

Postpartum Depression and CranioSacral Therapy

By: Melody Lee

Personal: Lauren

Age: 34

SEX: Asian Female

History

Symptoms

- Postpartum depression
- Anxiety
- Insomnia
- Inability to form mother-child bond

Pertinent medical history

- C-section birth with onset of postpartum depression immediately after childbirth
- Inability to hold son after birth secondary to post-delivery complications
- Insomnia
- Racing heart secondary to anxiety
- Anxiety

Subjective Psychological History

- Feelings of rejection secondary to her father's conditional love and subsequent rejection of her marriage
- Feelings of anger secondary to spouse's inability to assume more active role in household and childcare
- Feelings of aloneness and fear during childbirth
- Anxiety over her ability to provide appropriate care for her child

How long treated by others; frequency and type

Acupuncture - 3 times/week for 6 weeks

Evaluation

During the first session, Lauren appeared tired, despondent, irritable and depressed. As she lay on the massage table, I began arcing her body to find restrictions. I found several Energy Cysts, the most prevalent or primary area in her heart. I then performed a CV-4 to remove the tension

from her body and help her mentally relax. During the 10-step Protocol I also located restrictions in her pelvic diaphragm, abdominal area, respiratory diaphragm, liver, thoracic inlet and hyoid.

Findings

- Primary - Energy cysts in the thoracic inlet and heart area
- Secondary - Restrictions in abdominal area (adhesions from Cesarean section), spleen, liver, ribcage

Treatment

During the 10-step protocol, numerous releases were felt at each diaphragm. Lauren's cranial rhythm suddenly stopped during the release of the thoracic inlet. So I asked her what was going on to bring her awareness back to her body. She began going into an SER, crying as she recalled the betrayal she felt of her father not accepting her choice of a marriage partner. She stated that she was always "daddy's little girl" and how hurt she felt over her father disowning her over marrying someone who was not of her racial background. She could not understand why he deserted and rejected her. At the end of this session, she stated "I hate him. My mother has always done everything for me with unconditional love. He's so mean." Lauren also realized that she was giving her husband conditional love. An epiphany moment, when she said, "Oh my gosh I'm doing exactly what I despised about my father (conditional love). She decided to break the cycle and be more accepting of her husband.

During a subsequent session, Lauren experienced another SER related to the C-section birth of her son. She felt that she had not bonded with her son because she did not get to hold him immediately after his birth. When asked what she needed or what would be beneficial for her, she replied, "I would like to recreate the birthing of my son." So we went through the process of creating the perfect natural childbirth experience for her. (The way she had wanted the birthing process to be.) Lauren led the entire way during this process and at the conclusion she appeared happy and relaxed with no anxiety noted.

Tools used

- 10-step protocol
- Arcing
- SER - Inner Physician
- Total Body Balancing Technique
- Myofascial Release, Massage
- Completion of Biological Process

Objective Results

Abdominal adhesions felt softer, breathing appeared to be deeper, liver had more motility, increased ROM to thoracic inlet and hyoid

Lauren appeared more rested and less anxious after the first session. However, she still seemed depressed.

CST and SER addressed the emotional components (traumas of childbirth and the major life changes of becoming a mother) which were important in her recovery. They created a major turning point in resolving some of her anxiety and insomnia. CST/SER helped heal her trauma on a physical and emotional level faster.

After about 6 CST sessions and continued acupuncture over three weeks, most anxiety and insomnia disappeared. CST, SER and Acupuncture complement each other extremely well.

Subjective Results

After first session of CST Lauren excitedly stated that she slept throughout the night for the first time after the birth of her child. She stated that she was still having feelings of anxiety but felt that she had resolved the issues with her father.

Following the biological process session, Lauren stated she felt able to bond with her child and release her feelings of aloneness and fear that she had experienced during the C-section birth of her child.

Average length of sessions - 1'h to 2 hours

Number of sessions - 6

Cost of therapy prior to CST use- \$1,300

Cost of CST therapy - \$700