

# Upledger Institute Case Study

## CranioSacral Therapy - Anxiety

By: Catherine Whelan, BS, LMT, CST

**Personal:** Elizabeth

**Age:** 77

**Sex:** Female

### History

#### **Symptoms:**

- Anxiety
- Chronic Stress

#### **Pertinent Medical History:**

- Elizabeth presented with anxiety from chronic stress of caretaking for her dying husband.

#### **How long treated by other therapies; frequency and type:**

- No other therapies to treat anxiety and increased stress

#### **Evaluation:**

Elizabeth presented with increased sympathetic tone: elevated breathing, elevated heart rate, and difficulty relaxing. Various aches and pains from full body tension. Elizabeth's craniosacral rhythm had a decreased amplitude, increased rate, and rigid quality.

#### **Findings:**

- Primary EC cerebellum
- Increased Reticular Alarm System
- Tension in the mid back posterior to the Adrenals

#### **Treatment:**

Elizabeth presented with an increased sympathetic tone and a decreased parasympathetic tone from prolonged stress. Each treatment session focuses on decreasing sympathetic tone through the use of still points, cranial pumping, and dural tube rock and glide. Depending on her current stressors we may use therapeutic imagery and dialogue, although this is rare. Several treatments also focused on the enteric nervous system and its relationship communication with the central nervous system. The communication between the two was pivotal to increased parasympathetics.

**Tools used:**

- Arcing
- Still Points
- Cranial Pumping
- Dural Tube Rock and Glide
- SomatoEmotional Release

**Objective Results:**

Elizabeth is visibly calmer after each session. Her heart rate and breathing decreases. Sometimes she falls asleep during the sessions.

**Subjective Results:**

Elizabeth is the primary caretaker for her dying husband and she also has health concerns herself. CranioSacral Therapy decreases her stress response and allows her to be more present and less triggered in daily life. She sleeps better and handles conflict better after treatments.

**Length of Sessions:** 60 Minutes

**Number of Sessions:** 10

**Date of Last Session:** 2/1/19

**Cost of therapy prior to CST:** Unknown

**Cost of CST:** \$1250