

Training in complementary therapy (KT), the method Craniosacral Therapy (CST) and the specialization in Craniosacral Biodynamics

In these modules we will practically explore the nature of complementary therapy and how the view of the KT-profession can be implemented in the existing practice and skills.

We will explore the specific attitude that is required to create the therapeutic connection with clients that are unique to the profession.

The interactive and empirically oriented teachings give new depth to the orientation to Health and salutogenesis as guiding principles.

Through dialogue and meaningful encounters, we experience how resources and resilience can be fostered to empower clients in their recovery skills.

The practical verbal aspects serve to explore the client's potential and allow for a process that leads them to greater self-awareness and self-regulation.

The practical work on the treatment table is dedicated to the principles of craniosacral biodynamics. There we will explore the orientation to the Health and the cooperation with the Potency of the Tide, which correspond to the salutogenetic approaches of KT.

Each approach and principle are process-oriented, meaning that the therapists enable clients to perceive, sense and feel themselves, to be connected to themselves and to receive tools to implement their insights in everyday life.

The terminology of KT is practiced and filled with content that comes from experience.

These skills also serve the writing of the essay for the equivalency procedure for OdA KT.

Contents

- The Swiss profession of complementary therapy (KT)
- Fundamentals and profile of the profession
- Internalization of the KT-view of the human being and the KT-attitude towards therapeutic interaction
- Integration of the METID (official Swiss method identification) in Craniosacral Therapy (CST)
- The newest development in Biodynamics
- Resolution oriented process work

Goals of KT

- Strengthening of self-regulation
- Fostering self-awareness
- Building recovery competences of the clients

Focus of KT

Through the method of CST:

- Expanding resources
- Strengthening resilience
- Establishing a sense of coherence
- Supporting self-empowerment

Principles of KT and CST

Principle of building a kind, compassionate therapeutic relationship

Principle of interaction and dialogue

Principle of enabling a positive experience

Principle of process-, solution- and resource-oriented approaches

Method specific process work, like intention setting, exploration, inquiry, observation, reflecting and the ability to be with the unfolding of a process

Biodynamic approach

- The biodynamic approach as a way to see human beings in their wholeness and their potential
- Training in perceptual skills
- Orientation towards inherent Health
- The Tide as an all-pervading life force
- The perceptual zones A - E
- Cooperation with the Tide and its processes of transmutation, ignition, permeation and disengagement
- Orientation towards the inherent Health

Competences for therapeutic interaction

- The core competences of KT
- The 4 process phases as part of the treatment protocol
- Reference to the essay for the GWV

Learning objectives

The participants

- understand the goals of KT and implement them practically in the CST method
- develop the focus of KT through appropriate practical verbal and non-verbal exercises
- work process-oriented and accompany processes to allow a positive, supportive and integrative experience
- offer therapeutic support and orientation to resources in the practice of CST
- work biodynamically with the inherent treatment plan
- implement the 4 process phases in a biodynamic treatment
- gain insights and reflect them in the context of KT
- receive support to achieve the GWV

Structure

3 consecutive modules of 4 days on location in Landguet Ried, Niederwangen near Bern.
Plus 4 online Zoom meetings of 2 hours each.

Dates 2026

Modules in Landguet

January 15 – 18, 2026

March 30 – April 02, 2026

April 23 – 26, 2026

Zoom Meetings: 2hrs each (TIME change to noon time may be possible)

Preparation: January 09 from 6 – 8 pm

Integration of module 1: January 30 from 8 – 10 am

Integration of module 2: April 7 from 6 – 8 pm

Group work to be presented: May 1 from 6 – 8 pm

Course Teacher

The course is held by Bhadrena C. Tschumi eidg. dipl. KT.

Founder of ICSB, International Institute for Craniosacral Balancing®

For more information read her biography on the last page.

Location

The course onsite is in a seminar house near Bern.

Center for mindful living “Landguet Ried”

Hilfligweg 10

3172 Niederwangen

Bern

Switzerland

<https://www.landguet.ch/en/home/>

Pricing

Cost for the whole course is CHF 2'900.00

Food & Accommodation has to be booked separately and isn't included in the course price.

Registration

Course registration is done with SICO.

You can register online on the website

By Mail michael.kramer@sico.ch

Book here food & accommodation: <https://www.landguet.ch/en/icsb-accomodation>

Contact

For further information please contact Michael Kramer at SICO

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Cancellation policy

Cancellations, postponements or rebookings must be communicated in writing.

The following fees apply from SICO:

Cancellations 8 weeks and less prior to the course will be charged with CHF 100.00

Cancellations 5 weeks and less prior the course will be charged with CHF 500.00

Cancellations 2 weeks and less prior to the course will be charged with the full price if doctors attest is not submitted.

The course will be held with a minimal amount of 12 participants.

Biography of Bhadrena C. Tschumi

Bhadrena C. Tschumi, MA, BCST, RCST, PPNP, SEP, eidg. Dipl. KT

Bhadrena has been working in the field of Human Growth and Healing Arts as a therapist and teacher since 1976. Born in Switzerland, she was educated as a teacher and psychologist, lived and trained in the USA and worked internationally as a lecturer and teacher for nearly 40 years.

Her work has been informed by the early Human Potential Movement, Gestalt Therapy, Body-centered Psychotherapy, Trauma Resolution, pre- and perinatal therapy, Diamond Logos Teachings and Systems-Centered Therapy.

She trains practitioners in Craniosacral Therapy since 1986 and has been essential in developing and spreading the method, especially the biodynamic approach to Craniosacral Therapy.

She founded the ICSB, International Institute for Craniosacral Balancing®, which is accredited in Switzerland to educate complementary therapists. She is a supervisor, approved by the OdA KT.