

Depression and CranioSacral Therapy

By: Melody Lee

Personal: Zoey

Age: 42

Sex: Female

History

Symptoms

- Depressed, Emotional lability
- Neck and shoulder pain
- Food sensitivities, chronic bouts of diarrhea and constipation
- Chest pains

Pertinent Medical History

- 2005 - Diagnosed with IBS
- 2000 - Diagnosed with Depression
- 1990 - PT for complaints of neck and shoulder pain
- 1989 - Whiplash secondary to MVA, with resultant surgical decompression of C5-C6-C7-T1. No post-surgical PT provided.

How long treated by others; frequency and type

Psychiatrist

- Since 1987, PRN visits, Psychological counseling for depression

Primary Care Physician

- 2000 - PRN visits, Chest pain, Depression, Emotional Lability, IBS
- 1989 - MVA, neck and shoulder pain, F/U cervical surgery

Acupuncturist

- 1999 to present (monthly)

Evaluation

Whole body evaluation revealed tight and tender neck and shoulder muscles with decreased ROM noted to both. Various emotions (sadness, hopelessness, and fear) visible in her eyes. Arcing revealed numerous restrictions/energy cysts. Primary ECs in chest area and respiratory diaphragm. Very strong emotional component in chest area at the depth of heart.

Findings

- Heart contained primary EC
- Heart charka was rotating in a counter-clockwise direction
- Decreased ROM to neck and shoulder muscles
- Emotional (becomes tearful easily)
- Restriction in respiratory diaphragm and thoracic inlet

Treatment

During the respiratory diaphragm and thoracic inlet releases, Zoey's breathing became shallow and her ribcage felt stuck to her liver, gallbladder and spleen. She began to go into an SER. Dialoguing with her Inner Physician (Natalie) was initiated at this time. Natalie was questioned

as to what was going on, Natalie recalled the pain Zoey felt when she learned of her husband's betrayal. As Zoey's son was having an asthma attack, she called her husband for help, she noted him coming out of his niece's bedroom in a disheveled state of dress.

Direction of Energy/V-Spread utilized to release EC in chest area. Heart chakra began rotating in a clockwise direction. Release of extreme amount of energy noted from chest area.

Avenue of Expression Protocol was performed. Zoey released her feelings of betrayal and loss (feelings that she had kept hidden for so long).

Tools you used

- Arcing
- Chakra balancing
- 10-Step Protocol
- CST/SER
- Dialoguing
- Avenue of Expression

Objective Results

Releasing the respiratory diaphragm and thoracic inlet helped to free up the ribcage which resulted in deeper breathing and decreased neck and shoulder tension.

Follow-up appointment, Zoey appeared happier and more confident.

Increased ROM of neck and shoulders.

Subjective Results

Zoey stated the chronic pain she felt in her shoulders and neck felt better. She stated, 'I feel like the weight of the world has been lifted off my shoulders.'

Zoey felt she no longer had to hide her true feelings about her husband's betrayal of their marriage vows. Stating, 'I have to respect myself or no one will respect me.'

Length of sessions - 1- 1 1/2 hours

Number of sessions - 16

Cost of therapy prior to CST use - unknown

Cost of CST therapy - \$2,000.00