

# Upledger Institute Case Study

## CranioSacral Therapy – Childhood Sexual Trauma

By: Catherine Whelan, BS, LMT, CST

**Personal:** Heather

**Age:** 24

**Sex:** Female

### History

#### **Symptoms:**

- Body Dysmorphia
- Tension in upper shoulders
- Low Back Pain
- PTSD
- Anxiety
- Depression
- Gastrointestinal problems
- Eating Disorder

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

- Sexually Abused from age 8-12

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

- Counseling beginning at 18 years old; regular frequency; Counselor
- Medication for Depression and Anxiety since the age of 18; Psychiatrist

#### **Evaluation:**

Whole body evaluation showed a whole body constriction pattern associated with fear. She did not want to be touched on her legs or feet. She had primary EC, tension and lack of motility in her gut. Throughout the first session she was unable to stay with the sensations in her body.

#### **Findings:**

- Primary EC solar plexus
- Constriction throughout body
- Disconnected from body
- Hypertension shoulders
- Tension in Occipital Cranial Base

#### **Treatment:**

Heather's treatment consisted first of creating safety and resources to feel the sensations in her body. The first few sessions were all about empowering Heather to tailor the touch to her needs. We also focused on discovering her inner wisdom

connection which was unavailable at first. As she felt more empowered we were about to work with tension patterns associated with the abuse especially in shoulders, neck and gut.

**Tools used:**

- Arcing
- Diaphragm Release
- Therapeutic Imagery and Dialogue
- Occipital Cranial Base Release

**Objective Results:**

Heather was able to stay connected with her body sensations. Tensions in neck and shoulders decreased and range of motion increased. She no longer presented with whole body constriction.

**Subjective Results:**

Heather reported a better body relationship and fewer flashbacks of the abuse. She reported more ability to stay present and even increased awareness with triggers. Gastrointestinal discomfort did not improve.

**Length of Sessions:** 60 Minutes

**Number of Sessions:** 14

**Date of Last Session:** 9/13/18

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

**Cost of CST:** \$1750