

# **Honey Sol Somatics Case Study**

## **Somatic Bodywork & Burnout**

### **By Sydney Eakes, Somatic Bodyworker Costa Rica**

**Personal Information:** 40 year-old female

**History:** Generally healthy and thriving individual

**Presenting Symptoms:** Experiencing Burnout and exhaustion, Depletion of energy, In need of Mind-Body Support

**Pertinent Medical History:** Previously received lots of energy and body work, acupuncture, Reiki, Relaxation Massage, Yoga, Meditation, etc

**Evaluation:** The client was in need of: restoring balance, rebuilding her vital energy, and receiving support as she sustained a lot for others through being a professor and a mother. She was also navigating the passing of a dear family member at the time of beginning her somatic bodywork journey.

**Treatment and Objective Results:** She received 6 weeks of alternating 60min sessions of Reiki, Cranial Sacral Therapy and Thai Massage. Because burnout was the specific manifestation, we were not addressing particular areas of the body to solve one particular problem, but rather a very holistic approach to listening and giving the body what it needed in each moment. Our aim was to release tension (some acute tension from her current stressful work-life situations and some “emotional residue” from previous life experiences), and restore homeostasis of the body and rebalance vital energy levels. The client responded well to all modalities, and was very accustomed to receiving these types of treatments.

**Subjective Results:** Client reported feeling “very restored after the initial 6 treatments, less stress and more equilibrium, joy, ease and delight in daily life.” She reported that the sessions were very supportive to restoring her “overall well-being, healing, and enjoyment of life.” She has continued to receive monthly Reiki sessions to maintain balance, well-being and generally receive support as she continues to give through her career and in parenting.

**Analysis:** After every session, she leaves feeling relaxed, more open and hopeful for the future, and 24-48 hours post session she usually always reports feeling more centered, grounded and with renewed sense of vital energy.

**Initial treatment sessions:** 6 sessions 60 mins each. Client now returns monthly for a 90 min all-inclusive somatic session, though usually with a focus of Reiki and Cranial Sacral therapy.