

Upledger Institute Case Study

CranioSacral Therapy - Headache and Focusing Problems

By: Giora Segev CST - T

Name: Addy

Age: 40

Sex: male

Last date of treatment: Feb. 1, 2018

Symptoms: Main problem: headaches, he feels that something is pressing his head like an iron ring. He has an ITB (left) problem from time to time at the superior connection to the ilium. He feels some itches at his left hip and along his left leg after running.

Emotional symptoms: He looked to me a quiet, introvert person, speaks silently, I feel him ready for treatment. His concentration abilities went down, he cannot make a conversation without losing the focus and the concentration.

Previous treatments: treated by a physiotherapist

The treatments:

First treatment: energy cyst at the right side of the pelvis and at the head. Facial restriction on the left hip. The rhythm is of very low quality, low amplitude and asymmetry specially at the legs. Dural tube evaluation: no movement at the sacrum. Restrictions at the L1/S5. Skull: restrictions at almost all the sutures, the sphenoid in a in a left shear lesion. All the treatment was structural. I did release of the avenue of expression. Addy's perception was that when I worked at the head, a blood flow from the neck invaded his body. This first treatment was structural.

Second treatment: Addy told me that between the treatments sometimes he felt better, the ring that pressed the head all around, became half a ring. It presses only the right side. Addy said: "I am terrified. I hope that this treatment today will help because I feel very bad."

I found energy cyst at the right side of the pelvis; left legs rhythms were low in amplitude. I found that at the upper listening stations (hip, ribs, shoulders and head), there was no rhythm felt. I made a diaphragm release and started to treat the energy cyst at the right side of the pelvis.

Adi told me about many thoughts he had during the first treatment. While he listed the thoughts, his body showed a significant detector (SD) when he mentioned an event at his work: an iron pipe hit his head. When I asked him to tell more about this event, he felt that it is happening now and that he is feeling the hit. He felt that the hit was strong enough to blow him back a few meters, but it did not. He told me that he was in a situation that he could not react with anger or cry because he was in front of his employs. There was a pause, I felt that Addy deepens in his feeling. I gave him time. A tissue release happened at the hip. I proceeded a triad of compression release. Then I started evaluating and treating his skull. An energy cyst showed at the left temporalis. He said that never cried since he was a small child. He noticed that he feels some very small pain in a small point on the right parietal. A significant detector showed. I asked him to describe. It seemed like a small ball that is exploding all the time or radiating toward his brain. It was like a blue fire that takes him out of focus. He likes the blue but not this blue. This is the blue of ice, cold (significant detector deepened), sharp icicle. We explored the meaning of "cold" for him. Addy found out that his behavior and his decisions are cold and not emotional. If he would be emotional, he would explode. The significant detector deepened. I proceeded an avenue of expression release. Step by step he finely did choose to explode by shouting. He shouted long and extremely loud shouts a few times with the word: "WHY". There was a big release in his temporalis and in his whole body, he felt exhausted. After a few minutes he felt pleasant feelings in his head. I felt that the tissue releases under my hands (located at that moment on his thoracic inlet) and from that place I felt that the rest of his body releases too. I let him be in quiet and pleasant feeling to integrate at his pace the change. Addy was in a situation that he could not talk anymore, he was exhausted. End of the session.

The third session: The whole body felt for me in a better state, no EC, better cranial rhythm, I did the 10 steps protocol without finding something significant. I felt that I want to locate my hands at the thoracic inlet. Addy told me that everything is better. Since the last treatment, he came back to life, the head pain disappeared gradually. He can talk again with people without losing the focus. The lags and the hip are much better. The hit image comes back from time to time. But it is just a thought. Not effecting the feelings. Feels happy and joyful, his mood had changed dramatically. It is much better at his work.

During the session, Addy felt a floating feeling, and he also remembered the karate lessons he took when he was young. A significant detector appeared. He realized that like in karate, it is better to move easily like floating with the hit and not standing and being tough. This floating feeling is the feeling he needs when he deals with cases talks to people. It was for him a feeling of love and listening. He said: "this is who I am". I encouraged him to take this feeling with him and remember it. He can use it from time to time whenever he will decide that is good for him and it can help him. He can call this feeling back in a meditation and use its energy.

The resolution: see the end of the third session: He realized that like in karate, it is better to move easily like floating with the hit and not standing and being tough. This floating feeling is the feeling he needs when he deals with cases talks to people. It was for him a feeling of love and listening. He said: "this is who I am".

I have also a feeling that there is another resolution that happened between the second and the third treatment. I do not know what it was, but I can feel that it happened. I decided that I will not ask questions and explore this because the questions will be logical and will drive him to think and answer and this is not the purpose. I do not really have to know. What is important that there is a general change in his tissue and a global release, and he feels much better.

Tools used: Structural craniosacral work, 10 steps, avenue of expression, triad of compression, energy cyst, facial restriction release, avenue of expression, SER, imagery dialogue, significant detector at different levels, resolution.

Objective results: A big release in his body, his face became calmer. Good rhythm.

Subjective results: Better feeling, the ring from the head disappeared, better communication abilities, better focusing, the lag pains disappeared.

Length of sessions: 1-1.5 hours.

Number of sessions: 3

Cost of therapies prior to CST – unknown.

Cost of CST therapies: 1350 shekels = 400 USD