

Closed Head Injury and CranioSacral Therapy

By: John Hoernemann

PERSONAL INFORMATION: 51yo, Male

HISTORY:

Symptoms:

This client presented with a variety of problems. He had had a closed head injury; the main effect of which he knew was having a heightened sensitivity to sound. This increase of sensitivity was causing him to lose concentration and hence interfere with his work. He also was experiencing pain in his neck, upper back, legs and feet. He was sleeping poorly. He also was having some depression and grief around the recent death of his daughter.

Pertinent Medical History:

The client had been in a head-on collision with a tractor-trailer that had run over his car. This accident had happened about a year ago, the day after his birthday. He had been pinned in the crushed car for several hours. He had also, within the year, suffered the loss of his daughter to cancer after a traumatic two year long hospitalization. During this time he had spent many sleepless nights in the hospital on high alert for any requests from his daughter. MRIs of his head, neck and shoulder had shown no detectable damage.

EVALUATION:

Findings:

A wide variety and number of restrictions were found along with many energy cysts and facilitated segments. There were particular strong energy cysts in his upper back, neck, head and shoulders. Restrictions of the SBJ, OCB, and L5 - sacrum were found.

Tools Used:

Standard evaluative tools were used. The intention of the first session was to start releasing some of the restrictions. Following sessions used positional tissue release (mostly on both legs). Later sessions were SomatoEmotional Release (SER) using imagery and dialogue. The initial sessions were mostly structural with the client reiterating the story of this accident and the story of his daughter's death. During these sessions, positional tissue release involving his legs and neck were done. Further sessions involved SER's and imaging a variety of objects melting away and draining down his spine and legs, to leave him through his feet. After several sessions he was in touch with his higher wisdom that helped him contact his daughter and talk with her. After that session he reported that he was able to get a relatively good night's sleep for the first time in several years. He also felt more connected with his daughter and agreed to paint a picture of her. In another SER session with imagery and dialogue, his higher wisdom showed him a way to reduce the level of the sound he was hearing.

Objective Results:

Holding patterns from the accident were reduced allowing the client to stand taller and to take fuller breaths. He had a more positive outlook and was looking towards continued healing.

Subjective Results:

With progressive treatments, the client reported a variety of changes. These included a lessening of the pain in his neck and back along with a felt ability to draw a much bigger breath. The client also reported better sleep. He still felt a great deal of grief around the death of his daughter. He stated that he felt more of a connection with her that was

comforting to him. He reported that his concentration had improved. He also mentioned that he felt treatments had reduced what his children referred to as the 'angry dad syndrome'.

Average Length of Sessions: 75 minutes

Number of Sessions: 7