

## Migraines and CranioSacral Therapy

**By: Shyamala Strack**

**Personal Information:** L.A.; age 25; sex: female

**History:** This young woman's symptoms included migraine headaches which she related to thoughts of having been abused as a child although she had no conscious memory of same. L.A. feared being alone or living alone, was in a psychologically abusive live-in relationship for more than four years; lacked self esteem, self confidence, and feared contradicting family or friends because then they "wouldn't like her". Resorted to alcohol consumption fairly regularly with friends, yet, did not drink alone. She would however call her younger brother and they would drink together while on the phone when no one else was around. She distrusted most people. Previous treatment consisted of traditional medical appointments for the acquisition of pain medications. She refused to go to psychotherapy or any other type of counseling. A colleague at work had recommended CST to her.

**Evaluation:** She had a restricted occipital cranial base and frontal bone. T 3-T 7 compromised, heart chakra restricted. Sacral torsion with viscerofascial pull to right. Craniosacral rhythm amplitude compromised drastically especially around pelvic and upper thoracic areas.

**Treatment:** Treatment modalities consisted of CST, MFR, Dialogue and Imagery, SomatoEmotional Release, and self help techniques. L.A. had trust issues and although she agreed to receive the treatments because she was invested in "getting over this", while on the treatment table, she held her body in a very rigid, tightly controlled way; she kept her eyes open most of the time. All techniques were explained to her prior to hand placement on her body to ease some of her tension and build trust. CST consisted of occipital cranial base being cleared as well as releasing the frontal bone. T 3-T 7 was cleared and opened as was her heart chakra. Torsion in sacrum released although it did not completely clear. It did remain stable 75% of the time. Trauma of abuse realized in pieces although she never fully came to terms with it. Treatments were terminated when this therapist moved out of state, patient was given the names of two other therapists at that time.

**Objective results:** L.A.'s migraine headaches subsided, almost eliminated; that is, she would get headaches under extremely stressful conditions, yet never to the previously incapacitating degree. Her overall fears subsided as well. This was reflected in her ability to discontinue her abusive long term relationship, live on her own and be functional while doing so. Note: She had stated that prior to receiving CST work, when she was alone she would lie on her couch, straight and still, unmoving, until her partner came home. Since receiving CST, she was able to move freely about her apartment without having to check all the rooms for "someone hiding there"; prior to lying on the couch "waiting for something to happen to her". She could go about her home and normal routines without those phobias/fears. She stood taller, was more 'present' in her body and the world.

**Subjective results:** Patient stated that she felt much more confident, that she was now able to disagree and actively did so with family and friends. She no longer feared retribution or abandonment. She didn't drink as much and was able to think of herself as an intelligent, confident person.