

**Upledger Institute Case Study**  
**CranioSacral Therapy – Anxiety and Depression Following Family Tragedy**  
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**Client:** DL,  
**Sex:** Female.  
**Age:** 54

*DL is a long-term client. She took part in the 75 practice sessions in 2004 after CST 1. DL has a complicated history physically, emotionally, and socially. She claims, “CranioSacral Therapy kept me sane.” I have included her in this case study as I feel it is important for clients that are supporting themselves to just keep going in their life be celebrated as much as those that improve significantly.*

**Symptoms:**

- Severe anxiety, depression, intermittent suicidal ideation.
- Severe abdominal issues ranging from cramping to loss of bowel control.
- Infrequent headaches – 4 to 6 on a scale of 0 (no pain) to 10 (intolerable pain).
- Lower body pain - limits walking a half-mile or less.
- Overall malaise and lethargy.

**Pertinent Medical History:**

- Physician Diagnosed: Chron’s Disease, Hypothyroidism, Sjogren’s Syndrome, Arthritis.
- Psychiatrist Diagnosed: Anxiety and Depression. OCD characteristics.

**Subjective:** DL says, “I am in so much pain...all the time...I don’t want to be here. I pray to God to take me home so that I can have relief.” “Most of the time, I feel foggy headed.”

DL had a turbulent first marriage ending with her husband committing suicide and leaving her with two small children to raise alone. One child is on the autistic spectrum and required extra care and eventual homeschooling. In 2018, DL married again. Several months into the marriage, her spouse became verbally abusive, and she left. DL has been homeless for 2 years and sleeps on her daughter’s or her mother’s couch. She has a master’s degree and is a bright woman who has kindness to spare.

**Objective:**

- SQAR – Left flexion/extension pattern 75% normal range, Right flexion/extension severely limited. Quality is poor with a dragging, sluggish feeling. Amplitude is low, little vitality, Rate is below normal – 4 cycles per minute.
- Loss of ROM globally due to arthritis. Activities such as: Dressing, Cooking, Cleaning, Driving, Working are all limited. Joints do not feel hot but gentle, passive range of motion causes pain.
- Thoracic Inlet, Respiratory Diaphragm, Hyoid demonstrate restriction patterns.
- Globally the skull bones present with little movement.
- Presents with Triad of Compression – Depression. Sacroiliac, Occipital-atlas, and Sphenobasilar joints compressed.

**Treatment:**

- Ten Step protocol. Modified OCB release secondary to arthritis.
- Mouth work. Specifically, vomer, palatines, and maxilla presented with limited range initially. RE: Dental trauma and to support the sphenobasilar work.
- Direction of Energy following Arcing to key areas demonstrating an energy cyst. Areas presenting several times: along the entire digestive tract, heart, and left knee.
- Inner Physician addressed key events in life. Inner Physician dialogued with thyroid, liver, intestines.
- Techniques from Tad Wanveer's Touching the Brain 1 course.
- Home Program – Still Point, stretches, rest, discussing networks for support.

**Results:**

- DL is still here. She is successfully divorced and looking for a job and a home. She did not attempt suicide. In early April, while on the table, she said, "My body misses the ocean." She called to cancel the next appointment as she and her daughter were at the beach.
- DL consistently reports decreased pain in her joints for several days after sessions. Overall, she has stayed relatively active despite the numerous diagnoses she contends with.
- Sphenobasilar decompression revealed a pattern of side-bending with convexity to the right. While the compression is not present, DL's body tends to undo the work and requires maintenance. Sacroiliac compression addressed with 30% return of range of motion and ongoing maintenance. OCB release often provides relief and return of range of motion most notably in her ability to turn her head while driving and dress her upper body with more ease.
- With CST treatments over the past 17 years, DL has credited the still point to giving her a feeling of "relief and deep peace". Her rhythm has improved over time to present within normal range of 6 cycles per minute. There is palpable vitality and a smoother feel. She is more balanced between her right side and her left side although range is decreased by 15% bilaterally.
- DL has maintained her range of motion and has remained independent in all self-care activities. In the past two months, she has mentioned starting a gentle yoga practice.
- Restriction patterns addressed in thoracic inlet, respiratory diaphragm, and hyoid. These patterns respond well to treatment and she experiences relief that is maintained during times of relative ease in her life. When stressful situations arise, these patterns present, each time with diminished restrictions.
- DL has changed counselors twice, each time with good success. She has recently joined a co-dependents anonymous support group. In the past, she joined a widow support group.

**Treatment:** 10 sessions, 60-minutes each. Last session- April 26, 2021

**Treatment Cost:** \$600.00 (Bartered)

**Treatment Location:** Office, treated on a table often with Upledger pad.