

Upledger Institute Case Study

CranioSacral Therapy – PTSD/Anxiety/Depression

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Personal Information:

Nancy is a 39-year-old woman with a history of PTSD, anxiety and depression.

History:

She described a history of abandonment by her Father at an early age, and a traumatic shock at age 28 when her boyfriend was arrested, then convicted as a serial rapist. She felt she had been manipulated and lied to about everything, causing her to question herself at a basic level. She complained of headaches, anxiety, and heart palpitations. She is followed by a psychiatrist, but is not currently in psychotherapy. She had an initial visit with a therapist planned. She was diagnosed with Hashimoto's Disease in 2012 and is treated with supplements. She had completed Dialectical Behavior Therapy, a cognitive treatment that helps people learn and use new skills and strategies to develop a life they experience as worth living.

Evaluation:

Findings: Whole Body Evaluation with arcing focused on her heart area. SQAR, revealed symmetry with greater excursion on her right than her left. Quality was tentative. Amplitude was decreased, especially in her legs and pelvis. Rate was on the lower end of WNL (6-12 cycles per minute) for CSR.

Tools used: Nancy was familiar with SER, so she could identify her Inner Physician as her Wise self. When asked about the area of her heart, she connected to a feeling of heaviness and sadness with an immediate Significance Detector stop. Therapist had one hand over the heart/pericardium/ligaments of heart rising to cervical area and one hand on cranial base and upper cervical region.

The SER dialogue progressed into a dialogue between her head that felt angry and her throat that felt tight/wanting to cough. She worked with her inner wisdom to settle the feelings with the heaviness and sadness in her heart. Her heart wanted her to tend to her body, to get her body moving by exercising so she wouldn't feel lethargic and exhausted all the time and could breathe better. We had a short time left in the session, so with arcing, therapist was drawn to her right kidney area. We had not yet addressed the decreased CSR amplitude in her legs and pelvis. Asked what she noticed in the area of her right kidney, she responded, just tightness. Therapist held the right Kidney and the Kidney point on the sole of her right foot, waited for the meridian to clear and

bring energetic support to her kidney, then asked, “what is the area beneath my hands feeling feeling”, and immediately she went into an SER for an abortion that she had at age 18, which led to fascial releases (lengthening and softening of legs, pelvic, and her throat muscles. Client’s Inner Wisdom wanted her to cut cords that bound her to self-blaming feelings from that time, which she knew how to do. She planned to write a loving letter to that 18-year-old with the wisdom of her current self as a follow-up, letting her know all the reasons she could let go of self-blame and begin to live her life with self-appreciation.

Objective results: SQAR results showed improvement in all parts. Symmetry was relatively even. Quality was smoother and free flowing. Amplitude was full in legs and pelvis and torso/shoulders. Rate was in the midrange of WNL for CSR.

Subjective results: Nancy felt lighter and freer in her chest and heart and had a feeling of optimism for caring for herself in a better way.

Average length of sessions and number: Session was 75 minutes for \$125 and client planned to call for another session as her psychotherapy schedule became clear.