

Honey Sol Somatics Case Study

CranioSacral Therapy – Chronic Pain

By Sydney Eakes, Somatic Bodyworker Costa Rica

Personal Information: 26 year-old female

History: Painful periods and lower back pain, Lack of vital energy, Teeth grinding and Jaw Clenching, Occasional Flare-ups of Endometriosis

Presenting Symptoms: Generally experiencing fatigue, abdominal & lower back pain, jaw pain and teeth clenching, people-pleasing tendencies

Pertinent Medical History: Diagnosed with Endometriosis in her early 20's.

Evaluation: The client came very open to experiencing somatic bodywork, though with low levels of vital energy and generally a sad disposition around the chronic pain because it was consuming a lot of her life-force energy. She was in a very transitional period of life, taking on lots of responsibilities and goals educationally, while also navigating living in a foreign country.

Treatment and Objective Results: We first began with thai massage to help with Endometriosis, strengthening the pelvic floor and alleviating pressure on the sacrum. Thai Massage is a full body massage, though we did lots of specific stretches and holds directly targeting pelvic floor, lower back, sacrum, hips and belly. Over time, other symptoms like clenching of the jaw, and headaches and pressure on the left side of the head begin to manifest, in which we switched to a cranial sacral focus. Here we continued to work on decompression of the sacrum and work on the frontal cortex of the brain and skull, and extensive jaw compression and decompression. Additionally, when we noticed in certain seasons a significant depletion of vital energy and body sliding into functional freeze > shutdown, we continued with Reiki & Energetic Healing.

Subjective Results: The client always responded well to thai massage sessions focus more on the physical body, in terms of creating space, alleviating tension and strengthening the pelvic floor. However, Endometriosis is a more complex condition that involves many more factors like nutrition, intrinsic hormone balancing and others, so thai massage was not a viable pathway to completely alleviate Endo symptoms. Any time we performed cranial sacral, the client reported feeling heightened pain in affected areas post session, and usually within 48 hours was able to see that pain levels were much lower than when she came in for treatment. Her head pain dissipated significantly through cranial sacral sessions and her jaw pain would cease for weeks at a time. It would return occasionally depending on her external stressors, in which we would do another CST and get the same results of it being non-existent for long periods of time. The client's body responded extremely well to Reiki, in which we did not target anything specific, and simply focused on replenishing her own source and distribution of vital energy in the body.

Analysis: The most dramatic improvement I witnessed was alleviation of the jaw & head pain through Cranial Sacral sessions. She reported that the longer she received treatments with me, the more her pain subsided in between treatment sessions, and the longer she was able to

sustain herself pain-free. Over time, she began to show lots of signs of increased hopefulness, capacity to try new experiences, ability to tune into and listen to her own body. She began to take a more active role in her self-healing. She also reported because of this new ability to tune into, listen to and honor the body's needs, that she became less of a people pleaser in her external relationships.

Initial treatment sessions: 3 sessions 60 mins each; the process detailed above includes a time span of sessions every 4-10 weeks over a year's time.