

## Upledger Institute Case Study

### **CranioSacral Therapy – Night Terrors**

**By: Morgan Deale, LMT, CST-T**

**Client:** 40-year-old female

#### **Symptoms:**

- Night terrors
- Anxiety
- Depression
- Stress

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

- No relevant history

#### **Treatment History:**

- Occasional massage, yoga, and shamanic healing.

#### **Evaluation:**

Whole body evaluation revealed asymmetrical CSR in the torso with rhythm being slightly weaker on the left side. Sphenoid exhibits a right torsion pattern. Energy cysts present in the left shoulder, heart area(primary), pelvis, and right lower ribs on the anterior side. Facilitated segments present at C3 and L3.

#### **Treatment:**

Treatment began with 10-step protocol with corrective assistance for right Sphenoid torsion. Direction of energy was then applied to energy cysts in the left shoulder and right lower ribs. We then proceeded to brain work connecting and allowing unwinding of tissue restriction in the pia mater. Treatment progressed to applying direction of energy for energy cyst at heart and followed with all mouthwork and avenue of expression. We then worked with facilitated segments found at C3 and L3, rebalanced cranial vault, and evaluated the dural tube with rock and glide.

#### **Techniques used:**

- Full body CSR evaluation
- Arcing
- 10-step protocol
- Avenue of expression
- Facilitated segments
- Dural tube rock and glide
- Direction of energy

**Objective results:**

The first session work including 10-step and sphenoid correction allowed client's processing of the origination of night terrors. She continued to appear much calmer and at ease after working with the restrictions in pia mater.

Some of her symptoms had reportedly begun 20 years ago(getting worse over time). Several sessions were needed to balance the body before working with the primary energy cyst(heart).

The combination of heart energy cyst work and mouth work freed the restrictions causing asymmetry in the torso. Her symptom ratings began to steadily go down after this work.

**Subjective results:**

Using the pain scale 1-10, the client originally rated night terrors at level 9 happening 3 times per week, stress at level 9, anxiety at a 4, and depression at a 3. At the end of treatment she rated night terrors at a 4, stress at a 3, anxiety at a 3, and depression at a 3.

Client mentioned having the realization that her night terrors are rooted/related to the loss of her parents who died in a plane crash in 2008. She reported "feeling great" by the last session.

**Length of sessions:** 60-minutes

**Number of sessions:** 5

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

**Cost of CST therapy:** \$325