

## Child Autism and CranioSacral Therapy

**By: Norma Hayhurst, RN, CHT, CST**

**Personal Information:** 8yo, Male

### **History:**

**Symptoms:** Problems with schoolwork, making friends, stealing, lying, easily distracted, mildly autistic, low end IQ (rated between 72 - 92)

**Pertinent Medical History:** Undersized for his age, presently being treated with growth hormone through Children's Hospital in Philadelphia. Also being treated with drugs for behavior modification and etc.

**How long treated by other; frequency and type:** He has been going through on treatment since a toddler. Presently being tested by a child psychologist with every possible test, including his IQ. He is also seeing a child endocrinologist once a month. He also sees a child psychiatrist on a weekly basis, he has been weaned from all of his medications for a total review.

### **Evaluation:**

**Findings:** He has definite, visible differences from the right and left side of his body. The right side seems to be in flexion, his left seems to be in extension. His eyes are recessed in and half shut. His body has twisted, or contorted appearance with his right arm pulled almost behind his ilium and his left arm in front of his ilium. His right shoulder appears higher, right ear lower in flexion, left ear higher in extension. Side view shows his right shoulder forward, ear odd, neck and cheek distorted, forehead bulges, back of head bulges at crown, neck lacks natural curve. Left side view shows eyes sunken, ear protrudes differently from right, shoulder more pulled back than right shoulder, chin & her out. From behind the right ear is closer and lower, right bulges appear higher on head, right shoulder and hairline are higher. The left side ear is higher and sticks out, hairline lower, crown flatter, neck and shoulder lower. Photos taken before first session.

**Tools used:** CST - 10 Step Protocol and energy whenever and wherever possible.

**Objective results:** The first session was interesting from beginning to end. The child felt large amounts of heat, all over body twitching, and numerous loud cracks h m ankles, feet, and toes throughout entire session. The cranial base release was very p a s 1 to his ears, whole head and back and the traction (more intention) down his dural tube produced twitching and great heat at his coccyx. The frontal lift was painful on his left ear, his parietal lift took a long time to free the right temporal and the sphenoid compression/decompression as very uncomfortable until the release, then he felt like he had "room inside his head." The temporal wobble made him feel "calmer," the circumferential motion testing made him feel good "different," and the ear pull was "wonderful." The TMJ made his mouth feel different and the rock/glide was "great." After this first session, his entire face look different with his eyes less recessed, open lids (you could actually see his greenish hazel eyes), he felt calmer and noticed something very different feeling about his face and head.

**Subjective results:** Following his first session and continuing sessions over the next eighteen months, his family and friends all noticed a huge difference in his actions, appearance and temperament. His psychiatrist was amazed by the differences in this child and after a considerable about of drug free months; he was finally medicated with minimal doses to help keep some of his impulsivity under control. As a therapist, I was truly amazed

by the changes in this child. His parents had originally approached me to tutor him full time (home school), which I did in exchange for weekly sessions of CST. I observed increased abilities in math (he moved from two grade levels below to two grade levels above his 4th grade level), in reading (he was able to move to grade level), and his critical thinking skills move to above grade level. Most important of all, he discovered he is really musically gifted and continues to pursue piano, while also playing trombone in the middle school band. I have not seen him in my office for several years since he returned to public school although he has continued to progress through school with A's and B's, while continuing his music studies. I believe he would have benefited from more work, but his parents elected not to continue with cranial work at this time in his life. The reasons for not continuing has to do with him being a teenager, the amount of time involved (they have five children, four with special needs), out of pocket expense and insurance does cover CST. We did continue for about six months of free (mom attempted to pay what she could afford) sessions. I think this was difficult for mom to handle.

**Average length of sessions:** Forty-five minutes to an hour

**Number of sessions:** 26