

Upledger Institute Case Study

CranioSacral Therapy – Headache and Unbalanced Feeling

By: Giora Segev CST - T

Name: Addy

Age: 41

Sex: male

Last date of treatment: Jun. 15, 2019

Background: Addy was treated by me about one and a half years ago(see case study 2). He came back with the complain that he has again headaches and he feels that he is out of control and loses focus sometimes. In the last year his business grew 10 times.

Symptoms: headaches and unbalanced feeling (headaches and he feels that he is out of control and loses focus sometimes).

Emotional symptoms: Addy looks scared.

Previous treatments: Physiotherapy and craniosacral treatment (one and a half years ago.).

Evaluation: The evaluation: EC on the respiratory diaphragm, the rhythm in all the listening stations was of a low quality or hardly felt. No fascial restrictions.

The treatments:

The first treatment was structural. (10steps). At the end of the treatment I asked Addy how he experienced this treatment? He said that he felt a wonderful feeling, the feeling he would like to feel when all his projects will succeed. This feeling came to him just for a few minutes and then he felt that he was afraid of being disappointed.

The second treatment: Before talking about anything I asked Addy to lie down and I made an evaluation. I found energy cysts on his through. The rhythm was the same at all the listening stations: low amplitude, rate ok, low energy, symmetric. Restriction at the left temporalis, right parietal – temporal suture. Addy told me that he felt better after the last treatment. Along the dialog Addy described his good feelings and words as: release, energies came back, I feel calm, excitement, creativity, success, all these created significant detector and depend the significant detectors. I started with thoracic inlet diaphragm release then hyoid release. I moved to the head. When I did parietal lift, I felt an energy cyst at the right side. There was an expressed unwinding. The right temporo - parietal suture felt that it needs some more attention. I found restriction at the left temporalis as well; I did all the temporalis release procedure. When I finished, the both temporalises were released and synchronized. I decided first to proceed an Avenue of expression work. I treated leisure and restrictions, everything moved with a low amplitude. After this I located my hands in a non-conventional way: the left hand monitored the parietal by holding them between my thumb and the ring finger, with my right, I monitored the rhythm at the temporal and the occipital bones. The two thumbs were located at the both sides of the temporo – parietal suture, I made at the same time a parietal lift with my left hand and a rhythm monitoring with my right hand. I was concentrating on the right temporo – parietal suture. A SER started. Addy connected his good feeling of emptiness, lightness, he said that “now I can live my life as I want”. A deep significant detector appeared. At this moment, his breathing changed to very, very intensive, He started to cry, voice

came out.... I encouraged all this.... everything changed to an intensive emotional release. It increased more and more he started to shout very loudly, his whole body was part of this, his body was jumping, his hands were moving in and out fast.... I continued to encourage all this by telling him: "feel free to let it go", "shout it out, release everything" When all this calmed down, I told him to spend some time to relax and feel what is going on in his body.I was holding the same place and at this moment I felt that everything has changed completely. My holding was not needed anymore. It was like a completely different person was there. I felt this subtle change from my location all over his body. I let him be in silent with the new situation as long as he needed. Then he said that he feels full of strength, powerful, and focused. I asked him what you would like to do with this feeling. He said that he needs this in his daily life. We talked about this resolution. Before he left, Addy said that his life changed after this treatment.

The third treatment. Addy came back and told that he feels the change in his life. He told me about a very tough business meeting he had the other day. After a few hours everyone lost focus, lost patience, and he was the only one who remain fresh and focused. I asked him what would he like to work on? He said that he needs help to organize himself with this good change. In the evaluation I found EC on his right chest. His body was released in general, found no restrictions and the rhythm was good at all the listening stations. Started with the energy cyst. A dialogue started. Three parts of Addy came forward: The new Addy with the good energies, the unexpected one and the superficial one. The dialogue started with contradictions between the three and ended with an understanding of how to work together and respect each other. The dialogue was led by significant detectors and was facilitated by Addy. Finally the energy cyst was released, and I felt a change of a deeper relaxation.

The resolution: The resolution was at the end of the second treatment. Addy discovered and felt the feeling of his needs: strength, powerful, and focused, and found a way to implement them in the daily life. At the end of the last treatment Addy found a way to recognize all his parts and to accept them.

Tools used: Structural craniosacral work, 10 steps, energy cyst, facial restriction release, avenue of expression, SER, imagery dialogue, significant detector at different levels, resolution.

Objective results: Addy looked at the and as a different person, I felt in my treatments that his whole body changed.

Subjective results: Addy said that everything changed in his life, he feels that his abilities to face the reality are much better.

Length of sessions: 1-1.5 hours.

Number of sessions: 3

Cost of therapies prior to CST – unknown.

Cost of CST therapies: 1350 shekels = 400 USD