

# **Honey Sol Somatics Case Study**

## **CranioSacral Therapy – Hand Tremors**

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

**Personal Information:** 45 year-old female

**History:** Had been presenting non-essential hand tremors of the majority of her adult life

**Presenting Symptoms:** Generally healthy individual, professional and mother. Experiencing hand tremors in both hands with no ability to identify root cause

**Pertinent Medical History:** In good health, presenting hand tremors on a daily basis

**Evaluation:** The hand tremors were more present when trying to hold something in the hands, or use hands to focus on a specific, concentrated task. The client had a happy disposition, big smile and was generally in good health. The client had an active exercise routine and good diet. The client was experiencing pain in the right shoulder, and going to physical therapy for that. No presenting of other symptoms.

**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 C3-C6. We also focused on clearing any restriction along the dural tube and many techniques to aid with decompression of the sacrum.

**Subjective Results:** Client experienced a variety of responses to the craniosacral sessions. In the first few sessions, there was a mixture of crying and sleeping. We also implemented many SER techniques to explore and investigate the sensations and memories that were present with the tears. Many regressions of childhood memories happened, and many sensory experiences like feeling heat, cold, and (sensory) discomforts during the sessions. To clarify, by sensory discomfort we refer to pings of discomfort as certain energy cysts were being released from the body.

**Analysis:** The most dramatic improvement I witnessed (the patient and her husband confirmed) was that the hand tremors barely exist anymore!! She \*rarely\* experiences hand tremors at this point. She will continue to be treated at least once every three months as a preventative strategy to continue to amplify well-being and ensure that the tremors do not return. She left every session with a lighter disposition and hopefulness for the future.

**Initial treatment sessions:** 5 sessions 70 mins each