

# Upledger Institute Case Study

## CranioSacral Therapy - PTSD

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**Personal Information:** 56-year-old male

### History

**Presenting Symptoms:** Depression, anxiety, trouble connecting with others, wife, and with family, pain in right shoulder from recent surgery, pain in right ankle from a compound fracture received in a helicopter crash, knee pain and lumbar pain.

**Pertinent Medical History:** Several tours of duty in the Marines, and the Army over 27 years of service including active combat in Vietnam. 100% disability from his helicopter crash that he received a compound fracture. One divorce and new marriage with custody of his youngest son. He expressed his inability to connect with his new wife and wanted to improve his relationship with his son. Does not have a CST therapist where he lives in Kentucky but found out about the opportunity for treatment in the PTSD Comprehensive Therapy Program at the Upledger Institute.

**Evaluation:** Full body neuromuscular restrictions and tension, Compression triad, dural tube twists, multiple energy cysts especially in the right shoulder and ankle. Tension and anxiety talking in group discussions.

**Treatment Tools and Objective Results:** Through the course of the 5-day application of Multiple Hands CranioSacral Therapy, Lymphatic Drainage, Visceral and Neural Manipulation the client was able to gain enough confidence and trust to allow a SomatoEmotional Release of his helicopter crash. He was able to reframe the circumstance in another way to forgive himself and his "survivor's guilt". At the end of the 3<sup>rd</sup> day of treatment he expressed with the reframing he was able to let go of a "100LB backpack of guilt and remorse". With this SomatoEmotional Release he also expressed the release of physical restrictions in the right shoulder, ankle, dural tube and releasing of the compression triad. His affect on Day 1 was anxious and reluctant. His effect on Day 5 was outgoing, and he connected with everyone in the program wanting everyone's information so he could keep in touch.

**Subjective Results:** Client was very excited to go home and begin his "new life connecting with his new bride". He is seeking social interaction with others and shifting to a more connected personal life. He also stated he wanted to help other Veteran's become aware of this program and how it helped him like nothing else has. He also expressed that he was finding pleasure in everyday and is looking forward to the "Next chapter"

**Analysis:** For me, the best results for this course of treatment is with the clients own expression of his treatment results. He went from Day 1 "anxious, non-trusting of others, and no ability to connect at a deep level with the ones he loves the most." To Day 5 "comfortable in his own skin finally after 27 years and ready to start living a full, loving, connected life"