

Upledger Institute Case Study

Anxiety and Craniosacral Therapy

By: Emmanuelle Celicout, LMT, CST-T, CVTP

Personal: Melissa

Age: 35

Sex: Female

History

Symptoms:

- Deep seated anxiety
- Inability to bring peace to her “monkey mind”
- Paralyzing fears

Pertinent Medical History:

- Lost her child 4 years ago
- Separation from her partner soon after death of child

How long treated by other; frequency and type:

- Talk therapy for the last 4 years

Evaluation:

Whole body evaluation revealed relatively healthy SQAR in all stations though lacking vitality and expansion in upper diaphragms. Active ECs in heart and lower abdomen.

Findings:

- Respiratory, Thoracic Inlet, Hyoid diaphragms restricted in extension
- OCB restricted
- Sphenoid impaction

Treatment:

As Melissa tuned into her heart, she felt a deep connection into her third eye with an imagery of a dark room and door closed. Her inner physician appeared as a white light and helped her release the fear residing in her heart which went up into her throat and out via her 7th chakra.

The wisdom she got from IP: “You do not have to run anymore”. Melissa felt a deep sense of peace after hearing this.

Balanced upper chakras and root chakra.

Tools used:

- Arcing
- CST/SER
- Chakra balancing

Objective Results:

SQAR returned in both a vital flexion and extension upon rechecking at end of session. Melissa felt grounded and peaceful and shed many tears of relief.

Subjective results:

This was Melissa's first CST session ever, and she was surprised and grateful to have received so clearly a healing guidance.

At her next session, she shared that the anxiety dissipated since last session. Profound. Melissa felt blessed and grateful. She could still feel the fear and paranoia that is deeper and is seeking future session to address this level of her trauma.

Length of sessions: 60mins

Number of sessions: 2

Cost of therapy prior to CST use: Unknown

Cost of CST therapy: \$250