

## Pregnancy and CranioSacral Therapy

**By: Christopher Slate**

**Personal Information:** 26 year old woman

**Symptoms:** Client was pregnant and at the end of her term. She was ten days past her due date and doctors wanted to induce labor. She was deeply concerned about having a natural childbirth and not having a C-section. Externally she was composed, but internally she was distraught.

**Previous medical history:** Client had no major medical issues. She had been receiving acupuncture during the final trimester of her pregnancy.

**Evaluation:** Initial treatments, client was relatively relaxed, with normal anticipation of giving birth (at this point she was not overdue). She had fascial tensions in her low back, pelvis and hips, and circulatory congestion in legs, typical of third trimester pregnancy. Her belly contained tensions and pressures that felt internal and energetic. This reflected into the walls of the uterus, creating a feel of tautness and tension there. After initial few sessions, client had to deal with being overdue. This became a growing concern, and with the concern, internal/emotional issues arose. In final session, client was "putting on a good face", but was clearly worried and fearful for both herself and her baby. The tension, tautness and pressure in her belly had increased.

**Tools used:** Initial sessions used massage and soft tissue techniques to relax tissues in neck, shoulders and back. This was combined with respiratory and pelvic diaphragm releases and DOE to release tissues and improve circulation. Used RTR and gentle massage with legs to facilitate energy and fluid circulation through legs, pelvis and belly. L5/S1 decompression, S-I release and dural tube traction were used for low back. Progressive sessions incorporated DOE into womb and baby. Intention was to offer neutral energy to the tissues, for the healing intelligence to use as it wanted. At different times, energy was also offered to the baby's healing intelligence, to use as it wanted. Inherent tissue movement, release and balancing were followed. As time (and her due date) passed, an energetic resistance in the client's body became increasingly apparent. This manifested in the unyielding tautness and pressure in the uterine walls and inside the belly. SER process was used to uncover deep guilt and grief the client was holding regarding her brother, who had committed suicide one month earlier. Client was able to use imagery to soften uterine walls and expel guilt and grief by blowing them, with force down and out her vagina. This was accompanied by significant emotional release. With this process, her belly began to warm and soften significantly. She continued this until she had a sense of completion and resolution. Stillpoints and chakra work were used to balance her system, and allow her to integrate the releases and the understanding that occurred in the session.

**Objective results:** Work in initial sessions was effective in preparing most of her body for childbirth. However, it became increasingly obvious that there was a persistent holding pattern in the client's belly that was not resolving. For a while, the client was content to "stay on the surface" and address physical issues. Her attitude was an attempt at remaining calm and casual.

With time, her attitude shifted and there was a fairly natural progression, through two sessions, where she became quiet and began dropping into deeper states of awareness. Her eventual SER experience had a profound effect on the tissues and energy in and around the womb (and surely on the baby's energy and awareness as well). There was also a marked

sense of relief in the client - and a sense of forgiveness for both herself and her brother. This brought her into a state of peace and acceptance, which was palpable in her body.

**Subjective results:** The client was very happy because the morning following her SER session, she gave natural birth to a healthy baby boy, with no complications. Needless to say, she was relieved and excited to begin her new life as a mother. The new life infused her with a fresh attitude regarding her brother, which would enable her to move forward with acceptance and hope.

**Average length of sessions** 60 min.

**Number of sessions** 5