



Biographical Information on John E. Upledger

Dr. John E. Upledger (D.O., O.M.M., D.Sc.) is a Certified Fellow of the American Academy of Osteopathy, an Academic Fellow of the British Society of Osteopathy, and Doctor of Science. His specialties include Osteopathic Manipulation, CranioSacral Therapy, Somato-Emotional Release, Acupuncture, and Preventative Medicine. Throughout Dr. Upledger's career as an osteopathic physician, he has been recognized as an innovator and leading proponent in the investigation of new therapies. His development of CranioSacral Therapy, in particular, has gained him an international reputation.

Although much of his experience was garnered through private clinical practice, Dr. Upledger served from 1975-1983 as a clinical researcher and professor of biomechanics at Michigan State University. It was during those years that he supervised a team of anatomists, physiologists, biophysicists and bioengineers in experiments testing the existence and influence of the craniosacral system. As a result of their scientific studies, the function of the craniosacral system and its use in evaluating and treating poorly understood malfunctions of the brain and spinal cord were explained. It was also during this time that Dr. Upledger developed and refined the techniques of CranioSacral Therapy which today are taught through the Upledger Institute's educational program to a diversified group of healthcare professionals, including osteopathic physicians, medical doctors, psychiatrists, dentists, nurses, chiropractors, physical therapists, occupational therapists, and massage therapists.

Dr. Upledger's books include CranioSacral Therapy, Cranio-Sacral Therapy II- Beyond the Dura, Somato-Emotional Release and Beyond, and A Brain is Born.