

CranioSacral Therapy and Migraines

By: Jeff Rogers LMT, CST-D

Personal Information: 58 year old female

Symptoms: A special collections librarian suffering from chronic, debilitating migraine headaches and depression plus a recent weight gain at the time she started coming to see me at age 44.

Pertinent medical history: In the initial interview, she shared that she'd been getting these migraines since she was about 14 years of age and that there was no readily apparent pattern to their manifestation. She was equipped with an impressive assortment of prescribed and over the counter medication for the headaches and the depression (imitrex, welbutryn, Excedrin, valium, to name a few) and was at the end of her tether. She was very clear and committed to seeing this through and set a schedule to see me once a week for three months and then we'd re-assess at the end of that time span.

Evaluation/Tools used: She seemed very wound up and tender to me all at once when we started our treatments so I made the decision to tread lightly and see what showed itself first.

The first time I arced her, the e-cysts were numerous and active. To this day I don't recall ever being so bombarded by active energy cysts all at once. Both feet, left knee, pelvic and respiratory diaphragms, throat, heart, occipital cranial base, left shoulder, left temporal, left torsion strain coupled with a right lateral strain of the sphenoid, compression of both maxillae, vomer and nasal bones. It was here that I asked her inner physician to show me the order that I needed to proceed as I found myself flummoxed by the number of energy cysts vying for my attention! I waited and waited and was not drawn to any particular place so I stayed at her feet.

Eventually I was guided to ask some questions regarding the variety of "hot spots" that I was feeling/seeing. At this point she began to slowly reveal, layer by layer, the history of her life. The major events were as follows; There was a kidnapping and car jacking at gunpoint--she was forced to drive at gunpoint--when she was in her early 30's which ended in a head-on collision with a truck--no seatbelt--sustained a shattered nose and undiagnosed PTSD. I was the first to mention the possibility of PTSD (which surprised the hell out of me!) which was subsequently corroborated by her primary care provider. So, this was where we started. I remained at her feet as she shared this really traumatic experience. She had her nose rebuilt but the effects of the PTSD remained, as they do, and had become a bit of a quiet dictator in her life. What I ended up providing at this juncture was occupying the role of witness and worked to remain neutral. The processing of this memory took several sessions. Her inner physician knew just how much to reveal and release and just what I was able to be present for. We did some hard palate work and there was a lot of decompression that was needed along with mobilizing her maxillae, zygomae and vomer.

Eventually this segued into the fact that, at 44 years of age, the time of her starting to receive CST, she was facing the very real possibility that she was not going to be able to conceive a child. This came after numerous attempts including visits to a fertility specialist. She opted out of the fertility treatments due to an increased chance of breast, uterine, ovarian or cervical cancer. This was a real heartbreaker for her and brought her in touch with the image of "womanhood" that was handed down to her, namely that if you couldn't bear a child that meant you were somewhat less of a woman. (The e-cyst at the pelvic and respiratory diaphragm and the energy cyst at the heart were all involved with these sessions.)

Meanwhile, the migraines were beginning to show signs of diminishing somewhere in the midst of the 2nd month. I kept at it with excerpts from the 10 step protocol as indicated with emphasis on the cranial membranes via the bones.

At the end of the third month, the frequency of migraines had been more than halved. We decided to continue. Over the next few months with steady CST and therapeutic imagery and dialogue, not only did the migraines cease to be a factor, she was able to, with the help of her primary care provider, ween herself off of the meds, start losing weight and, after some dialogue in a session, re-start her Yoga practice after more than 5 years of being away from it eventually becoming a teacher. She remained migraine free for about 9 years with a slight uptick in frequency during menopausal ... and she's still a regular client to this day.

My experience with her shows that when one is committed to making a change in what is a chronic, debilitating affliction, CST along with DOE, Therapeutic imagery and Dialogue, accessing the Inner Physician and the subsequent SER, (and the willingness and courage of the client) it's quite possible to not merely "fix" an affliction but actually heal the root of that affliction.

Results: In light of the fact that she's no longer suffering from debilitating migraines and has a more functional life with regards to virtually every aspect of it, I'd say that CST was instrumental in helping her accomplish these goals.