

Sexual Abuse and CranioSacral Therapy

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Amy came to me on a referral from her psychologist to help treat Post Traumatic Stress Disorder from childhood and adult sexual abuse. She is a tall woman in her forties, overweight, with pain in her knees, lower back and overall tension in her body. She said she was willing to try CST but did not know what it was all about. I observed that her overall persona exhibited negative comments about her life, job and anything that she talked about, but at the same time she would smile and "try" to be positive and cheerful.

This is a story of how CranioSacral Therapy and SomatoEmotional Release over a couple of years helped to support a real transformation of Amy's life. For many months, she came once a week and then began to space the sessions to every two weeks and then to every 2 months. Finally, she would only book a session for a "tune-up" every once in a while. Sessions were one hour in length. Prior therapy over the years included weekly deep massage therapy, psychological therapy, and physical therapy. She did not inform me of an exact dollar amount spent on prior therapy.

Initially, during my evaluations at the beginning of the sessions, I felt repelled off of the body as if there was an immense reflective shield, and at the same time I was being called from many areas to help. I took extra time to center myself and communicate through my touch a willingness to offer assistance in whatever way her body wanted. It was a good exercise of establishing rapport and checking my ego at the door. As we worked, she started to become sensitive to how her injuries were connected to other body parts as well as how disconnected she felt from parts of her body. For example, for awhile, she felt as if there was a thick band separating the upper body with the lower body. She felt completely disconnected from her pelvis. This began to disappear after multiple SER sessions. I would arc and go to an area to begin a diaphragm release and/ or energy cyst release and these releases would turn into whole body SomatoEmotional Release. Amy would become aware of sensations in other parts of her body and through dialogue and exploration of images that would come up she would experience significant emotional releases. For example, following the tissue around an energy cyst in her lower back produced sensations in her throat. This led to images of abuse she experienced. Her left knee that was mangled by a car accident also produced sensations in her throat and head region. For awhile, I sensed it was not time for me to put my hands on her throat, but after many sessions, we were able to work with the throat tissues (avenue of expression), and do the intraoral work. It was a process of being patient and moving at the speed that was right for Amy. Most of all, I was able to tune into when the tissues would let me in, by asking and also by feeling for an energetic welcome. I also made sure that I communicated verbally with Amy to receive permission to place my hand on sensitive areas. I would also check in from time to time to make sure it was okay for my hands to be on areas that were not necessarily sensitive, but might trigger something.

The first significant change for Amy was being able to go to the dentist without trauma. She had been putting off going and therefore had lots of needed dental work. Between our CST sessions and her visits to her psychologist to process what came up in her SER work, she got through the dental work and was even able to smile about it. Another part of the work we did was putting back together the matrix of her physical and spiritual body. I would be drawn to an area and then she would begin to feel lines and lights in her body pop up. I worked with her to follow the connections, using the craniosacral rhythm as confirmation. This inspired dialogue with organs, bones, vacant dark areas, as well as her energy field around her body. I often did

regional tissue release and that would begin SER, like Dr. Upledger described in the SER book. Her left leg had been severely injured and the vectors were way out of alignment. When they were put back, Amy felt many of the lines in her body connect and places lit up with positive energy flow. I was drawn deep into the bones of her tibia and fibula and I offered energy and support in whatever way the cells wanted. There was a deep unraveling of the bones and reconnection at the joints. After this work, she felt more energized in her body than ever before.

More positive life changes were on the horizon for Amy. During a dialogue piece, she got an image of a schoolyard and kids making fun of her moving her body. We explored that for awhile and I asked how she would like it to be. She came up with a scene of her being able to move her body in a joyful, easy way that provided exercise in an environment where she would be completely accepted. She and her psychologist had been working on ways for her to get more exercise. I asked her to tell me how this image felt in her body and we deepened the pleasant sensations. After this session, I mentioned that what she described sounded a lot like Nia classes. She immediately looked it up, went to a class and was in love. So, not only were the layers of hurt, self-hate, and trauma peeling away, she was beginning to feel inspired towards healthy living and this also led to her eating better.

At one session, she came in with a bounciness and happy attitude. She announced that she signed up for a graduate program in holistic healing therapy based in California. She was not content at her computer programmer job and was on her way to make a career change. The program would also further her PTSD healing as it explored many psychological and mind/body aspects. After attending school for a few months, she brought tools that she learned into the CST sessions and basically started running her own dialogue sessions. I was there to keep in contact with the tissues and CSR and offer support or reminders to come back in contact with her body to feel what was going on. As a result of all of these changes, she began to drop weight and she was feeling better and lighter.

Aches and pains would still come up and now the sessions were focusing more on structural work such as fascial gliding, facilitated segments, the cranial work, mouth work, and dural tube work. The structural work was not possible before she did the emotional work. (Thus the repelling sensations from when we started) Now her body was responding very easily and she was experiencing the freedom of fascial movement, good energy and fluid flow, and overall better health (less sickness). We also worked with her TMJ which had been punched out of alignment several times. She still had SER's come up, but she processed them much more quickly and was able to remain present with the body sensations and releases.

Towards the end of our work together, she was an exuberant woman, excited about life with a positive attitude. She also began to attract more healthy people into her life. When I arced, one focused area would come up instead of lots of places. Her CSR was strong and vibrant. Her body structures and energy lines felt lined up. She was flowing from head to toe.

During a tune-up session, I was working with her dural tube and a facilitated segment around L2-3. She remarked all of a sudden that she had a metal taste in her mouth. We explored it further and she flashed onto a memory of a surgery. She worked through the feelings and had a big release in the spine and lower back. It was a profound example of a body letting go of toxins from an event long ago.

As her CranioSacral Therapist, I made sure that at some point we got to all of the structures and techniques from the 10-step protocol, sphenoid and mouth work. It happened in a way that

followed her inner physician and body wisdom. I spoke to her recently and she moved to a small town and is happily working in her new career. The cost of CST with me was probably several thousand dollars. I sold her packages of 10 sessions for \$550.