touch approach that releases tensions deep in the body. Few body systems have more impact on your central nervous system than the craniosacral system – the soft tissues and cerebrospinal fluid that protect the brain and spinal cord.

As your body endures stresses and trauma it absorbs and adapts by building layers of defense around the site of dysfunction. This can compromise the function of the central nervous system and nearly every other system in the body. CranioSacral therapists release tensions in the body by freeing the restrictions through a palpation of the craniosacral rhythm; which can be felt anywhere in the body due to the creation and reabsorption of the cerebrospinal fluid.

The Focus of the Intensive Approach

The process of finding and resolving an individual's core problems so that adaptational energies can be used for more constructive purposes is aided by the extended and concentrated treatment of hands-on therapy for several hours a day, several days in a row, so that the reforming of old adaptational patterns may be countered.

This approach has proven to be successful for many who have been using their energies to adapt and survive rather than grow and thrive. By freeing the central nervous system to perform at its best, craniosacral therapy naturally helps to eliminate pain, strengthen resistance to disease, and enhance health and wellbeing.

"Seeing how powerful multi-hand therapy is and the positive changes the clients gain is remarkable. They become more in touch with their body and more "hopeful" of the future."

"People have a belief that life is difficult and healing is painful. CranioSacral Therapy helps them let go of that belief. The healing process can be much more gentle and subtle."

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Individual Intensive Programs

- Held in a private treatment room at the Upledger Clinic.
- Option to have CST as your primary modality or experience a variety of complementary healing modalities offered. Primary therapist work with clients in one-on-one and/or multiple-therapist sessions to address the specific health concerns of each individual.
- Your schedule may extend over three to five days, each day consisting of three to four hours of treatment.
- Fee: \$130.00 per hour per therapist. Not inclusive: travel, meals, lodging and incidentals.
- Deposit: 20% deposit is required upon scheduling. Balance must be paid prior to first day of treatment.

Group Intensive Programs

- Held in a group setting consisting of 4 – 9 clients, along with therapists.
- CranioSacral Therapy along with our modalities will be incorporated over a five day program.
- Daily, treatment will total four hours, along with a morning group discussion. The treatment days begin at 9:00 am and end at 4:00 pm.
- Fee: \$3,200.00. Does not include: travel, meals, lodging and incidentals.
- Deposit: \$500.00 is required. Balance must be paid 30 days prior to program start date.
- Visit www.upledgerclinic.com for program dates.

Travel & Accommodations

Airports

- * Palm Beach International (PBI): 20 minutes from Upledger Institute Clinic
 - Directions to the Upledger Institute Clinic
 - Get on I-95 N in West Palm Beach from James L Turnage Blvd. (5 min 2.7 mi)
 - Follow I-95 N to FL-786 E/PGA Blvd in Palm Beach Gardens. Take exit 79A from I-95 N (9 min 10.4 mi)
 - Continue on FL-786 E/PGA Blvd to your destination (5 min 2.3 mi)
- * Fort Lauderdale – Hollywood International (FLL): 60 minutes from Upledger Institute Clinic
 - Directions to the Upledger Institute Clinic
 - Get on I-595 W from Terminal Dr (8 min 2.8 mi)
 - Follow I-95 N to FL-786 E/PGA Blvd in Palm Beach Gardens. Take exit 79A from I-95 N (52 min 56.9 mi)
 - Continue on FL-786 E/PGA Blvd to your destination (5 min 2.3 mi)

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Accommodations

- * The Double Tree Palm Beach Gardens
 - 4431 PGA Blvd, Palm Beach Gardens, FL 33410
 - T: 561.622.2260
 - <http://doubletree3.hilton.com/en/index.html>
 - Hotel offers complimentary shuttle to and from the Upledger Institute Clinic
 - *If you intend to use the shuttle, please let the front desk know that you will need to do so and at what time(s).*
- * Hampton Inn
 - 4001 RCA Blvd, Palm Beach Gardens, FL 33410
 - T: 561.625.8880
 - www.hamptoninn1.hilton.com
- * The Holiday Inn Express Juno Beach
 - 13950 US Highway 1, Juno Beach, FL 33408
 - T: 561.622.4366
 - www.hiejuno.com
 - Walking distance to the beach

The Upledger Institute Clinic
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