

Migraines/headaches, 40-year-old Female

The Person & Complaint

Married woman, mother of a 5-year-old daughter, working freelance in Drama Education at different local theatres. She looked stiff and exhausted when she walked in. She had had an increase of headaches and migraines over the past couple of months, with pain of up to 8/10 the previous week.

Other issues

- neck pain

The Story & Emotions

- When returning to work after giving birth to her daughter she had started working freelance, which involved a lot of evenings.
- She was generally speaking happy with her life, yet felt challenged by the demands of parenting and working simultaneously.
- Her neck had been sensitive for a longer period of time, yet it seemed to have become more noticeable lately.

The Energetic System

- insufficient flow in the GB meridian and organ
- tension in neck (C7) and Shen Tao (back of heart)

Treatment – first session

I started balancing the GB organ on its own and asked her about how life had been since the headaches had started coming more frequently. She told me that she felt burdened by the demands of her schedule, especially since her daughter was still young and needed a lot of attention. She was trying her best to keep it together (very sharp pain in GB organ, numb at times, and hot, started easing up after 55 min). We talked about control function of the GB and how she might be able to let go of some control in her busy daily schedule. She admitted to having issues asking for help and became more open to the idea of changing that in the future. I continued the treatment by balancing GB 20BB (sharp, biting pain, eventually opening up after 25 min. and grounding the charge at GB 41 BB (10 min., needs more work)

Treatment – second session

Her headaches subsided, yet she came back 5 months later with pain in her buttocks/hips, radiating from her lower back (predominantly left side) down into lateral side of left foot, which displayed tingling sensation at times.

I gave her a sacral balance in two parts starting with the legs and hips. The left side took a lot longer to balance than the right side.

Treatment – third session

I continued the sacral balance by doing the part for the back (60 min.). I finished off with GB 21 BB (very sharp and painful to begin with, yet shifted more willingly after 20 min.).

Treatment – fourth session

She did not have any complaints with her hips after that and only came back after her favourite aunt had died, which had her confront her own fears around the transience of life.

I balanced shen tao to the base- very charged and hot, it took a whole session to open up as we talked about general trust issues and existential fears (she started crying as she released a lot of emotional charge, confessed that she had always seen her aunt as a role model for trusting in life and that, as her niece, she had been shocked by her sudden, unexpected death).

Result/ How it was resolved

She thanked me a few weeks later and said she had felt much better afterwards and able to integrate the experience more fully.