

## Severe Headaches and CranioSacral Therapy

**By: Rebecca Ridge**

**Personal Information:** Client 4 "H" **Birth date:** 5/25/70 **Sex:** Male

**History:** Horse back riding accident 1982, and suicide attempt 1992 car accident, drove into a telephone post and injured his cranium and fractured his Lumbar #2. Currently has severe headaches, and very low self-esteem

**Previous therapy:** Reflexology and some physiotherapy and massage over the past 3 years maybe 8 sessions all together.

### **Evaluation:**

**Findings:** Compression at the occiput and the sphenoid, Restricted movement of the parietals, the temporals and the frontal bone, Very disturbed CSR low amplitude, and very jangled brain movements, lesions to the faux creating pressure on the hypothalamus maybe affecting his mood swings and personality, flare-ups with anger and loses control. Tension in the large and small intestine as well as in the pelvic diaphragm and solar plexus diaphragm.

**Tools used:** 10 Step Protocol of CST, Positional Release, and Reflexology.

**Objective results:** CV4 brought a clearer quality of CS rhythm and more even flexion and extension. Releasing the diaphragms of pelvis and diaphragm cleared some torsion patterns in his lumbar region. Very tight and restricted in his thoracic diaphragm as well released this area with slight compression. Visceral mobilization to the stomach and small intestine, released the mesenteric root. Occipital decompression released suboccipital muscles as well as the cervicals, releases of the parietals, temporal and frontal bone assisted in restoring CS rhythm and also the release of compression pattern in the sphenoid, assisted the tension and strain to the falx cerebri. Headaches lessened and became less frequent.

**Subjective results:** There were several energy cysts in the cranium due to the impact of the accident when the client hit the steering wheel and broke his jaw. SER and dialoguing with the client brought out a belief pattern about "Who died during the accident" and "who wants to live". The client was able to see that some part of him was choosing life and one part continued to hurt himself in a punishing way similarly to how he was treated as a child. The releases to the triad of depression also helped to free up some of the negative emotions rampant in his body and psyche, Whole body release of grief and deep sobbing cleared the diaphragms and gave him a chance to feel the compression of what he had been holding onto. Dialoguing with his inner physician he was able to confront himself more compassionately and see how he was continuing the legacy of hurting himself in response to all the hurt he'd felt as a child. Working the Avenue of expression also assisted in this process of communicating more from his heart and letting his head have some relief. Opening up of the heart chakra gave him the experience of allowing more love into his life for himself and towards others whom he cared about but had been too cynical and scared to show.

**Number of sessions:** 6

**Length of sessions:** 1 and 1/2 hours