

Background Info

Alias – Anna

Age – early thirties

Occupation – Part time alternative healing practitioner.

Marital Status – Married with 2 children between the ages of 6 – 10. Both have chronic physical and behavioral conditions.

Family Hx – Mother has fibromyalgia. Father is bipolar, which resulted in domestic violence in client's household while growing up with 5 siblings.

Past Medical Hx – Pt reports a possible dx of Scoliosis as a child. It was never followed up.

- Traumatic birth of 2nd child, including 32 hr labor and emergency C-section.
- MVA one year ago with resulting neck, hip, and back pain. Pt unable to stand or walk for long periods of time, so she is currently on disability leave from work.
- MVA triggered Fibromyalgia pain in her neck, shoulders, arms, hands, and feet. Pain can vary from sharp, pin prick like, to crampy, and right after MVA, could be as bad as 7/10, and never usually below 2/10.
- Sinus Headaches and ongoing facial pain.
- Pt reports issues with self worth, self-esteem, anger, and anxiety. She can trace most of this back to growing up with a mentally unstable father. Now she reports feeling stressed and feeling the need to control everything, likely exacerbated by her children's chronic illnesses.

Allergies – She reports no allergies, but does have sensitivities to cleaning chemicals, dairy and peanuts.

Medications – None. Pt states she does not like the way medications mask the message her body is trying to tell her. She copes with her pain by monitoring her activities, and modifying activity in times of pain crisis. Anna finds some relief with aromatherapy, hot baths, and personal relaxation techniques.

Therapies – Since her MVA, she has been seeing alternative therapists, including an acupuncturist, chiropractor, Cranio Sacral Therapist, and massage therapist. It is not unusual for her to have 1 or more healing modalities in a week. She feels she is very self-aware and modifies the treatments for her needs that day.

Supports – She partakes in regular church events. She enjoys exploring alternative therapies like aromatherapy, medicinal herbology, cranio sacral therapy and acutonics. She enjoys eating healthy and prepares, raw vegan meals for her family when possible. She feels she has a supportive family on both her, and her husband's side.

Objective Impression

Anna is a very approachable, open person, who looks healthy. The physical ailments that she reports are not apparent in her demeanor. She has appropriate personal hygiene, although her home is cluttered and full. She wears age appropriate clothing, and

maintains her BMI within healthy limits. Her face might be considered oval, with some dark blue pigmentation under here eyes in the kidney area of the face. Her voice has laughing tones to it. Her pulses reveal a consistently low TW, P, and B (sometimes these pulses are even absent on initial assessment). All other pulses vary from low to normal (she never has bounding pulses).

Sessions

Session #1

- During this afternoon home visit, the client reports her fibromyalgia pain was 2/10, which was tolerable for her, and was affecting mostly her right side.
- The client was introduced to her first session with a segmental arm release (LI-15 with LI-14, LI-11, LI-4, TW-5, Ex Pt) due to her shoulder arm and hand pain, followed by a Great Regulator release, which was to address her fibromyalgia and neck tension.
- She required light pressure, and would notify practitioner when a point was located.
- Pt reported feeling energy shifting. She also felt some shooting and referred pain from points. She verbalized some of the emotions she felt come up during the session, including panic, anxiety, anger, and issues she felt were related to her father. She also felt relaxed, lying with eyes closed at times.
- After that session she reported feeling nauseated for about 6 days, and was having green, thick stools. She did F/U with her GP who was not concerned.

Session #2

- During this morning home visit session, the client reported some of her neck pain resolving after an Acupuncture session a few weeks ago. Pt reported her fibromyalgia pain was over all more tolerable since the last visit, however scored it as a 3/10, which is higher than the previous score. She also reports still not tolerating extended periods of walking or standing, and therefore has not returned to work.
- Pre pulses showed low B, LI, Sp, TW and P.
- The session was initiated with a Neck segmental release due to her chronic neck pain and sinus headaches (GB-14 with GB-20, Ex Pt, GB-21) In order to address her digestive issues brought on by the last session, a Belt and Penetrating release was also done.
- Pt tolerated medium pressure, and commented on how she felt less sensitive at the points compared to last time, as evidenced by the increase in pressure needed to induce a therapeutic response.
- She conversed through most of the session, and, although appeared relaxed, admitted feeling uncomfortable with silence that went on for too long. She was particularly emotional at points SP-13 and ST-30, and brought up that she felt she might be repressing a prior assault. The client reported many emotions including anxiety, panic, fear, anger and longing. The practitioner assured pt that she was in

a safe place to be able to experience the emotions she was feeling, and practitioner encouraged client to sit with the emotions if she felt comfortable to. Pt was able to go through and name the emotions, and then returned to a place of calmness by the conclusion of the session.

- Post pulses were not completed due to time constraint.
- After that session, the client reported feeling a low-grade nausea for a few days. She also decided to look into the explanation of the feelings of having been sexually assaulted that came up during the session.

Session #3

- During this morning home visit session, the client reported feeling very tired and discouraged. She complained of 2/10 pain to her legs, shoulders and hands. Pt also reported having an increase in her sinus headaches; they were happening almost daily. She was also aware of a chi disturbance in her shoulder, which became evident during two previous Cranio Sacral Therapy sessions, the last of which was 2 days ago. She felt her shoulders had been “cut from her body energetically”, because of the feeling of “not being able to help”, especially her clients and family.
- Her pre pulses showed absent TW, P, H, and low LI, SI, and B.
- A Pericardium release was completed, with BL-57 added to help release the BL-38 area point.
- Client required med – light pressure.
- The pt reported feeling relaxed, but did converse for the first half of the session. She reported feeling increased warmth on the said of the body that was being worked on. This session did bring up some emotions of self worth and anxiety, but was less emotional as compared to previous sessions. She did feel energy shifting and sometimes shooting pain along the meridian.
- Her post pulses showed in increase in her TW, P, B, SI, and H.

Session #4

- During this morning home visit session, the client reported feeling anxious and sad. She complained of 2/10 pain to her neck and shoulders, while the pain in her hands and feet was not as regular of an occurrence as before. Some facial pain remains, and pt made note of her rt jaw that is particularly problematic. She says it clicks when she chews and at times is uncomfortable. She does have a prescription orthodontic mouth guard, but she doesn't use it because it is inconvenient.
- Her pre pulses showed absent H, and low LV, SI, LU, TW and P. GB, B, K, LI, ST and SP were within normal limits.
- A Acupressure facial release was completed. (LU 1), (LI 14), (LI 15), (SI 11) were added to the neck release to address her low pulses, and neck/shoulder pain.
- Client required med – light pressure.

- The pt reported feeling relaxed, but did converse for parts of the session. She reported feeling sensations in other areas of her body than was being worked on and the sensations usually coincided with meridian being stimulated on her face (ie/ LI, GB and B). She felt a lot of energy shifts in her legs. This session was less externally emotional as compared to previous sessions.
- Her post pulses showed in increase in her TW, SI, and K. Her H remained absent, with no changes in other pulses.
- For a couple days after this session the pt reported feeling nauseated, which she attributed to a very effective session.

The Results, Objective and Subjective

One month after session #4, Anna reports feeling like a weight has been lifted from her and the veil over her eyes removed. She feels she has much more clarity in her life, and has resolved a lot of guilt, shame and anger. A week or so after our last session, she states she developed a cold shortly after acknowledging her contribution to her own misery, and how she could be equally powerful in co-creating happiness, safety and love in the life of her and her family. Her pulses reflected this shift in awareness and were remarkably improved; her usually low fire pulses were strong, and matched in amplitude and strength her wood, earth and metal pulses. Her B pulse was slightly lower than the rest, but K was appropriate. To converse with Anna, she seemed much more lighthearted, and her laugh was genuine. Her overall vibe had changed into more vivacious, and life loving. As for her physical symptoms, she reports an improvement in overall pain in her body, but a marked improvement in her shoulder and neck pain. Although her hip pain still lingers, and prohibits her from going back to work, she is confident in her healing process and has decided not to rush the journey.

Conclusion

As Anna's Acupressure Practitioner, I acknowledge that at the time of our first meeting, Anna was already conscious of her healing journey. We came to know one another so that I could facilitate that journey in a holistic, mind/body/spirit way that was comfortable and appropriate for her. Based on the symptoms she presented and pulse readings, as well as her subjective accounts, I chose the patterns and points that resonated with her as a client and me as a practitioner. Because of tailoring the patterns and points to her needs, I feel we were able to get to many root causes on an emotional level that at first were only recognized as physical symptoms. Because the client was ready and willing to explore the emotions the physical pain brought up, her healing process, I believe, was expedited to include a whole new level of understanding of the mind/body/spirit connection. With this new understanding, she can now bring more awareness to her everyday life and co-create a happier, more love filled existence for her and her family. What a wonderful gift to be able to help someone attain.

By Carolyn Belanger