

Child Temper Tantrums and CranioSacral Therapy

By: Pam Kapoor

Personal: B **Age:** 4 years **Sex:** F

History:

Symptoms: Mother reported anger outbursts, temper tantrums, sensory integration issues, self mutilation of fingers and arms from biting

Pertinent medical history: B was adopted from a Russian orphanage when she was 8 months old by an upper middle-class couple. According to the orphanage report from Russian doctors, B was a healthy child. She, however, cried a lot. The orphanage did not have any information on B's birth mother or biological father. She has been receiving sensory integration therapy on average twice a week for two years prior to starting treatment with me.

Evaluation:

Findings: During her CST evaluation, I found that B's CS system was functioning fairly well. She had two energy cysts: one on the heart, and the other on the solar plexus (liver).

Tools Used: CST, SER

Objective Results: During the first session, as B became more comfortable with me I asked her, "B what happened to your fingers and arm?" She looked straight into my eyes, held my face with her arms and said, "Ms. Pam it is all about sad, mad and angry." I asked her if she would like to tell me more about sad, mad and angry and she said, "I just told you its all about sad, mad and angry. Do you understand it?" I told her, "I think I do." As I was saying that, her whole heart and solar plexus area opened up and she sat up and said, "I am all done now". During the session she also told me that she didn't know why she did that to her fingers and arms but sometimes she bit herself real hard. It didn't hurt her at the time but later on it did, but she didn't care. She also knew that it was wrong but she could not control herself. During her second appointment, B's CS system opened much more and there were no new bite marks.

Subjective Results: B had no temper tantrums after the first appointment and had no outbursts of anger. She even asked her mom and her teacher to remind her not to bite her fingers and arm.

Average Length of Session: 50 min.

Number of Sessions: 2 (1/wk.)