

Canadian Acupressure College

Case Study - MCD

Client Details:

MCD is a 65 year old female, who is a retired nurse (PHD) who has many activities. MCD is a member on countless boards that range from ethics to religion depending on the institution. Other activities include attending opera and other cultural events and she enjoys an enneagram group. She does not have her own children, however she has three adult step children from her only marriage (husband deceased in early 1990's). MCD is an only child with no surviving parents. She has recently begun and is enjoying a new relationship with an old colleague.

Medical/Emotional History:

MCD is currently in general good physical health and emotionally stable. She is currently taking metformin and Lipitor to manage Type II diabetes diagnosed 2 ½ years ago.

MCD has enjoyed a healthy life with few medical interventions. MCD has shared that recently she is strongly identifying with the Metal element as she moves through grieving losses, both recent and past. MCD has enjoyed encounters with cousins over the last month that she never met when growing up. Along with being delighted with the new branch of her family, she is grieving the loss of the potential of what could have been had they been part of her life when growing up.

MCD currently has a strong focus on eliminating the Type II diabetes. Several weeks ago she began a month long nutrition course, is eliminating sugar from her diet and investigating avenues of exercise to pursue. MCD's would like to include acupressure as part of her health goal. She and her doctor feel that she is early enough in the diagnosis to correct the diabetes. I have advised her to check her blood sugar levels before and after her acupressure sessions and explained why. I'm confident with her medical background that she will monitor changes closely and she has agreed to let me know during and between sessions if she has any concerns regarding potential blood sugar changes she may experience.

Visit #1

Presenting symptoms and observations:

Low pulses on the left hand

Strong yellow facial colour

Type II Diabetes

Verbalized identification with the Metal Element (MCD has some education in 5 element theory)

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I usually start a new client with a strange flow and I chose the Great Regulator for MCD because it is recognized as helpful with diabetic symptoms. LI-14 was exceptionally tender so I used this point on the opposite side of the release with Great Regulator master and couple. I added the Head, Neck and Shoulder Release. MCD had tears at ST-13 and ST-16, and reported vivid imagery.

Visit #2

Presenting symptoms and observations:

Low water pulse

Yellow and Blue/Black tones

Reported that the nutritional class was going well

MCD reported that after the first session she went to bed early that same day and slept peacefully for 9 hours which she had not experienced for quite some time. Noting MCD had tenderness during the previous session with SP-4 and to further address the Diabetes focus I chose the Spleen release and used SP-21 on the opposite side of the release with Spleen source and lu. I added SP-8 on both sides to assist in another restful sleep and added the Head/Neck/Shoulder release. MCD fell asleep near the end of the session. After the session, MCD reported tender SP-4.

Visit #3

Low Triple Warmer pulse

Yellow skin tone

Sadness and confusion about a misunderstanding that ended a long time, female friendship

Reported a project of clearing out of old items from her home

Because MCD identifies with the Metal element and has been focusing on "letting come and letting go" we decided to digress from the diabetes focus and explore her draw toward the Metal element. I decided on the Large Intestine Release because of the tender LI-14 from the first visit. During the session MCD vocalized that her face and jaw felt tight, like she was wearing a mask so I chose ST-6 for the opposite side of the release with the Stomach source and lu. MCD expressed extreme tenderness bordering on pain at ST-25. MCD fell asleep at the Head/Neck/Shoulder release.

That evening I received a communication from MCD that after the acupuncture session she had travelled a long distance to a class only to be informed in a dismissive way by the teacher that the class would be cut short. MCD reported that her annoyance and anger at her perception of having been treated unfairly by the teacher was quickly transferred to her situation with her estranged, uncommunicative friend. She acknowledged rapid insights and understandings as to the source of her angst with her friend's behaviour and why she had such difficulty moving forward and letting go of the friendship. MCD

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recognized old family rules regarding appropriate behaviour and experienced an opportunity to challenge them in her acknowledgement of her feelings of anger.

Summary

To date, MCD has reported that during each session she notices an increased ability to enter a state of deep relaxation and experiences deeper rejuvenation and reflection afterwards. She reports that her blood sugar levels have not dropped; however, they have remained stable. Her insights after sessions into a situation which has stretched over 1 ½ years in regards to an estranged friendship have provided her with understanding as to her “lack of reaction” as to how she had been treated. She is excited about her identification of old triggers and new awareness of choice points. I see a constant yellow tone in her skin colouring at each visit; however, I don’t detect any odour or specific emotion other than perhaps an absence of anger. I am finding it difficult to identify a specific sound in her voice. The only constant I can identify using COSE is a Yellow skin tone. I would like to do a stomach release with her next as she consistently shows yellow skin tone and she has felt sensitivity at ST-25.

On a personal note, I have enjoyed working with MCD because she is well versed in Five Element, and is always willing to explore and investigate imagery and body sensations as to what lies beneath. This makes her a wonderful client for me to practice my “exploring the emotions” skills with. She responds to my sessions with gratitude. MCD plans to continue to attend weekly acupressure sessions with me and we both look forward to spending time with each other as she works to further understand what the foundations of her belief systems are.