

Abstract

This thesis deals with craniosacral therapy. It is divided into theoretical and practical part. The theoretical part describes the history, industry and principles of this method. It also gives basic information about craniosacral treatment and highlights the work of the craniosacral therapist. The work also describes the effect of stress on human health and shows the importance of psychosomatic view of the individual. It also aims to look abroad and shows two studies that examine the effectiveness of craniosacral therapy. The practical part aims to obtain empirical data using the questionnaire.