

Name: Ashley Thompson

Age Range: 18 - 29 years of age

of Sessions Received: 12+ Sessions

3 Words to Describe BCST: Emotional, Mind-Altering & Relaxing

How does the craniosacral space/environment feel when you come for a session?

Have you ever walked into someone else's space and it feels like you're home? That's what the cranio space feels like. It's cozy, and somewhere you can just relax.

What lead you to BCST, & what specific benefits or breakthroughs did you experience?

I was in the darkest place emotionally and physically when I discovered BCST. First, I noticed the physical benefits. I was having issues feeling present in my body. I had a lot of issues with my feet jittering and moving. After my BCST sessions I feel way more present in my body, and my feet have finally felt like something I can control again rather than them controlling me. Then I noticed the emotional side as well. I was in a relatively dark place, and I feel as though I've been able to process a lot of those emotions. I'm not done processing, but every time I have a session I feel I'm getting more and more clarity.

How have these benefits impacted your life?

I have a new lightness and no longer carrying the weight of the past traumas that I was specifically working through. Those traumas were quite debilitating and something that took over my thoughts quite frequently - especially the physical factors. It's one of those things, now that it's gone, I don't think about it anymore. When I think back to the days that I truly could not control my body, I am so grateful and emotional about the fact that those physical things do not affect me anymore. When it comes to the emotional side I see BCST as a therapy that's never quite done. But I continue to unravel new things about myself each time.

Were you experiencing any doubts or fears before scheduling a session? How were these issues resolved?

I was not sure what to expect when it came to BCST, but from the small things I heard I was a little nervous that my body would have some kind of negative reaction. I can fully say I was 100% wrong in thinking that. My body has had physical movement during a session, but it's nothing that is hurtful or scary in any way. My body has released a lot during my sessions.

What would you tell someone who is thinking of trying BCST?

Absolutely do it! It's so worth it to gain clarity within yourself, and if you have any physical pain it's such a help with that too!

What did you like most about receiving BCST?

The safety to feel and let my body and mind do what they need to. I never feel uncomfortable, and being someone with anxiety, that is top on my priority list.

*Clients of Sacral Sol BCST offer testimonials that reflect their own personal experience. Client testimonials do not constitute medical claims, and are not a guarantee of future outcomes or experience for any other individual. No statements on this website have been clinically proven or evaluated by the FDA.