

Intestinal Problems and CranioSacral Therapy

By: John Hoernemann

PERSONAL INFORMATION: 56yo, Female

HISTORY:

Symptoms:

Her presenting problem was that of having 'no feeling in the area of her stomach'; that is was a 'void.' She also displayed concern, nervousness and defensiveness around that issue. She related no other concerns.

Pertinent Medical History:

In a later treatment, she revealed that she had been constipated for many years. Other than that, she was reluctant to share any medical information.

EVALUATION:

Findings:

The client seemed to of general low energy. All three components of the Triad of Depression were compressed. Her abdominal area seemed somewhat bloated. Her sacrum showed restrictions in all planes. She was a very analytical person.

Tools Used:

Initial sessions worked on the areas of restrictions, adding energy to her system and answering her questions. Contact with herself through imagery and dialogue was. This was difficult because the client claimed to feel only a 'void', which to her, could not be felt. She did realize that the area where she felt this 'void' was her intestines and not her stomach. She also realized that the word 'void' could have several contexts in relation to her healing.

Objective Results:

Over the several sessions, the client was able to take in energy better. The restrictions in her respiratory and pelvic diaphragms lessened. The compressions at L5-S1, the occipital-cranial base and the sphenobasilar joint also improved. She was slightly more willing to attempt imagery though this remained a challenge for her.

Subjective Results:

The client reported feeling freer in her body and less concerned about the void.

Average Length of Sessions: 75 minutes

Number of Sessions: 3