

Upledger Institute Case Study

CranioSacral Therapy – Panic Attacks

By: Morgan Deale, LMT, CST-T

Client: 31-year-old female

Symptoms:

- Panic attacks
- Anxiety
- Depression
- Migraines
- Nausea
- Joint/muscle pain

Pertinent Medical History:

- Asthma & chronic Bronchitis diagnosed 1990
- Anxiety and depression diagnosed 1990
- One natural and one C-section delivery

Treatment History:

- Herbal medicine for weight loss/malnutrition
- Occasional yoga and shamanic healing

Evaluation:

Whole body evaluation revealed asymmetrical CSR in the torso with a weaker quality in the legs. The Sphenoid presented a left lateral strain pattern with no movement into either flexion or extension. Energy cysts present at the solar plexus and pelvis. Facilitated segments present at L3 corresponding to the right kidney.

Treatment:

Treatment began with direction of energy for energy cyst at solar plexus. Client experienced SER here. Using imagery/dialogue she spoke about and to her mother Mimi whose protective restraint shackled her. She came to a place to realize that she is now safe without her. After release, we induced corrective adjustment for the Sphenoid left lateral strain pattern. Flexion and extension returned here after compression/decompression. Followed with the rest of 10-step protocol.

Direction of energy to right side pelvic energy cyst induced SER in the client. Used imagery and dialogue with the client. She experienced numbness in legs similar to previous epidural, and spoke as herself as a baby to express fear. After release, we followed this with the avenue of expression and all mouthwork and induced correction to correct asymmetry between Sphenoid, Vomer, and Maxilla.

Direction of energy to energy cyst in the left side of the pelvis induced SER in the client. Using imagery and dialogue she remembered her fear and lack of support at both childbirths. We explored completion of a biological process to experience birth as desired.

Direction of energy to the throat induced another SER. Using dialogue, the client expressed everything to her ex-husband that was left unsaid (damage he caused, that she wants him to go away, etc.). We followed with rebalancing cranial vault, diaphragms, dural tube rock and glide, and facilitated segments at L3.

Techniques used:

- Whole body evaluation
- 10-step protocol
- Avenue of expression
- Direction of energy
- Arcing
- Facilitated segments
- Therapeutic imagery/dialogue
- SomatoEmotional Release
- Completion of a biological process
- Dural tube rock and glide

Objective results:

There are recurring themes present to the SER experiences expressed during dialogue: fear as an infant and while in labor herself, lack of support from mothers during both births, lack of expression to parents and ex-husband.

Sphenoid strain correction led to increased movement and better quality of movement in cranial vault. Energy cyst release in the pelvis allowed for better quality of CSR in the torso. CSR symmetry and quality in torso and legs vastly improved over treatment.

Subjective results:

On a pain scale 1-10, the client originally rated panic attacks at 10 several times per day, anxiety at 10 daily, depression at 9 daily, pain at 10 daily, nausea at 10 daily, and migraines at 10+ often. Her numbers decreased through the first several sessions with the levels at the third session down to 5 for anxiety/depression/pain and a 0 for both panic attacks and migraines. While her numbers did go back up by the last session, the panic attacks were only several times per week instead of several times per day.

She mentioned that she noticed her right kidney stones had completely stopped hurting and she noticed parasites passing. Emotionally, she said that she was starting to notice patterns and cycles related to both her mother and stepmother.

During her treatment, she also mentioned having several stressful events that all happened to fall in this period including court custody proceeding with son's father and a mild electrocution.

Length of sessions: 60-minutes

Number of sessions: 5

Cost of therapy prior to CST use: Unknown

Cost of CST therapy: \$325