

## Lethargy, Depression and CranioSacral Therapy

**By: David Cook**

**Female patient. Age 23.**

**Presenting Symptoms:** This young lady presented to me at the recommendation of her parents who thought that I might be able to be of assistance. She had been diagnosed as having ME which onset as lethargy at about 11-12 year old, was suffering from depression, a tendency to avoid social contact and a general feeling of being 'away with the fairies' (her words!). She had also suffered from migraine for 3-4 years during her teens. After the onset of the lethargy she suffered recurrent bronchitis which has left residual asthma which is aggravated by stress. Tonsillectomy 5 year old. Several minor falls off horses; none serious.

**Previous treatment:** None

**Present medication:** Ventolin inhaler as required.

**Evaluation and Treatment:** Apart from being some twenty pounds or so overweight her general state of health seemed reasonable. The quality and amplitude of the CranioSacral rhythm was poor but with no particular focus of dysfunction. There was evidence of some pupillary dilation but all pupillary reflexes were, in fact, normal. During the first two treatments I concentrated on the ten step protocol after which there was an increase in the general quality and amplitude of the CranioSacral rhythm and the patient's feeling of well-being. During the next session she was in touch with her father (The parents, who had suggested she come were mother and step father but I was not aware of this) who had died when she was five and her being taken to Sunday School; at this point she went into an 'unconscious state' where she could not be reached. This became a pattern of treatment where she would escape into this other place when she was reluctant to confront a situation. This pattern of treatment has continued over 27 sessions to date and has been the product of a homosexual abuse after the Sunday School, not once but twice, with her being a more 'willing' participant the second time. There have been issues about 'not telling anyone', a blackmail element, no trust in parents, the pain involved, 'agreeing' to the second episode and the position of religion and the church. The grief over the death of her father which occurred at about the same time has also been faced. There are certain landmarks which I think are significant during the course of our work. Firstly she would not accept that the homosexual act had happened at all then she reached the point of not believing that it had happened (this point took some two months to reach). The second episode was when she came to the point of saying 'I can beat this', followed a few weeks later by 'it does not hurt any more'. It has been a privilege to work with this young woman who has shown bravery and commitment to the task and has come through to being more outgoing and social, having a 'normal' relationship with a man, an awareness of her own sexuality, enjoying a good relationship with her parents and holding down a job in teaching. Her energy levels are still not good but have improved by her reckoning by about 75% and she has lost the excess weight and gained self-respect. There is still a slight tendency to disappear into that space where she has difficulty being reached but can now be called back again; I should mention that this space is not that deep point where we sometimes go to do deep work, it is somewhere else altogether and I have been aware that the body - chakra alignment becomes distorted during these episodes and it as though she escapes into some out of body space and realignment of the chakras gives only temporary amelioration. This is in addition to a space where I am occasionally allowed to enter with her which is a peaceful woodland idyll with streams etc; she realizes that this place also has all the remedies that she needs to 'cure' all her ailments.

The treatment is still ongoing but is now on a 'when needed' basis, currently about monthly. The process in this case shows the necessity of respecting the client's space and not hurrying and just to be there for them with empathy and caring and allowing them to claim their own power back in their own time.