

# Lyons Institute

## Craniosacral Biodynamics: Volume 1 Exam

1) Who was the founder of Cranial Sacral Therapy

- a) Wilhelm Reich
- b) Bob Rogers MD
- c) William Garner Sutherland
- d) Dr. John Upledger

2) Who was Dr. Andrew Stills

- a) Founder of the first Osteopathic College in the USA
- b) Cancer Specialist who determined cancer of the cranium was treatable
- c) Civil war Surgeon from Virginia
- d) Considered to be the latest gun in the West. could shoot skulls at 100 yards blindfolded

3) Who is Dr. John Upledger

- a) A wealthy doctor who lives in Florida
- b) An osteopathic physician
- c) The doctor who began teaching cranial sacral work to lay people
- d) all of the above

#### 4) Who is Franklyn Sills

- a) A descendant of Dr. Stills who lost the T in his last name
- b) The one who thinks uplifting thoughts and connects with the sacred.
- c) A teacher of ancient sword fighting based on the Mongol warriors
- d) A leading teacher of the Biodynamic model of cranial sacral therapy who has written textbooks on the subject

#### 5) Who is Dr. Rollin Becker D.O.

- a) A guitar player who was created with the first Rock and Roll song in the 40's
- b) Proponent of mixing massage and cranial work for lasting results
- c) A proponent of the parietal lift
- d) Dr. Sutherland's protege and the flag bearer for the biodynamic model of cranial work

#### 6) What is the parietal lift?

- a) the strongman's most important weight training exercise
- b) a traction technique on the parietal bones
- c) a technique to free the scalenes
- d) a single finger technique on the parietal notch

7) the occipital cradle hold is?

- a) when you cradle the occiput in your hands
- b) you take the occipital cradle device and place it under the lambdoidal suture and have the client relax
- c) where both index and thumbs touch each other and then are placed under the head
- d) a technique that was often used by doctors on sailing vessels to help with sea sickness

8) When a massage therapist has taken a four day class in Cranial work

- a) They are competent and can deal with many situations that are brought to their tables
- b) Can legally call themselves a cranial sacral therapist
- c) Can perform a the cranial lobotomy with great success
- d) Have opened the door and are beginning journey on the practice path as a practitioner of CST

9) What hold gives you the greatest sensory perception

- a) parietal
- b) temporal
- c) occipital
- d) Sutherlands

10) How is flexion best described in the cranial system?

- a) a filling and a widening of the system
- b) when you flex your bicep to impress your young nephews, and then make it dance
- c) narrowing and emptying of the fluid body
- d) when the greater wing of the sphenoid moves cephalad

11) How is extension best described in the Cranial system

- a) when you take a muscle and lengthen it
- b) when the fluid system narrows and empties
- c) when you ask your teacher for an extension on the vomer test
- d) when the paired bones move laterally

12) What is the mandible

- a) The bone that Samson used to kick ass when he was angry and had been drinking good wine
- b) The bone that is integral in TMJ issues
- c) The bone that articulates with the temporal bone
- d) all of the aboveEdit

13) The maxilla bone is?

- a) Below the mandible
- b) is one bone
- c) is named after the colorful baboon with the long face
- d) is a paired facial bone

14) How is a still point best described?

- a) The place in the cranium named after Dr. Still
- b) A place where hillbillies often party
- c) A reference to when the cranial system stops and adjusts
- d) When you can't find the tide and rhythm in the cranial wave

15) Where is the Parietal notch?

- a) In Tennessee near the Cumberland Gap
- b) Directly caudad to the paraspinal muscle
- c) In the rear portion of the parietal bone
- d) In the front portion of the parietal bone

16) Can a client feel the cranial wave

- a) Sometimes
- b) almost always
- c) sometimes never
- d) all of the above

17) One of the most important aspects of the Biodynamic model of craniosacral therapy is?

- a) the practitioner's state of mind
- b) the ability of the client to hold space
- c) non-attachment to the outcome
- d) A and C

18) When paired bones rotate outward it is called?

- a) flexion
- b) extension
- c) lateral rotation
- d) A and C

19) When paired bones rotate inwardly to the midline it is called?

- a) The big wheel turning
- b) extension
- c) inward wobble
- d) flexion

20) When paired bones quit moving for a noticeable time what happens?

- a) Call the doctor!
- b) breath more slowly and wait until you feel a noticeable thumping movement
- c) You are observing a still point
- d) You are witnessing Sutherland's fulcrum

21) Which is not a cranial vault bone

- a) temporal
- b) parietal
- c) frontal
- d) occipital
- e) none of the above

22) Caudad means?

- a) towards the feet
- b) towards the lateral part of the body
- c) towards the media part of the body
- d) towards the head

23) Cephalad means?

- a) towards the head
- b) towards the feet
- c) towards the center
- d) towards the spine

24) Holding the field means?

- a) Your awareness is on a specific distance around you and the client that you perceive and "hold"
- b) Not allowing a moment of the tide past a specific point
- c) Not changing a hold until you know its time to move
- d) not allowing the client to move past a point, its defensive moved deployed in cranial work at certain times

25) How many tides can we tune into as taught by the Lyons Institute?

- a) 1
- b) 2
- c) 3
- d) 4

26) What is the bone in the cranial system that was named Sacred bone?

- a) The Coccyx
- b) The lacrimals
- c) The Sutherland fulcrum or inion
- d) The sacrum

27) An advanced technique to bring you deeper into the work is?

- a) Imagine combinations field dynamics does the client respond better to a particular field you are holding
- b) Waiting until the system comes to direct you
- c) Projecting a constant and strong practitioner's fulcrum
- d) all of the above

28) Where do you place your ring fingers when do a frontal lift

- a) by the lacrimal suture
- b) by the occipital mastoid
- c) along side and in the temporal bone
- d) small notch along the outside edge of the orbit

29) Why use a CV4

- a) Its very comforting
- b) it can create a still point
- c) Its a direct relationship to the fluid core
- d) all of the above

30) What hold would you be thinking about with the sagittal suture in you mind?

- a) temporal mastoid
- b) parietal
- c) frontal/occipital
- d) B and C

31) Which hold or holds would be valuable to effect vertebrae

- a) parietal
- b) frontal
- c) occiput
- d) sacral
- e) all of the above

32) When do we normal access a still point

- a) at flexion
- b) at extension
- c) when the client is in theta state
- d) both flexion and extension

33) When you focus from one point to another back and forth it is called?

- a) Back and forth move
- b) creating a ghost wave
- c) shuttling
- d) wave dynamics

34) What is the process called when the system manifests a change in the state

- a) tempo change
- b) ligamenta tartullis
- c) holistic shift
- d) wave resonator

35) What is the force called that we know as the essential energy

- a) primary respiration
- b) tinnitus advancement
- c) still point induction
- d) orientation dramatics

36) what is the suture that divides the frontal bone from the parietal bone

- a) parental suture
- b) sagittarius suture
- c) cancan pacificus
- d) coronal suture

37) Where is the wave felt most clearly in the body

- a) head
- b) feet
- c) sacrum
- d) thoracic
- e) all of the above

38) The long tide is best described as

- a) the wave mechanism that creates all the other tides in the body
- b) the sacred energy of all living thing
- c) can be witnessed in slime mold
- d) 50 seconds in flexion and 50 seconds in extension

39) CRI means

- a) Cranial Right Impulse
- b) Conscious Rhythmic Impulse
- c) Conscious Relayed Intention
- d) Cranial Rhythmic Impulse

40) CRI is?

- a) 10-12 seconds in flexion and the same in extension
- b) 3 seconds in flexion and 3 seconds in flexion
- c) 10-14 times a minute
- d) all of the above

41) The mid tide is?

- a) a tide between long and short tide
- b) the most important tide
- c) 10-20 seconds in and 10 to 20 out
- d) 2.5 times a minute of flexion and extension

42) Becker's Hold

- a) Is named after Boris Becker
- b) Is named after Dr. Bonnie Becker
- c) Is a vault hold that resembles the sphenoid hold
- d) Works real well on football players because of head trauma

43) The difference between craniosacral therapy and cranial sacral therapy is?

- a) The former was founded in the 19th century and was mainly practiced by doctors of the Mediterranean area.
- b) craniosacral uses a much lighter touch
- c) cranial sacral uses an approach that resembles chiropractic
- d) Only in the spelling

44) What is Primary Respiration

- a) Long tide
- b) the movement cause by breathing
- c) long fascial planes
- d) short striations

45) The suture of the frontal bone that still functions in 10% of the population is called

- a) Pendualating
- b) metopic
- c) lambdoidal
- d) clavian

46) The greater wings of the sphenoid move in which direction in flexion

- a) caudad
- b) cephalad
- c) medially
- d) laterally

47) What pattern can the sphenoid be stuck in

- a) torquing
- b) bending
- c) shearing
- d) all of the above

48) The SBJ is?

- a) S.Banes Johnson bone found in the internal meatus
- b) Singular bone Joint
- c) sphenobasilar joint
- d) sliding bone joint

49) When doing a temporal bone hold you place your middle fingers where?

- a) on either side of the vomer
- b) right above the philtrum in the openings just above
- c) near the mastoid process
- d) resting in the external meatus

50) Direction of tide is when?

- a) the direction the tides are moving to
- b) you place your hands and wait for the tide to come in that direction
- c) you hold the SBJ and place your energy in the solar plexus
- d) you slight "push" the fluids in a direction

51) What is disengagement?

- a) When couples decide to no longer be involved
- b) when you move your hands from one hold to another
- c) when you take one hand and hold the position while moving another
- d) focusing on unlocking sutural lesions

52) If you curl your fingers backwards on the occipital ridge, what are your intentions?

- a) to create space at the attachments at the occipital ridge
- b) to create space along the vertebral column
- c) to alleviate headache
- d) all of the above

53) Why would you use a direction of tide?

- a) To disengage a sutural lesion
- b) To move a bone to more appropriate position
- c) to create a large organizing wave
- d) A & B

54) Direction of Tide is often combined with a ?

- a) the one thinks uplifting thoughts and connects with the sacred.
- b) the v spread
- c) an incoming tide
- d) an out going tide

55) A V-spread when "successful" you might feel?

- a) warmth
- b) the client exhales
- c) a softening
- d) all of the above

56) Why is it valuable to work at the feet?

- a) Working at the feet gives you long levers into the system
- b) can often be easier to listen to the tide from the feet
- c) perfect for accessing the lower girdle
- d) all of the above

57) What is a CV4?

- a) A chevy truck that was named after Dr Sutherland's contribution to General Motors
- b) A technique used to quiet the system
- c) a technique that is often used to ask for a still point
- d) B & C

58) The newer approach to the CV4 is?

- a) Less Invasive
- b) uses music therapy as well
- c) uses a broader technique equaling less pressure
- d) there is no such thing
- e) A & C

59) What is an EV4?

- a) A technique where the still point is often induced at flexion
- b) Is used to enliven the system
- c) Is often used in dissociative states
- d) Is often done in a temporal hold

60) What is the single most important guiding factor in hand placement for a cranial hold?

- a) the "trigger finger or the finger that is placed in the most important spot and the rest of the fingers follow
- b) The suture that you are palpating
- c) your hands should be very warm
- d) you know the name of the hold

61) When palpating the sacrum where is the coccyx in relationship to the hand

- a) up by the illiocoltal muscle
- b) near the piriformis muscle
- c) not to far from the ileocecal valve
- d) in the middle of your palm

62) In Flexion which way does the coccyx move

- a) it doesn't
- b) down and to the right
- c) down to the floor
- d) up toward the ceiling

63) In Extension, which way does the coccyx move

- a) down to the floor
- b) the opposite of lateral
- c) the opposite of medial
- d) in an S shaped pattern

64) What plane in osteopathic terms does the sacrum not move

- a) flexion and extension
- b) torquing
- c) bending
- d) shearing
- e) none of the above

65) How many patterns might display themselves classically at the sacrum

- a) 1
- b) 2
- c) 3
- d) 4

66) If you wanted to ask the system for a still point at the sacrum you probably would ask as the coccyx was moving?

- a) in a bending pattern
- b) in a shearing pattern
- c) in a torquing pattern
- d) in extension

67) At the top of the sacrum where it meets the 5th lumbar vertebrae when it is moving up to the ceiling it is moving in?

- a) flexion
- b) extension
- c) diurnal displacement
- d) restive harmonies induction

68) The bottom projection of the sphenoid is called?

- a) lacrimal projections
- b) pterygoid processes
- c) legs of the sphenoid
- d) Venusian invagination

69) The Pterion notch is located

- a) below the occipital protuberance
- b) below the orbit
- c) at the junction of clinoid processes
- d) where the frontal, temporal, sphenoid and parietals articulate

70) What is the external auditory meatus

- a) the stirrup bone
- b) the drum bone of the inner ear
- c) the inner canal of the ear
- d) the outer ear starting with the hole in the ear and moving up to the drum

71) What might cause a compressive issue in the sphenoid movement

- a) birthing issue
- b) blow to the face
- c) allergic reaction
- d) A & B

72) What technique could you use to affect fascia?

- a) You could use your finger tips in a myofascial sense along with a cranial hold
- b) Using your consciousness and projecting a slight tugging to tune into the fascia
- c) deep pressure on the area you want to effect
- d) You can't do it with cranial work

73) If you had a lesion around the frontal bone's articulation with the greater wing of the sphenoid, what technique might you use?

- a) Stillpoint while doing a frontal hold
- b) Stillpoint while doing a Becker's hold
- c) V Spread at the suture
- d) projection of fluid from the sacrum

74) Who created the concept of the holistic shift in the Biodynamic Model

- a) Dr. Ben Johnson
- b) Dr. Helen Korsakov
- c) Dr. Rollin Becker
- d) Guiseppe Bernadoni

75) What is the big difference between the mechanical model and the Biodynamic approach

- a) Actually there is really no real difference
- b) They each have a different founder
- c) One imposes its will more on the system by doing things to the system, the other waits for the system.
- d) The mechanical model pushes tissue the biodynamic model pulls

76) By "pulling" gently the ilium towards each other with your arm, what might you be freeing?

- a) The SI Joints
- b) The lower lumbar
- c) A dysfunctional sacral movement
- d) all of the above

77) Back pain can be addressed with what technique

- a) sacral hold where the upper hand disengages from the lower hand holding the sacrum
- b) Occipital release
- c) still point from the feet
- d) all of the above

78) What is the practitioner fulcrum?

- a) Its a mental projection that creates a safe space
- b) A pillow that creates an erect back that is helpful for stillness
- c) A small device you place in your palm to create a still point
- d) A wooden roller that can be place anywhere under the body to create a fulcrum to assist the work

79) A still point at the feet is often asked because?

- a) it might alleviate back pain
- b) it creates a very deep relaxing response
- c) to balance the imbalance in the rotation of both femurs in the ilio-femoral joint
- d) all of the above

80) What therapists created the finest dvd series on the Biodynamic model of Craniosacral therapy?

- a) Barack Obama
- b) Dr. William Garner Sutherland
- c) Anton Scalia
- d) Judah Lyons and Michael Thurston