

**Upledger Institute Case Study**  
**CranioSacral Therapy – Anxiety and Nervous System**  
**By: Rob Fournier**

**CLIENT (GENDER & AGE):** FEMALE 60

**NUMBER OF SESSIONS:** 5

**AVERAGE LENGTH OF SESSIONS:** 1 – 1.5 HOURS PER SESSION

**DATE OF LAST SESSION:** February 27, 2020

**COST OF THERAPY PRIOR TO CST USE:** UNKNOWN

**COST OF CST THERAPY:** \$550.00

**HISTORY:**

- Pertinent Medical History and Symptoms – Client was diagnosed with Lyme disease 15 years ago. She states that she experiences anxiety and nervous system disorder due to the Lyme's disease. Client reports that she often fatigues, gets overwhelmed easily, and can't handle daily stressors like she used to. She states her sleep pattern is interrupted and only sleeps 3-4 hours at a time. She currently takes Xanax and Benadryl as needed.

- **Other medical Interventions** – Massage, Acupuncture, Homeopathy, Float therapy (client states she utilized all the interventions listed multiple times over the past 20 years)

**EVALUATION (& OTHER) FINDINGS –**

1. CSR – weak throughout
2. OCB – tight; atlas jammed
3. Parietal – compression
4. Sphenoid – left torsion lesion
5. Facilitated segment – T8

**TOOLS UTILIZED** – Listening stations /arcing/ 10-Step Protocol/ positional tissue release/ direction of energy /mouthwork/acupuncture meridians/chakras/SER -dialogue, RAS – setting a new normal, brain work, glial cells

**OBJECTIVE RESULTS:** Improved CSR throughout, improved mobility at OCB, release of facilitated segment, client reports being relaxed after session 1/10 anxiety, she states that the effects last up to one week of feeling more calm, states she is able to sleep at least 6 hours per night without interruption, report of being able to go out in public with less feeling of fatigue after (70% improvement per report).

**SUBJECTIVE RESULTS (DISCUSSION)** – At the first session, client stated that she did not want to dialogue as she had CST years prior and all she wanted to do was relax as her nervous system was always on due to the Lyme's disease. Following her first session, she stated that she had more energy and felt calm then she had ever felt in a very long time. She states that she saw colors during her session; no dialogue was done until after the session to honor her, follow the SD, and develop rapport. The second through fifth session, she engaged in SER around the "heaviness" of having Lyme's for so long. She was able to recall times when she enjoyed dancing when her system felt "free" and able to handle anything. Her nervous system was able to reset and remember that state of "innate wisdom of health" and move out of the fight or flight mode.