

## Head Numbness and CranioSacral Therapy

**By: Norma Hayhurst, RN, CHT, CST**

**Personal Information:** 66yo, Male

### **History:**

**Symptoms:** "Trouble" in right facial cheek, left back pain, numbness inside head.

**Pertinent Medical History:** Client chose to leave area blank on history form, except for a fractured left forearm, and the amputation of tips of right index and middle finger, which he states is from a birth trauma.

### **How long treated by others; frequency and type:**

This client has seen a multitude of alternative therapists for one or two sessions in the past with unhappy results. He is presently pursuing advanced training in NLP and developing (teaching) his own course material. He has had training in CST I and been treated by at least two other CranioSacral therapists in recent years with unsatisfactory results (his perception).

### **Evaluation:**

**Findings:** This client tends to leave his body at the slightest inclination; he cries out loudly with guttural sounds, moves into fetal positions (full and partial) and his hands frequently move inward in rigid claw positions. Seems to have sudden sharp pains at his groin, anus, left buttocks, T8 - T10, C4, parietals (especially left), and right zygoma but he is not aware of why these pains occur or roam from place to place. He feels a deep terror, fragmentation of his body, and is extremely aware of verbal dialogue. Verbal dialogue seems to get in the way of his session because he dwells on exact words and tones.

**Tools used:** CranioSacral Therapy, SomatoEmotional Release, Brain Speaks, ZB, and a multitude of energy work.

**Objective results:** This client has not had a full 10-Step protocol in one full session, although he has received all of the steps throughout the entire time he has been seen in my office, including Avenue of Expression and mouth work. When his sessions become overwhelming, he wants to leave, either out of his body, or off the table. With gentle encouragement, he is now capable of staying on the table in session for at least forty-five minutes. His guttural sounds, fetal positions, and rigid, clawed hands are rarely seen during sessions. He has been a willing participant to mouth work, including Avenue of Expression on numerous occasions and RTR of the tongue. This has helped to diminish his guttural outbursts and given him the ability to stay more focused and feeling less fragmented. Verbal dialogue seems to get in his way during many sessions; I have resorted to using more nonverbal dialogue, interspersed with some verbal dialogue when necessary. This seems to be successful because he is making personal changes.

**Subjective results:** In more recent sessions, this client has been discovering things about his past, either during his session, or between sessions. He has gone through a session when he realized the umbilical cord was wrapped around his throat three times, which may be why he has always thought his mother was trying to abort him. He has experienced a traumatic past life as a priest, a Native American, and as a Viking. Each of those lifetimes resulted in violent deaths. He often times releases with a multitude of belches. For several sessions he has been vomiting, at fist large amounts, but now with decreasing amounts of mucous. His last two sessions have been remarkable. The first ended with him feeling like

he was an infant held in loving arms, a sense of serenity he has never been aware of in the past. Last week most of his session was spent sitting in a chair, my hand on his vomer and the left side of his lower gums and cheek. The amount of gagging and vomiting decreased dramatically, as did the amount of belching which followed before his session ended. I have found him to be an interesting challenge on many levels. His NLP background (he is a retired physicist) makes him so aware of words that it seems to get in his way and at the same time challenges me as a therapist to improve my dialoguing skills. It is interesting to note that he recently said (with humor) that he must have a lot more inner healing to do than he had ever imagined was possible. Another note of interest is that he now stays in his body for most of his sessions.

**Average length of Sessions:** one hour

**Number of sessions:** 25