

Upledger Institute Case Study

CranioSacral Therapy - Headaches

By: Giora Segev CST – T

Name: Barry

Age: 17

Sex: male

Last date of treatment: May 26, 2019

Symptoms: very strong headaches for 9 years. The constant level is 8 of 10, sometimes there are ups and downs.

Emotional symptoms: the last months he mostly closed himself in a room, did not meet friends. Barry looks to me normal; I couldn't see a suffering face. I had a strong feeling that he is hiding something.

Previous treatments: physiotherapy, psychology, neurology, chiropractor, acupuncture.

Evaluation: Energy Cyst at the chest. No rhythm at the listening stations except at the shoulders and the cranium where I felt a very low-quality rhythm with a low amplitude. There was a significant restriction at the left TMJ, at the left retro hyoids and the left temporalis. The abdomen was in a significant fascial restriction.

Treatment:

The first treatment: started with diaphragms releases, then treated the energy cyst. This was a structural treatment. I did the treatment very gently, with no agenda even not to achieve any release. At the end of the treatment nothing changed. There was a big resistance to the treatment. I felt that the trust has not been achieved yet. End of the session.

The second treatment: Barry's mother told me before this treatment that Barry asked her if she sent him to a placebo treatment. I invested time to explain Barry about the craniosacral therapy, in order to meet his believe system, the rational thinking and understanding. Arching: EC (energy cyst): The pelvic diaphragm. Fascial restrictions: his whole abdomen. I did decompression of the triad I5/s1, the occipital base, sphenobasilar junction, SIJ, and treated the EC. During the EC treatment, a SER started with the imagery dialogue. The headache that felt like a clamp pressing the both sides of the sphenoid wings. Significant detector showed at the "press "word. Then a deepening of the SD when he talked about the importance of the memory for him. He said that he always has been weak and small and confused. The only thing he is good in, remembering things. He remembers everything. A very significant and general release of the body started. He, (Barry) confirmed that he feels this relaxation. The SD was still on: he talked about remembering that the headache started when he was 9, one month before he knew about his grandpa's cancer. The death of grandpa was a big loss for him. Thinking about him, emotions came up and the headache increased. In the dialogue, he talked to a protector in his head that is white and ovalis shape that protects him from pain and emotions. An unwinding of the head occurred, it stopped, and I felt a release in his body.

The third treatment: Barry's body showed energy cyst and fascial restriction at his upper belly. The rhythm was good. I made diaphragm releases and located myself holding his EC between my hands. Barry felt better after the second treatment, for one day. He told me he liked comics. His opinion was that people with social problem liked comics. A SD appeared. He told about his social problems at school. He was rejected by being small and weak. He realized that he is suffering when he was 9. As he talked more about his feelings, the SD deepened. He is disconnected from 90% of the people around him and he is grateful for the few friends he had. Since than (9), he developed two sides: one that likes to help and one that likes to beat people. He was aware that beating is bad, but he thinks that the medications against the headache made him like that. I initiated an inner child work. I found out that the steps must be very gentle and slow in order to get close to little Barry. The needs of little Barry were to be in a quiet separated environment and to learn. The big Barry tried to help him and create this environment in his imagination. Barry's belly completely released

The fourth treatment: The pain went down to constant 6 from constant 8. Barry felt the change clearly and I felt the change in the body. His belly was significantly released, the CS rhythm was felt better all over. Barry told me that he started to participate in social activities: He went to a few days' excursion in the mountains with friends, he meets people. I did mostly structural work. I felt that the body needs to incorporate the changes he went through. At the end of the session Barry told me that he never told her parents about the social problems as he was 9. (see the third treatment).

Fifth treatment. Barry reported that his pain went down to 4 – 5 this week. The body showed a real improvement: the rhythm was present in all the listening stations; the abdomen was relaxed. An energy cyst was at the thoracic inlet. Treating the energy cyst, a SER came up, the claps showed themselves. They were iron made, changing color from red to grey. A significant detector showed itself. Barry fell asleep. The significant detector deepened while sleeping, an unwinding occurred at his upper body (shoulder, neck, head). During his sleep he said that his head is smaller. And fallen asleep deeper. I felt that an important release happened while Barry was sleeping, may be a resolution. I might not ever know. His body released. End of the session.

Sixth treatment: Barry reported that the pain is still at 4.5. The body felt released, significant rhythm. EC at the respiratory diaphragm. A SER process started: the clamps came back. He told me in one of the former sessions that he likes comics, so I asked him to invent a comic about all this. He imagined a 20 years old guy, wearing blue jeans. This guy came to him, put the clamps on his (Barry's) head and ran away. He did this without any reason. I asked him if this situation is familiar with him, that someone does something bad to him without any reason? He said that it was in the primary school. The children were mean to him. He marginalizes this period so he could not remember any specific event. I did again the inner child work but this time he preferred to be comforted not by big Barry but by Bar, his girlfriend. I asked him if he would like to create this meeting at home, after the treatment, in his imagination? He chooses to do this every day. End of the session.

Seventh treatment. Barry reported that the pain went down to 3.5 – 3. He recognized the improvement. He told that he did the homework every day. It was very pleasant for him. The big Bar (the girlfriend) met the little Barry and comforted him by hugging him. The meeting took place in the living room at noon when he came from the school. He felt the comforting. An unwinding of the head occurred, it stopped when a SD showed itself. I asked what is going on? The five elements (chinese philosophy) came to his mind. He said that he was "water" and talked about the relation between the water and other elements. He felt strength when he talked about the power of the water. I asked for more... there is a calmness and strength in the water – he said. The see at depth is always calm. I asked where he feels this calmness. He said in his head. He felt silent and calm in his head. He fallen asleep. End of the session.

Eighth treatment. Barry reported pain at level 2.5. The lowest pain ever he felt. I told him that I felt his body lighter. He said that he is in vacation and has no pressure. I said that I feel that I want to make some structural work. What I meant is just to be with the body and thank him for the big change he made. After the structural treatment Barry said that the quiet presence of someone that he could trust is like a medicine for him. The calmness he feels being "water" in the depth of the ocean or being hugged by Bar (the girl friend) is like an inner strength. I asked him what would he like to do with this feeling? He said that he would try to recall it every day.

The resolution: The end of the last session Barry realized: The calmness he feels being "water" in the depth of the ocean or being hugged by Bar (the girl friend) is like an inner strength. I asked him what would he like to do with this feeling? He said that he would try to recall it every day. In Barry's case, it was clear that resolutions are happening also while he was sleeping. I feel that fallen asleep almost every session was Barry's way to go to his hidden, personal, secret place. There he could be with his feelings and with his secret memories that he did not want to talk about. I learned from this case (from Barry) that I cannot always know of every resolution and I do not have to know. He, the client, is the one who is important. The important thing is that his body changed, and he has less pains.

Tools used: Structural work, energy cyst releases, avenue of expression, imagery dialogue, inner child work, significant detector, resolution.

Objective results: Barry's body seemed released. The left TMJ, temporalis and retro hyoid released, the belly softened and the rhythm was good.

Subjective results: The headache pain went down gradually from 8 to 2. (this was the main compline).

Length of sessions: 1-1.5 hours.

Number of sessions: 8

Cost of therapies prior to CST – unknown.

Cost of CST therapies: 2400 shekels = 800 USD