



Case: 39 y.o. Female drug addict and alcoholic

The Person & Complaint

A 39-year-old female with a history of alcohol and heavy drug addiction for past 25 years came in for support through sobriety. She had stopped drinking and drugs 52 days previously, and had been in a 21 day live-in treatment program.

The client described herself as “happily divorced,” in “friends with benefits relationship with a drinker.” She has two young kids, 7 and 8 years old, and it was during a drinking and drugs binge when she had the kids with her that she had a sudden realisation that she was not present with her kids and that she needed help. She checked in to a residential treatment program, successfully completed it, and then joined AA and a variety of post-addiction of support groups.

Her main complaint in coming to see me was that she had gained about 4 kilos since stopping drinking and drugs. She weighed about 60 kilos, including the “excessive weight.”

Other problems:

- Not sleeping well, only a couple of hours a night
- Rushing, blame
- Now on 2nd course of antibiotics for sinus infection
- Constipated
- Suicidal when alone; “social addict”
- On anti-depressants for 7 years since post-natal depression
- “Borderline personality disorder:” spending, substance abuse, aggression, abandonment
- “I worry 25 hours a day”

The Story & Emotions

- Heavy drugs started when brother committed suicide, 5 years ago

The Energetic System

Navel centre!!!! (and associated stomach organ/channel issues)

Heart/Pericardium

Treatment – first session

- S.T. (on) to PC 9 (R)
 - VERY shaky field!
 - Came smooth in 45 mins, but still pain
- S.T. (off) to PC 9 (R)
 - LOTS of pain coming out
 - Got to “not too bad” of feeling in heart
- Will need a few more on S.T. / PC 9
- Taught IS, could feel her stabilise and energy rise



Treatment – second session

Results after last session:

- She feels much quicker mentally, Recall starting to happen faster
- Just slept 3 nights in a row for the first time in years. The first few nights after she saw me – horrible sleep.
- Hip pain is back – started when son was born eight years ago, comes and goes; pain in joint, some at front
- Sore knees
- Still has sinus infection
- IS: not doing it every day, bored, sometimes transcendental, chat re: just doing it and noticing

Treatment:

- S.T. to PC 9 – very sore, quite prickly, some movement but all with pain, will need more
- Chat re: why she started drugs – feeling her brother was only nice to her when she did drugs, parents absent

Homework:

- Awareness of feeling, not reacting.
- Inner Smile daily

Treatment – third session

Results from last session:

- She stopped smoking yesterday, feeling positive about it
- Couldn't sleep last night
- Uncomfortable belly energy, bloated feeling back since last night, but overall her bloated belly had gone down over last couple of weeks.
- Has done Inner Smile every day!
- Knees painful – looks like stomach channel

Treatment:

- Heart to Navel whole session
- Chat re: brother when he died (this is when the heavy drugs started)
- She was happy that he died. She'd never admitted that to anyone or let herself feel that! She was so happy to be out from under his "pressure, acceptance, and spell."
- Rave about sex to heart – where do you live?

Homework:

- Feeling emotions

Treatment – fourth session

Result from last session:

- Sleeping is incredible! 11:30 – 7. Best it's been in decades!
- Smoking – very little cravings, feels great
- Feeling great about kids, wants to be with them
- Big release re: brother – see him as "tragedy" of her parents behavior vs. being mad at him. She uses a lot of psychology and AA language, "narcissist complex," "the tragedy is my brother due to the pressure of not having attention from our parents," etc.
- Started school in counseling/social work – feels good to be focusing outside of self



- Broke up with “friend with benefits” who drinks. Feels great about it!

Treatment:

- ST to Pc 9 R – got really smooth and stable – 40 mins
- Same on L – 20 mins

Homework:

- IS
- Encouraged her to be focused on outside interests, not just on fixing self

Treatment – fifth session

Result from last session:

- Car accident on last Friday – headache
- “Getting addicted to AcuE!”
- Pain in hips (same pain she has had intermittently since first son was born...)

Treatment:

- Stomach Div and St. middle toe – L – to open hip
- Could really feel middle toe give and open up through both hips
- St. Div on St. Toe – BB – may need more
- Chat re: putting energy into negative stuff with Mum, AA
- Chat re: first 90 days over, enthusiasm will wane. Just focus on each day and good decisions at each opportunity, not that this is now whole life!

Treatment – sixth session

Result from last session:

- Sleeping really well
- No pain in hip
- Great Birthday (yesterday)

Treatment:

- Navel to Heart whole session
- “IR being scared” – big! Story about mum and “should” “shouldn’t” etc. whole life.
- Massive opening in Navel – super strong and prickly, moving hand, wow massive expansion
- Do again!

Treatment – seventh session

Results from last session:

- Got very triggered by person at group therapy – he was shooting cocaine. She went into “terror” for a week, cancelled her appointment with me and went into hiding. Then she seemed to “awaken from it” and resume the things that had been helping her. Very scared that she could go back to that bad place, as her friend from therapy had done.
- Constipation horrible – goes twice a week or less, very painful, took 30 mins to go

Treatment:

- Base to kidneys, 30 mins each side – very sore at base! Got base moving well and mostly in time with kidneys. Both sides need more, but there is now reasonable movement at base. Check on constipation next time.



Treatment – eighth session

Result from last session:

- Been really good
- She had a poop immediately after last session, very little pain
- Constipation is still bad – usually days between poops – shocking pain
- Had haemorrhoids from having baby – one inside now?
- Sharp knife pain up bum
- Bad headache, feels like she's getting sick

Treatment:

- 30 mins – K 4's – could feel it open, but may need some more
- GB organ – 30 mins – 12/10 pain in head & eyes, then down to 5/10 by end
- HOT – getting flu, felt very sick at end of session

Treatment – ninth session

Results from last session:

- Feeling great. Feel really sane and positive.
- No constipation
- She's met a new man, very excited to be moving on to new things in life.
- She has lost the 4 kilos that she'd gained. Feeling great about self and her future.
- Says she's told everyone she knows how many problems AcuE has helped her fix. Not in any physical pain, over sinus infection and digestive issues.
- Not spending compulsively anymore. She has set a budget and has been sticking to it for weeks!

Treatment:

- Kidneys to base, each side.
- Navel to Heart
- ST to Navel
- Felt REALLY good by end

How it was resolved

I suggested to client that she takes a break from treatments for a while and see how she feels, and then book in again if she needs more help. I reminded her that addiction recovery is a long road and that the day-to-day living in your heart and making good decisions that will keep her on the right path. I have seen client in neighbourhood several times since last session (2 months previously), and she says she is doing very well.