

CST Techniques Exam – Helpful Hints

Some of the things that are helpful in doing and preparing for your CST Techniques exam:

- TAing as much as possible, especially CST 1 & 2
- Run a study group. You don't have to know all the answers, just facilitate people exploring the work. Like TAing, answering questions in a study group help you to solidify what you know and helps you to identify what you don't.

- Give yourself a deadline and stick to it. Set a specific dates for 1st draft, for revisions, for mailing it in.
- Make an appointment with yourself each and every week to do your written exam.

I knew that becoming certified was part of my improving myself for work so I decided to take the time out of my work schedule to do my exam. I looked at my schedule and figured out what day I could have a huge chunk or a couple large times to work on them. I had a business networking meeting every Thursday at lunch. So part of Thursday is already taken. I normally didn't see clients prior to that meeting so it made sense to take Thursday for the business meeting and the rest of the day morning and afternoon for working on my exam. I didn't schedule clients at all that day. Some days other business stuff needed to be done or I'd be at a class. On average 3 out of 4 weeks a month I spent Thursdays working on my exam. I initially tried to do it at the office but I had too many distractions and couldn't spread out my books, so I worked out of my home. It paid off as I was able to have my essay questions done in about 7 months.

- With regard to your written exams, have others read them over for editing and clarity. I asked about 3 CST friends to read over my essay answers for accuracy and clarity. I sent them each 3 or 4 questions and answers. I did get some feedback that was helpful. What was even more helpful was I sent some of the questions/answers to two of my best friends who had an inkling as to what CST is but really didn't know the ins and outs.

They gave me great and invaluable feedback and editing. They helped point out what didn't make sense, when I seemed to be trying to say one thing but was long winded about it, etc. They really read it from a point of view of "What is Julie trying to communicate to me who doesn't know anything?" They helped me to really see when I was making no sense what so ever. My CST friends read it knowing what I was trying to say, and so when there was something that was missing they read into the answer unconsciously filling in the missing gaps.

- When you get closer to doing your hands-on exam start doing 10-Step Protocol sessions. Stick with doing just a 10-Step. As you do it, quietly talk yourself through the session describing, as you would to the examiner, the following:

- Hand placement,
- tissues/structures effected,
- core intent/purpose of technique,
- steps of the technique,
- how you know when you have successfully done the technique,
- and when to move on.

You also need to be able to succinctly describe what you are feeling.

You also need to be able to do the above with the mouth work that is learned in CST2.

- Also when you are closer to doing your hands-on, if there is a therapist that you feel comfortable with their knowledge have them be a "mock" examiner and do a 10-step with mouth work on someone (a friend) while the "mock" examiner asks you the above questions. Your answers should be clear and succinct so that you can do a complete 10-step in 90 minutes.

Other things to consider about doing a great exam:

- You will need to provide/arrange your "body" that you will be working with. Use someone you are comfortable/friendly with. Having a good level of comfort will allow you to relax more.

- Schedule your exam with an examiner you like and feel you are able to communicate with. Again this will prevent unnecessary tension and stress during your exam.

Things you will need to study for the closed book portion are:

- Definitions of

melding

unlatching principle

Triad of Compression/Depression

Facilitated segment

Pressure Stat Model

Significance Detector

Bregma

Lambda

Sharpey's fibers

Wolfe's law

Wormian bones

A release

V-Spread

Direction of Energy

Arbuckle's Fibers

Direct/indirect release

SQAR

apex and base of sacrum – direction of movement in flexion and extension

Understand how sphenoid lesion patterns are named

Arcing will only show you active lesions, it will not show inactive lesions; will need to demonstrate arcing

Regarding Dural Tube Rock and Glide - Rock works the rings, Glide works longitudinal motion - nerve roots & sleeves

What the points of attachment of the dura are in the cranium and spinal canal

Describe the difference between a V-Spread and Direction of Energy

What would determine where to do a Still Point

80% of the movement of the sphenoid can be felt in the compression/decompression technique

80% of blood flow from the head goes through the jugular foramen

Which techniques do NOT utilize the cranial rhythm? Why not?

So I think that about covers it all. You are welcome to run answers by me if you are unclear on something.

Or if there is anything else I can help you with just let me know.

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Mentoring Services Available

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