

Upledger Institute Case Study

CranioSacral Therapy – Headaches/Pain

Joanna Haymore OTR/L, CMT, CST-T

Case Study #4-Diplomat

Personal Information:

Gloria is a 43-year-old woman. She is a librarian and an artist, married with two boys, ages 14 and 4. The eldest son spends one week with Gloria and one with his father. The father of the eldest son is a source of difficulty for Gloria regarding co-parenting. She is happily married to the father of the younger son. Her mother died tragically in an automobile accident when Gloria was 17 years old, and she was the responsible person for identifying her body, and making arrangements following her mother's death. She began dealing with anxiety, headaches, and panic attacks several years ago.

History

Symptoms: Recent increase in headaches, with pain in upper neck and back, and exhaustion. Last year she had an acute panic attack when her younger son rode his tricycle down a hill towards a road with regular traffic. She thought it was a heart attack, but was assured by a doctor in the ER her racing heart and difficulties with breathing were symptoms of a panic attack. She realized that her panic about her son was connected to the sudden death of her mother, so she began seeing a psychotherapist to work on her feelings following the death of her mother. She has had CST therapy 1-2X per month, and psychotherapy 2X per month for the last year.

Evaluation

Tools you used: Whole Body Evaluation with arcing for area of her pelvis and her throat. SER Dialogue, Meridian Balancing.

Findings: Arcing to anterior pelvis and throat. Gloria came in with an unusual complaint of pain to touch in her hips if her husband unexpectedly touched her. She also gave details of how upset she was following a school meeting with her oldest son's art teacher and the vice principal, with herself and her current husband. The meeting was three weeks past, and she described ruminating obsessively over what was said and what she was not able to say, and her disappointment at how she felt the school treated her and her son, even though her request was granted to extend the time for her son to complete his art project.

Objective results: Therapist noted a strong arc to area of her pelvis, beginning the session with L5S1 release decompression, followed by iliac gap. With guidance from her Inner Physician, the session quickly switched to her throat area, (therapist with Infrahyoid and Retrohyoid Tissue Holds). The area felt tight and painful, and the story of how angry she felt during the school meeting came out. Her IP made the connection that her painful hips were about feeling “smoking hot anger” at the “adults” in the meeting who weren’t listening to what she wanted. She processed how it felt to be so charged up, making note that her Reticular Alarm system was running above 100+. We talked with it about how draining and exhausted she felt when it stayed that high for three weeks. With the assistance of an Occipital Cranial Base release, the RAS dropped to about a 40. Her whole face and upper body tension shifted into greater relaxation and her CSR became fuller and easier. Continuing to process, she relayed that after the meeting her husband, made the comment that she was a “little over the top”. Her IP wanted her to own her anger without apology and be glad she could stand up for her son. A Significance Detector Stop came up with that statement. When asked what she felt, she began to cry and talk about the time after her Mom’s death, when the adults around her wouldn’t let her make decisions for herself. She was very grateful to be the Mother who could assist her son. Therapist moved to Meridian support for her kidneys/adrenals to nourish following such a long period of hypervigilance using DOE from Organ (bilateral) to her left foot Kidney 1 point to clear stagnancy and bring in energetic support.

The Energy Cyst in her pelvis became prominent again, and she began to talk about how painful her right ovary had been (previously undiscussed). Therapist shifted to support her sacrum and provide support with an Iliac Gap hand position for the ovary. Immediately she had a Significance Detector stop. When asked what she felt, she talked about once her son had been granted extra time to finish his art project, she spent an entire Saturday for 9 hours helping him with the printmaking process in her kitchen. At first she described how exhausted she felt afterwards, but with the guidance of the SD which indicated this was not the issue, therapist asked what her ovary wanted to say. With a full SD stop, she began to talk about how she and her son had found and looked at prints from her mother, also an artist, to show him that it took many tries to get the result wanted. One finished print of her mother’s was #55. Listening to her ovary, Gloria began to realize that after all the pain of struggle and effort, the day spent with her son, was a gift of passing on the family heritage of being an artist. She went on to talk about how she had not seen her son as particularly talented and that he had not “enjoyed” art since he was four. After the day with his Mom, her son told her he really liked printmaking.

Subjective results: Gloria realized at the end of the session that she had reframed the whole event. She realized that anger at not having a voice when she was 17, set her up to charge up her RAS to 100+, which was costly to her body, and that she could

“save” some of her “juice” by remaining calmer, and feeling more assured in her skills to speak up. With the SD from her Ovary, she realized that she had not seen the gift of having a day to share her knowledge of art and the heritage of his grandmother, because she had been focused on the anger/frustration from her overactive RAS. Pain in her neck and upper back was gone.

Average length/Cost of CST therapy: Session was one hour, with a cost of \$110.