

Depression and CranioSacral Therapy

By: John Hoernemann

Personal Information: 27yo, Female

HISTORY:

Symptoms:

Presenting problems were the feelings, behaviors and physical effects she was having due to the surprise (to her) separation from her husband, which had occurred approximately 4 months previously. She was depressed, angry and feeling scared to be with anyone. She was losing sleep and not eating well.

Pertinent Medical History:

Initially, she stated that she had no health issues. In a later session, she related that she had been diagnosed with pre-cancerous cervical cells from a recent PAP smear.

EVALUATION:

Findings:

The client seemed to be a normal adult woman who was suffering various symptoms caused by a trauma in her life (the ending of her marriage) that was unexpected and unexplained. On initial evaluation, the client's system was energetically depressed but fine with some imbalances and blocks. There were a number of energy cysts particularly in the chest and pelvis.

Subsequent sessions found a variety of minor changes in the CSR but more emphasis was given to energy cyst evaluation.

Tools Used:

The initial session used whole body evaluation tools such as fascia1 glide, CSR evaluation at various listening stations, arcing and evaluation of meridians for excesses or deficiencies. The first session was mainly a 10-Step Protocol with the intention to balance and energize her system. Special attention was given to releasing restrictions in the areas of the 'triad of depression'. Further sessions concentrated more on energy cyst release, SER, imagery and dialogue.

The major session occurred when she talked about feeling a need to protect herself, to protect her heart. She felt there was a rope around her heart which was not a good image or feeling to her. She initially decided on trying to exchange the rope for butterfly wings that would cover her heart. Even though this discussion was interesting and important, the significance detector was not reinforcing this. During this session, she eventually disclosed that she was preoccupied by having recently learned that she had been diagnosed with pre-cancerous cells from a PAP smear. This was important per the significance detector. On dialoguing with her higher wisdom, she was shown an event as a four year old being 'raped' by her grandfather using a lit cigar. Her higher wisdom told her this was the cause of the pre-cancerous cells. On asking what she could do, she was directed to have a dialogue with her ovaries and her cervix. In the client's native language (German) the word for cervix translates to 'mouth of the mother'. Because of this, she was very willing to explore giving that part of her body a voice. Through dialogue and imagery she discovered a disturbed relationship between her ovaries and cervix and was able to come to some agreements. By the end of the session, the five of them (the client, her higher wisdom, her cervix and both ovaries) realized that, viewed from above, her reproductive organs looked like the body and antennae of a butterfly. From there, as a group, they decided to put wings on the butterfly. When she was scared or needed protection, she could close the wings. Otherwise, she could leave the wings open.

Objective Results:

Over the sessions the client's body had fewer restrictions and blocks and felt more energetic.

Subjective Results:

After the above reported session, the client stated that she was more comfortable with her current situation and that the session had had a lot of meaning for her. This was the final session she had with me. The client called approximately 2 months later to report that a follow-up PAP smear had cleared her of any precancerous cells.

Average Length of Sessions: 60 minutes

Number of Sessions: 4