



Case: 51 y.o Female, urgent need to urinate

The Person & Complaint

A 51-year-old female presented with the urgent need to urinate. She had been to a Western Medical doctor about the problem and was told that everything “checked out.” She urgently needs to go to the bathroom every 20-30 minutes. She does not experience any burning sensation when urinating, but she sometimes has accidents when sneezing or coughing. Two children delivered by vaginal birth.

Other medical history and presenting symptoms:

- No period for one year
- “Fatty liver”
- Gallbladder congestion, recommendation by doctor to have it removed 20 years ago
- Sore neck, cracking in cervical region
- Sore low back
- “Scared” to come to appointment
- Very, very angry
- Very unstable emotionally

Client said her priority is to resolve the urgent urination problem.

The Story & Emotions

- Born overseas, struggled with English when she came to Australia at 11 y.o.
- Uncle (who was already established in Australia when she arrived) continuously told her “you’re never going to be smart” when she arrived and was struggling with English. Uncle often hit her on the back of her head and neck when he said this.
- Uncle sexually abused her for two years when she was 11-13.
- Father and grandfather openly discussed their disappointment that she was born a girl instead of as a boy. Strict, male-dominated culture in family. The line in the family was “there is something missing between her legs,” and she has long felt inadequate in who she is.
- Feels unloved and inadequate
- Client very “in her head” and very into her stories. She offered all of the above information, without my questioning. It took a lot of reminders to just let her relax into her body rather.

The Energetic System

- Kidneys over-active as a result of natural child birth
- Blocking in Shen Tao and Pericardium from self-protection and feeling unloved
- Blocking in Throat from shame – sexual abuse, not being a boy
- Blocking in Sacral Centre from Guilt and Sacral/Throat correspondence
- Blocking in Liver / Gallbladder from Throat/shame/anger



Treatment – first session

- K1 to K6 on (R) side for whole session.
- Sore with numbness in centre at the start, then very painful, shooting knives, and shaky. No movement.
- Did not clear, quite numb with achiness at end.
- Client feeling very emotional, saying “I want to go home (her meaning: ‘I want to die’), there is no need for me to be in this life anymore.” Spoke to her about feeling in body and being present with her own work that she says she loves.
- Taught IS and asked her to practice every day for at least 15 minutes

Treatment – second session

Results from previous treatment:

- Only needs to urinate every 2-3 hours now
- Doing Inner Smile every day. Feeling calm emotionally.
- Sore in hip bones, sacrum
- Bloating as though she is 6 months pregnant. She says this happens all of the time since she stopped smoking 3 years ago.

Treatment:

- K1 to K6 (R) – sore, but got some movement
- She brought up how guilty she feels about who she is and how she isn't what other people want her to be. “I release guilt” over Sacral Centre. Some release, but I could really feel it pulling to Throat.
- “I release shame” over Throat – massive release. Let her talk about the abuse from her uncle, not being a boy, shame she feels toward herself. Got good movement in throat and connection to sacral centre.
- Returned to K1 to K6 (R) and then (L) – felt pretty open with good movement, but some tension remains

How it was resolved

- After the second session she had no more urgent need to urinate and she could go for at least three hours before feeling the need to urinate again. No accidents when sneezing or coughing.
- Client later returned for help with other issues, and urgent need to urinate has not returned (at the time of writing this, it is 4 months after her last session).