

Honey Sol Somatics Case Study

CranioSacral Therapy – Migraines & Headaches

By Sydney Eakes, Somatic Bodyworker Costa Rica

Personal Information: 36 year-old female

History: Was experiencing migraines 3-4 times per week

Presenting Symptoms: Migraines 3-4 times per week, pretty constant general tension and discomfort in the head and neck.

Pertinent Medical History: Client had a history of experiencing migraines throughout life, with much lesser frequency. At the point of starting CST sessions, they had been inactive for a period of 5 years. The migraines had returned intensely for approx 2 months prior to receiving the first CST session with Sydney.

Evaluation: The client began the first session very frustrated with her situation and pretty consumed with the pain of the frequent migraines. Her disposition was unhappy, as most of her vital energy was going towards navigating this frequent pain. She had never previously received craniosacral therapy but was willing to give it a try as she didn't know what else to do. She committed to 3 initial sessions over 4 weeks.

Treatment and Objective Results: CranioSacral therapy with intent to decompress and hydrate the whole system. The main objective was listening to the entire body and system with openness and curiosity as at this point the client had been to various doctors, medical testing, brain scans and no ability to identify the root cause. Ultimately, there was noticeable compression to the right side of temporals and throughout the cervical spine. We worked to bring homeostasis and balance to temporals, and elongate and release many energy cysts on the right side of the cervical spine. We also focused on clearing any restriction along the dural tube and many techniques to aid with decompression of the sacrum.

Subjective Results: After the first session she reported feeling more relaxed, and pain subsiding during the session, ultimately she fell asleep. She reported no real relief of head pain post session (and probably wouldn't have come back if she hadn't already committed to the 3 session process). 1 week later she came in for the second session. During the second session, she was able to experience and encounter her "inner wisdom/future self" as well as a childhood version of her. Through SER techniques, we related to these two wise parts of her to help with a transitional phase of life that she was currently experiencing. She again in two weeks, and this time reported no migraines for 13 days, so just one day before she came in for the third session. Since the 3rd session she has not been back, but has continued to report no migraines as far as 4 months post treatment (this is ongoing, so they have not come back at this point...). We also did a lot of work on how to release the need to prove her worth (specifically at work), and increase the belief that her worth is an inherent part of who she is.

Analysis: The most dramatic improvement I witnessed was the relief and increase of vital energy this client showed. She was able to laugh and express happily, and find joy in the

stressful moments. After the second session, she even sent me a joke! (which would not have been possible at the first session - no energy for fun things). To date the client reports 4 months post treatment with NO migraines or significant head pain. This is an on-going study, so likely that number continues to increase, as she continues to live migraine free. She did not desire to continue with treatment after migraines subsided

Initial treatment sessions: 3 sessions 60 mins each